

**In this issue:**

- Stretching Your Food Dollars
- WIC and SNAP-Ed

**Recipes:**

- Fruity Homemade Oatmeal
- Easy Egg Salad
- Red Bean Quesadilla
- Rice Pudding



**December 2019**

## Stretching Your Food Dollars

There are several ways to help you stretch your food dollars when food prices are rising and buying fruits and vegetables are limited due to your budget. By following some of these tips, you can continue to make healthy choices and stretch your food dollars when you go to the grocery store.

Here are a few tips for purchasing healthy food on a limited budget:

- Plan your meals and food shopping in advance
- Compare prices (generic may not always be the cheapest)
- Buy in bulk when possible
- Buy produce that is "in season" and frozen when fresh is not available
- Make homemade recipes (limit "boxed" meals)
- Double recipes when possible (freeze extras for leftovers)



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.

Recipes from: <https://www.choosemyplate.gov/myplatekitchen>

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

3,650 copies, \$0.13 each, SDSU Extension. Printed on recycled paper. ES059 11/19

## WIC and SNAP-Ed

There are a number of resources in your community that can help you stretch your food dollars and make the healthy choice an easy choice. WIC (Women, Infants, and Children) and SNAP-ED (Supplemental Nutrition Assistance Program Education) are just a couple of them.

WIC is a resource available to eligible women who are pregnant, postpartum, or breastfeeding or children up to the age of 5.

- Healthy Foods
- Support for Breastfeeding Mothers
- Nutrition Education and Resources
- Referrals to different Social and Health services



All of the recipes in this month's issue feature ingredients that WIC provides.



Another resource is SNAP-Ed, which is offered through SDSU Extension Service. SNAP-Ed helps low-income families and individuals learn to make healthy choices with their nutrition and physical activities. SNAP-Ed provides educational classes on many different topics. Some include: cooking skills, meal planning, food safety and storage, budgeting, reading nutrition labels, and shopping with a limited budget. SNAP-Ed also helps with utilizing resources within the community to improve your overall health.

If you are interested in what SNAP-Ed can do for you, contact your local SDSU Extension office, SDSU Extension Regional Center, or your local DSS office for more information. If you are interested in learning more about WIC, contact your local WIC office or visit <https://sdwic.org/>





## Fruity Homemade Oatmeal

Makes 2 Servings

### Ingredients:

3/4 cup old-fashioned rolled oats  
2 tablespoon raisins or other dried fruit  
1 apple (cored and chopped)  
1 teaspoon cinnamon  
1 1/2 cup water

### Directions:

Boil water in a saucepan and combine oatmeal, raisins, chopped apple and cinnamon. Lower heat and cook for five minutes, stirring often.

Start your morning off right with a bowl of warm apple cinnamon oatmeal.

Nutritional Information per serving:  
Total Calories 90; Total Fat 0 g; Protein 2 g; Carbohydrates 19 g; Dietary Fiber 3 g; Saturated Fat 0 g; Sodium 8 mg



## Easy Egg Salad

Makes 4 Servings

### Ingredients:

4 hard boiled eggs (finely chopped)  
2 packets of pickle relish (2/3 tablespoon)  
1/2 teaspoon salt  
1 teaspoon wet mustard  
1/4 cup mayonnaise

### Directions:

Put eggs in a pan of cold water and simmer for 20 minutes. Cool promptly in cold water and then in refrigerator until cold. Shell and chop eggs, mix all ingredients together and serve.

This creamy and simple recipe is great on bread, in a lettuce wrap or with some crackers.

Nutritional Information per serving:  
Total Calories 40; Total Fat 1 g; Protein 1 g; Carbohydrates 0 g; Dietary Fiber 0 g; Saturated Fat 1 g; Sodium 119 mg



This recipe is easy to alter according to what's in your fridge and pantry to add some flavor.

## Red Bean Quesadilla

Makes 4 Servings

### Ingredients:

4 8-inch whole wheat tortillas  
1 cup frozen spinach (thawed and squeezed to remove excess liquid)  
1/2 cup shredded cheese of choice  
1 avocado (peeled, pitted, and chopped)  
1 can 15.5 ounce low-sodium red kidney beans (drained and rinsed with cold water) (other beans may be used instead)  
Garlic powder or dry herbs (optional)

### Instructions:

Use a fork to mash beans until slightly chunky, add seasonings if desired. Place a tortilla on a plate, top with beans, spinach, cheese and avocado. Place on a heated, nonstick skillet until golden brown (about 1-2 minutes on each side). Alternatively, you can heat in the microwave until the cheese melts. Cut the quesadilla into quarters and serve.

Nutritional Information per serving:  
Total Calories 82; Total Fat 1 g; Protein 5 g; Carbohydrates 12 g; Dietary Fiber 3 g; Saturated Fat 1 g; Sodium 127 mg



Enjoy this fun recipe hot or cold, morning or night.

## Rice Pudding

Makes 8 servings

### Ingredients:

1 cup milk, whole  
1 cup water  
1 cup rice, uncooked  
2 large eggs  
1 cup milk, evaporated  
1 teaspoon vanilla  
1/4 cup sugar  
1/8 teaspoon ground cinnamon

### Instructions:

In a saucepan, heat milk and water. Add rice, bring to a boil, lower heat and stir every 10 minutes. Cook for roughly 30 minutes or until rice is tender. (Be sure heat is low and that it does not boil over). Mix eggs, evaporated milk, vanilla and sugar in a large bowl. Spoon 1 cup of the rice mixture into egg mixture and stir. Pour egg-rice mixture into remaining rice. Heat pudding until it boils. Remove from heat and sprinkle with cinnamon.

Nutritional Information per serving:  
Total Calories 24; Total Fat 0 g; Protein 1 g; Carbohydrates 4 g; Dietary Fiber 0 g; Saturated Fat 0 g; Sodium 8 mg