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May 2019

Gardening Saves Money

Growing your own vegetables can help stretch your food dollars by providing fresh vegetables directly to your table. SNAP benefits can be used to buy seeds and plants to grow you own vegetables in your garden. Tomatoes, Cucumber, Green Beans, Onions and Peppers are just a few examples of plants and seeds that can be purchased.

Other plants such as herbs and spices can also be purchased with SNAP benefits. For example, most mint, spearmint, cilantro, basil, sage and oregano plants have leaves that are edible, so these can be purchased with SNAP benefits. However, plants that are purely ornamental and do not produce food that can be eaten, cannot be bought with SNAP benefits.



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.

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Recipe from <https://spendsmart.extension.iastate.edu/recipe>

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 4/19

Container Gardens

Once the last freeze is over, it is time to focus on a garden. If you do not have a lot of space outside for a garden, container gardening is a perfect choice. Container gardening is just as it sounds; add potting soil, seed or starter plants, to any pots, dishes, or containers you no longer use, and you are on your way to a container garden. A wide variety of containers can be used for container gardening. Anything from hanging baskets and flower pots, to tubs, beach pails, or old wagons. As long as the container is strong and large enough to hold the fully-grown plant, it will work for your container.

Here are some vegetable that work well in container gardening:

- Lima Bean
- Broccoli
- Cabbage
- Carrot
- Cucumber
- Eggplant
- Leaf Lettuce
- Onion
- Green Bell Pepper
- Pumpkin
- Tomato



Vegetables that work well in different types of containers:

- Pot: Herbs, compact varieties of leaf lettuce, and green onions.
- Planter: cherry tomato, romaine. A 3-gallon size is great for carrots, spinach, broccoli, Bibb lettuce, and bell peppers.
- Basket: tomato, eggplant, cucumber, pepper, squash, beans, and peas.



Gardening is also a good way to be physically active. Yes, gardening counts as a physical activity and is a great way to get your body moving and burn calories.

Try gardening! You can stretch your food dollars while eating healthy and getting exercise.



Roasted Tomato & Spinach Pasta

Makes 4 Servings

Ingredients:

- 2 cups cherry tomatoes (about 10 ounces)
- 4 tablespoons oil (canola or vegetable), divided
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/2 teaspoon garlic powder
- 3 cups fresh spinach or 1 package (10 ounces) frozen chopped spinach, thawed
- 8 ounces whole wheat spaghetti
- 1 teaspoon Italian seasoning
- 5 tablespoons Parmesan cheese

Instructions:

Heat oven to 400°F. Rinse the tomatoes under running water. Cut in half. Spread on greased baking pan. Sprinkle oil (2 tablespoons), salt, pepper, and garlic powder on tomatoes. Stir to coat. Bake for 15-20 minutes. Prepare spinach and spaghetti as tomatoes bake. Slice spinach in strips*. Or thaw, drain, and pat dry the frozen spinach. Set aside. Follow package directions to cook spaghetti. Drain. Add remaining 2 tablespoons oil, Italian seasoning, spinach, and baked tomatoes to the spaghetti. Stir until heated through. Serve with Parmesan cheese.

You can substitute 2 large tomatoes for the cherry tomatoes. Remove the seeds and cut into quarters before roasting.

Nutritional Information per serving:
Total Calories 380; Total Fat 17 g; Protein 11 g; Carbohydrates 47 g; Dietary Fiber 7 g; Saturated Fat 2 g; Sodium 280 mg



Vegetable Soup with Kale and Lentils

Makes 6 Servings

Ingredients:

- 2 tablespoons oil (canola or vegetable)
- 1 medium onion, chopped (about 1 cup)
- 1 medium carrot (sliced 1/8 inch thick)
- 2 teaspoons garlic (peeled and minced; 3-4 cloves) or 1/2 teaspoon garlic powder
- 4 cups water
- 1 cup dry yellow or brown lentils
- 1 can (14.5 ounces) low sodium chicken broth
- 1 tablespoon dried basil or Italian seasoning
- 1 can (14.5 ounces) no sodium added diced tomatoes or 2 chopped tomatoes
- 1 bunch kale (about 7 ounces)
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper

Instructions:

Heat oil in a large pot over medium heat. Add onions, carrots, and garlic. Cook 5 minutes. Add water to veggies in pot. Heat to boiling. Rinse lentils in colander with water. Add lentils to pot and simmer for 20 minutes. Do not drain. Add chicken broth, dried basil or Italian seasoning, and tomatoes. Cover and cook for 5-10 minutes. Rinse kale leaves, cut out the main stems and discard. Cut leaves into 1" pieces. Stir kale, salt, and pepper into lentil mixture. Return to boiling. Reduce heat, cover, and simmer for 3 minutes.

Make kale chips from extra leaves. Drizzle a little oil on clean, dry leaves. Spread leaves on a cookie sheet. Bake 12-20 minutes at 350°F. Leaves should be thin and crackly but not brown. Remove from oven and sprinkle with salt.

Nutritional Information per serving:
Total Calories 200; Total Fat 5 g; Protein 11 g; Carbohydrates 29 g; Dietary Fiber 12 g; Saturated Fat 1 g; Sodium 170 mg



Sausage & Vegetable Skillet

Makes 4 servings

Ingredients:

- 1 cup instant brown rice, uncooked
- 1/2 pound ground turkey sausage
- 1 cup onion, chopped (1 medium)
- 1 cup celery, chopped (3 ribs)
- 1 cup soft vegetables, chopped (mushrooms, peppers, tomatoes, or zucchini)
- 1/2 teaspoon Italian seasoning
- 1/2 teaspoon garlic powder
- 1/2 cup shredded cheese (mozzarella, Parmesan, or Swiss)

Instructions:

Cook rice according to package directions. Meanwhile, heat a large skillet to medium heat. Spray the skillet with nonstick spray. Cook sausage until browned and crumbled (about 5 minutes). Remove sausage from skillet and place on a plate lined with paper towels. Wipe the drippings out of the skillet with a paper towel. Spray the skillet with nonstick spray. Add the onion, celery, soft vegetables, Italian seasoning, and garlic powder. Cook until vegetables are tender (about 6 minutes). Stir in the cooked rice, sausage, and shredded cheese.

Nutritional Information per serving:

Total Calories 240; Total Fat 8 g; Protein 16 g; Carbohydrates 25 g; Dietary Fiber 3 g; Saturated Fat 2.5 g; Sodium 550 mg

Use this as a filling for stuffed tomatoes. Cut the tops off tomatoes, scoop out seeds, and fill. Bake at 425°F for 10 minutes.



Whole Meal Salad

Makes 1 Serving

Ingredients:

- 2 cups salad greens (romaine, spinach, or mixture)
- 1 cup chopped vegetables such as cucumber, frozen peas (thawed), onion, tomatoes, carrots, fresh mushrooms or bell peppers
- 1 egg (cooked and sliced)
- 1 ounce chicken, beef, or pork (cooked and chopped) or 1/4 cup canned beans, drained
- 1 tablespoon shredded cheese, chopped dried fruit, or chopped nuts
- 2 tablespoons low fat salad dressing

Instructions:

Arrange greens on large plate or bowl. Add vegetables. Add egg, meat, or beans. Sprinkle with cheese, dried fruit, or nuts. Drizzle dressing over top.

Pair the salad with a whole grain roll and cup of nonfat milk for a balanced meal.

Nutritional Information per serving:

Total Calories 312; Total Fat 2 g; Protein 12 g; Carbohydrates 66 g; Dietary Fiber 3 g; Saturated Fat 1 g; Sodium 151 mg