

In this issue:

- Fuel your body with food
- Make your plate look like MyPlate

Recipes:

- Black Bean & Rice Salad
- Pumpkin Chili
- Quinoa & Black Bean Salad
- Lentil Tacos



We all need food to survive. Food provides the nutrients and energy our body needs to get through our day-to-day lives, making it a valuable resource!



Photo by Vibescom at Morguefile.com

Fueling our bodies with unhealthy foods can lead to feelings of tiredness or that over-stuffed feeling from eating more than our body needs.

This material was funded by USDA's Supplemental Nutrition Assistant Program – SNAP. For more information on the Supplemental Nutrition Assistant Program (SNAP), please contact your local Social Services office.

For more information on stretching your food dollars, contact your local SDSU Extension office or the State office at 605-688-4440.

SDSU Extension is an equal opportunity provider and employer in accordance with the nondiscrimination policies of South Dakota State University, the South Dakota Board of Regents and the United States Department of Agriculture.

Learn more at iGrow.org.

Recipes from: <http://www.whatscooking.fns.usda.gov>

Content from: <http://www.extension.org>; <http://doe.sd.gov/cans/sfsp.aspx>; <https://choosemyplate.gov/>

3,650 copies, \$0.21 each, SDSU Extension. Printed on recycled paper. ES059 9/18

Make your plate look like MyPlate

Paying attention to what we eat and how much we eat helps us to see the value food gives to our bodies.

MyPlate offers ideas and tips to help you create a healthier eating style that meets your individual needs and improves your health.

<https://www.choosemyplate.gov/>



Everything you eat and drink matters. The right mix can help you be healthier now and in the future.



This means:

- Focus on variety, amount, and nutrition.
- Choose foods and beverages with less saturated fat, sodium, and added sugars.
- Start with small changes to build healthier eating styles.
- Support healthy eating for everyone.

Eating healthy is a journey shaped by many factors, including our stage of life, situations, preferences, access to food, culture, traditions, and the personal decisions we make over time.

All your food and drink choices count.



Full of protein, fiber, and flavor, this salad works well as a side dish or stands alone as a main dish. It can also be made ahead of time and refrigerated.

Black Bean & Rice Salad

Yield: 3 servings

Ingredients:

1/2 cup onion (chopped)
1/2 cup bell pepper (green or red, chopped)
1 cup brown rice (or white rice, cooked and cooled)
1 can black beans (15 ounce, drained and rinsed)
1/4 cup rice vinegar (or white wine vinegar or lemon juice)
mustard powder (1/2 teaspoon, optional)
1 clove garlic (chopped, or 1/2 teaspoon garlic powder)
1/2 teaspoon salt
1/4 teaspoon pepper
2 tablespoons vegetable oil

Instructions:

In a mixing bowl, stir together onion, red or green pepper, rice and beans. In a jar with a tight fitting lid, add vinegar, dry mustard, garlic, salt, pepper and vegetable oil. Shake until dressing is evenly mixed. Pour dressing over bean mixture and stir to mix evenly. Chill for at least one hour. Serve cold as a side dish or main dish.

Nutritional Information per serving:
Total Calories 520; Total Fat 12 g; Protein 18 g; Carbohydrates 87 g; Dietary Fiber 17 g; Saturated Fat 2 g; Sodium 688 mg



Pumpkin Chili

Yield: 8 servings

Ingredients:

2 teaspoons olive oil
1 small yellow onion (chopped)
1 green bell pepper (cored, seeded and chopped)
2 jalapeño peppers (seeded and finely chopped)
2 cloves garlic (finely chopped or 1/2 teaspoon garlic powder)
1 pound ground turkey
1 can (14.5 oz) diced tomatoes with juice
1 can (15 oz) pumpkin puree
1 cup water
1 teaspoon cumin, ground
salt and pepper (to taste, optional)
1 can kidney beans (Can choose other beans if desired.)

Instructions:

Heat oil in a large pot over medium high heat. Add onion, bell pepper, jalapenos and garlic and cook, stirring frequently until tender, about 5 minutes. Add turkey and cook until browned. Add tomatoes, pumpkin, water, chili powder, cumin, salt and pepper and bring to a boil. Reduce heat to medium low then add beans. Cover and simmer, stirring occasionally, for 30 minutes more. Ladle chili into bowls and serve.

Nutritional Information per serving:
Total Calories 187; Total Fat 8 g; Protein 14 g; Carbohydrates 16 g; Dietary Fiber 6 g; Saturated Fat 2 g; Sodium 242 mg



Quinoa & Black Bean Salad

Yield: 6 servings

Ingredients:

1/2 cup quinoa (dry)
1 1/2 cups water
1 1/2 tablespoons olive oil
3 teaspoons lime juice
1/4 teaspoon cumin
1/4 teaspoon coriander (ground, dried cilantro seeds)
2 tablespoons cilantro (chopped)
2 scallions (medium, minced)
1 can black beans (15.5 ounce can, rinsed and drained)
2 cups tomato (chopped)
1 red bell pepper (medium, chopped)
1 green bell pepper (medium, chopped)
green chiles (2 chiles, fresh, minced, to taste)
black pepper (to taste)

Instructions:

Rinse the quinoa in cold water. Boil water in a saucepan, and then add the quinoa. Return to boil, and then simmer until the water is absorbed, 10 to 15 minutes. Cool for 15 minutes. While quinoa is cooking, mix olive oil, lime juice, cumin, coriander, chopped cilantro, and scallions in a small bowl, and set aside. Combine chopped vegetables with the black beans in a large bowl, and set aside. Once quinoa has cooled, combine all ingredients and mix well. Cover and refrigerate until ready to serve.

Nutritional Information per serving:
Total Calories 199; Total Fat 5 g; Protein 9 g; Carbohydrates 32 g; Dietary Fiber 9 g; Saturated Fat 1 g; Sodium 154 mg

Quinoa (pronounced “keen-wah”) is a whole grain with origins in South America. It is combined in this recipe with black beans, savory vegetables, and spices for a cold salad that is light and refreshing. This salad is high in protein and can be served as a main or side dish.

Photo by tomatoes and friends, <https://flic.kr/p/8kLdGH>



Lentil Tacos

Yield: 6 servings

Ingredients:

1 1/2 cups dry lentils (sorted and rinsed)
4 cups water
1/2 green pepper (chopped)
4 garlic (cloves, minced)
hot pepper flakes (1/2 teaspoon, optional)
1 teaspoon chili powder
1 teaspoon cumin
1/2 teaspoon basil
2/3 cup tomato paste
1/4 cup raisins (optional)

Instructions:

Cook lentils in 3 cups water for 10 minutes. Add remaining ingredients and simmer for 30 minutes (Add more water if necessary). Serve with corn tortillas. Can also be served over rice or noodles.

Nutritional Information per serving:
Total Calories 189; Total Fat 1 g; Protein 14 g; Carbohydrates 34 g; Dietary Fiber 12 g; Saturated Fat 0 g; Sodium 57 mg

Alternate seasoning:
2 Tablespoons taco seasoning instead of the other spices.

Photo by MaxStraeten at Morguefile.com