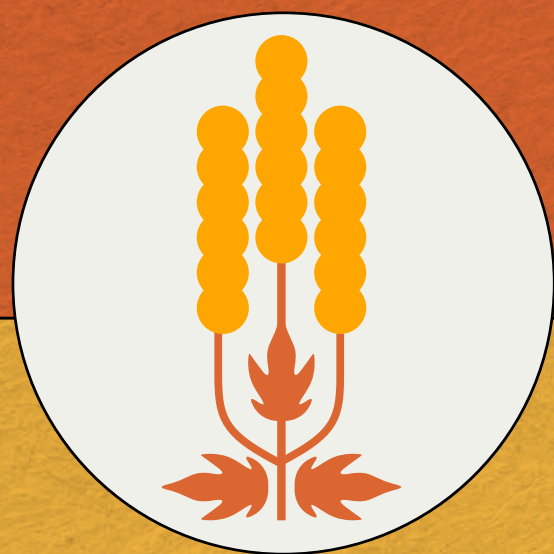




WIC
WHOLE
GRAINS



QUINOA SALAD

INGREDIENTS

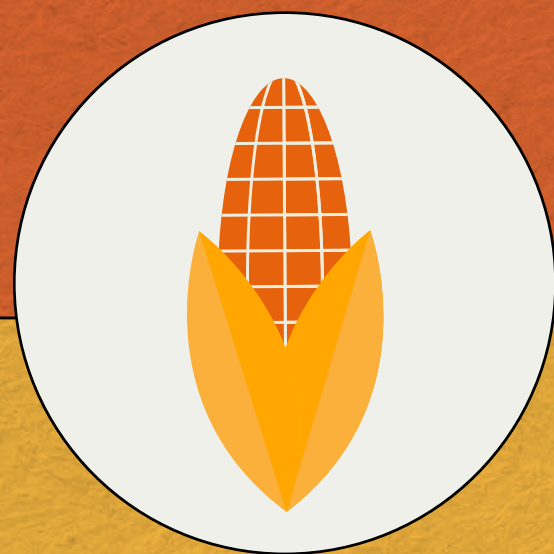
- 1 cup uncooked quinoa
- 2 cups water
- 1 can (15 oz) chickpeas, rinsed and drained
- 1 medium cucumber, peeled and chopped
- 1 medium red bell pepper, chopped
- $\frac{3}{4}$ cup chopped red onion
- 1 cup finely chopped flat-leaf parsley
- $\frac{1}{4}$ cup olive oil
- $\frac{1}{2}$ cup freshly squeezed lemon juice
- 1 Tbsp red wine vinegar
- 2 tsp minced garlic
- $\frac{1}{2}$ tsp sea salt
- Black pepper, to taste

DIRECTIONS

1. Prepare Quinoa: Rinse quinoa using a fine-mesh colander. Combine rinsed quinoa and water in a medium saucepan. Bring mixture to a boil, then decrease the heat to maintain a simmer. Cook, uncovered, until quinoa has absorbed all water, about 15 minutes. Remove from heat, cover, and set aside to let rest for 5 minutes. Remove cover after 5 minutes to allow quinoa to cool.
2. In a large serving bowl, combine chickpeas, cucumber, bell pepper, onion, and parsley.
3. Prepare Dressing: In a small bowl, combine olive oil, lemon juice, vinegar, garlic and salt. Whisk until blended.
4. When quinoa is cool, add it to large serving bowl and then drizzle dressing on top. Toss mixture until thoroughly combined. Season with black pepper, to taste, and extra pinch of salt, if needed.







MEXICAN CORNBREAD

INGREDIENTS

- ¼ cup unsalted butter
- 3 Tbsp honey
- 1 cup yellow cornmeal
- ½ cup all-purpose flour
- 2 tsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- 2 eggs, room temperature
- 1 cup buttermilk
- 1 ½ cups grated cheese (sharp cheddar, cheddar jack, pepper jack or a mix)
- 1 can (7 oz) Mexican-style corn, drained
- 1 large jalapeno pepper, seeded, minced
- 2 green onions, chopped

DIRECTIONS

1. In glass bowl, melt butter and set aside to cool.
2. In a medium bowl, combine cornmeal, flour, baking powder, baking soda and salt.
3. Whisk together eggs and melted butter, then add honey and buttermilk.
4. Add wet ingredients to dry ingredients and stir gently until combined. Fold in cheese, corn, peppers and green onions.
5. Allow batter to sit for 20 minutes at room temperature. Meanwhile, preheat oven to 350°F and grease an 8 x 8 inch baking pan with non-stick cooking spray.
6. Pour batter into pan and bake for about 30-35 minutes.
7. Cool for 15-20 minutes before serving.







TUNA MELT

INGREDIENTS

- 1 can (5 oz) tuna in water, drained
- 1 rib celery, finely diced
- 1 green onion, sliced
- 1/3 cup mayonnaise
- 1 tsp Dijon mustard
- 1/2 tsp fresh lemon juice
- Salt and pepper to taste
- 1 ripe tomato, sliced
- 2 English muffins, halved
- 2 ounces cheddar cheese, shredded

DIRECTIONS

1. Preheat oven to 400°F.
2. Combine drained tuna, celery, onion, mayonnaise, mustard, lemon juice salt and pepper.
3. Place English muffin halves on a baking sheet and broil 2-3 minutes, until they start to brown. Remove from oven.
4. Divide tuna mixture over the English muffins. Top with tomato slices and cheddar cheese.
5. Bake 10-15 minutes or until cheese is melted.







OKLAHOMA
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