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SDSU Extension Service Supplemental Nutrition Assistance Program Education (SNAP-Ed) team helps low-income individuals and families make diet and lifestyle choices to improve their health. Our education provides families with ways to help stretch food dollars and practice cooking skills.

We also work with communities to add healthy food options and ways to increase physical activity.

The SNAP-Ed team does this by:

- Working with individuals and families in their communities.
- Practice how to shop for healthy foods with a limited budget.
- Hands-on quick, easy, and healthful meal activities at each session.
- Helping communities to support efforts to eat healthier and become more physically active.



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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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/>

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SNAP-Ed in South Dakota

There is no cost to attend and each meeting builds on the one before.

Topics include:

- Prepare healthy recipes
- Chose healthy snacks
- Foods for a healthy pregnancy
- Food safety and storage
- Meal planning
- Shopping wisely
- Food budgeting
- Reading labels to choose healthy



We will hold meetings around your schedule. At each one you attend, you will receive free instruction, materials and recipes. There is never any homework. Attending the full series will help you stretch your food dollars to buy more for less.



What we need from you:

- Attend a series of meetings over several weeks.
- Answer a survey to help fit your needs.
- Join in the cooking and tasting of healthy foods made.
- Practice what you learn at home.

If you are ready to join SNAP-Ed, contact your local SDSU Extension office or SDSU Extension Regional Center for more information.



Gingery Quinoa with Green Beans

Makes 4 servings

Ingredients:

- 1 cup quinoa
- 1 1/2 cups water or broth
- 2 cups green beans
- 2 1/2 tablespoons lemon juice, freshly squeezed
- 1 tablespoon olive oil or cooking oil
- 1 tablespoon sesame oil
- 2 tablespoons Soy sauce, reduced sodium
- 1/4 teaspoon ginger, ground

Instructions:

Toast quinoa in a dry skillet over medium heat, stirring constantly for about 3 minutes. Put quinoa in a medium pot and add water or broth. Bring to a boil, then let simmer until all of the water is absorbed and quinoa is tender (10-20 minutes). Set aside and leave uncovered to cool. While quinoa is cooling, microwave the green beans until just tender. Rinse in cold water to stop the cooking process. In a large bowl, combine the quinoa, olive oil or cooking oil, sesame oil, green beans, lemon juice, soy sauce and fresh or ground ginger. Stir well. Season with salt and pepper. Serve at room temperature.

Nutritional Information per serving:
Total Calories 239; Total Fat 9 g; Protein 7 g; Carbohydrates 33 g; Dietary Fiber 6 g; Saturated Fat 1 g; Sodium 486 mg

Fresh green beans work well when they are in season. If they are not, try frozen in this recipe that combines a whole grains and veggies into one satisfying and eye-catching dish.



Winter Crisp

Makes 6 servings

Ingredients:

- 2 tablespoons cinnamon
- 3 tablespoons margarine
- 1/2 cup sugar
- 3 tablespoons flour (all purpose)
- 1 teaspoon lemon peel (grated)
- 5 cups apple (unpeeled, sliced)
- 1 cup cranberries (fresh)
- 2/3 cup rolled oats
- 1/3 cup brown sugar (packed)
- 1/4 cup whole wheat flour

Instructions:

Combine sugar, flour, and lemon peel in a medium bowl and mix well. Stir in apples and cranberries. Spoon into a 6-cup baking dish.

Topping: Combine oats, brown sugar, flour, and cinnamon in a small bowl. Stir in melted margarine. Sprinkle topping over filling.

Bake at 375 degrees for 40 minutes or until filling is bubbly and top is brown. Serve warm or at room temperature.

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

What is that sweet cinnamon scent, wafting from your kitchen? It is this apple and cranberry winter crisp.





This savory soup is packed with tomatoes, green beans, and chickpeas. The recipe also doubles easily if leftovers are desired or if you are making it for a large group.

Macaroni Chick-Pea Soup

Makes 4 servings

Ingredients:

3 1/2 cups chicken broth, fat-free, low sodium
1 cup water
1 3/4 cups macaroni (dry)
1/2 teaspoon celery flakes (or onion powder)
1/2 teaspoon oregano
1 cup stewed tomatoes, no-salt
1 cup green beans
1 can chick-peas (garbanzo beans)
1/4 teaspoon garlic powder

Instructions:

In a large saucepan, bring broth and water to a boil. Reduce heat to low. Add macaroni, celery flakes, and oregano. Simmer 4 minutes, stirring occasionally. Add stewed tomatoes, green beans, chick-peas (drained), and garlic powder. Simmer 5 minutes, or until macaroni and beans are tender.

Nutritional Information per serving:

Total Calories 343; Total Fat 5 g; Protein 18 g; Carbohydrates 60 g; Dietary Fiber 9 g; Saturated Fat 1 g; Sodium 251 mg



Baked Parmesan Fish

Makes 4 servings

Ingredients:

1/3 cup parmesan cheese, non-fat (grated)
1/3 tablespoon flour, all-purpose (1 teaspoon)
1 teaspoon thyme sprigs (leaves removed and crushed)
4 fish fillets (white fish, 6 ounces each)
1 medium onion (chopped)
1 cup halved mushroom caps
1/2 cup green onions (finely sliced)
1 clove garlic (crushed)

Instructions:

Preheat oven to 350°F. Place cheese, flour and thyme in paper bag. Individually coat fish by gently shaking in bag; discard coating ingredients. Place fillets in baking pan on rack. Bake for 20 minutes or until fish flakes easily when tested with fork. Heat skillet over medium-high heat. Add onion, mushrooms, green onions, and garlic. Cook, stirring frequently, until onions are tender. Season with ground black pepper. Serve baked fish topped with mushroom mixture.

Nutritional Information per serving:

Total Calories 204; Total Fat 2 g; Protein 37 g; Carbohydrates 8 g; Dietary Fiber 1 g; Saturated Fat 0 g; Sodium 227 mg

This parmesan-crust fish is topped with mushrooms, green onions, and garlic. It is the perfect heart-healthy meal to cook for a loved one.

