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## Food Shopping Tips

### Shopping Smart to Build Healthy Habits:

With schedules getting busier as fall arrives, we often neglect fitting our shopping in regularly which can lead to over or underpurchasing of foods and spending more money than necessary. Read on for ideas to help you before, during and after your trip to the store.



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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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Recipes from: <https://whatscooking.fns.usda.gov/>

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

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## Before You Shop



- PLAN your week by sitting down for roughly 30 minutes and save the stress later in the week.
- CHECK your pantry for items you may already have, or will need to restock
- AVOID shopping hungry!! Even with a plan, unwanted items can make their way into the cart.
- SHOP on the bottom shelf. Often the budget-friendly generic brands are the same quality, but just aren't eye level.

## While You Shop

### Check the nutrition labels for:

- Serving size- this is not the entire package, but the amount to be eaten for the listed calories, fat, sugars etc.
- Unhealthy ingredients-look for wording like "whole grain" rather than "whole wheat".
- Can you say it? If the ingredients listed that you cannot even say the word, it is best to not purchase that item.



## After You Shop

Preparing food in advance, whether in a large batch or select meals, or a whole bunch of meals prepared on the weekend and then frozen for proper storage will all help you eat healthier and save you money. Examples can be to make big batches of sauces—like curry, tomato, cheese, chili, soups, etc. Preparing recipes with larger amounts of servings will give you leftovers that you can then use throughout the week for lunches while helping to stretch your food dollars a little further.





Fresh vegetables are cooked with herbs to create a flavorful and savory sauce for pasta, and other dishes, too!



This quick-fixing chili, with a base of sautéed, pureed red apples and yellow corn, is so thick and flavorful that you'd never know it's low in fat and sodium.

## Fresh Tomato Sauce

Makes 6 Servings

### Ingredients:

8 tomatoes (ripe)	1 teaspoon dried basil (dried)
1 tablespoon vegetable oil	2 teaspoons garlic (minced or ½
½ cup onion (chopped)	teaspoon garlic powder)
½ cup green pepper (chopped)	pepper (to taste)
½ cup carrot (thinly sliced, or	6 cups pasta (cooked)
shredded)	6 tablespoons Parmesan cheese
½ teaspoon oregano (dried)	(grated)

### Directions:

Wash the ripe tomatoes. Cut out stem ends. Chop into small pieces and set aside in a large bowl. In a large pan, heat the oil over medium high heat. Add onion, green pepper, carrots and garlic. Stir-fry until tender, about three minutes. Add seasonings and tomatoes. Bring to a gentle boil. Lower heat and simmer gently, uncovered, until tomatoes turn to a sauce, about 40 minutes. Serve over freshly cooked pasta.

Nutritional Information per serving:  
Total Calories 301; Total Fat 5g; Saturated Fat 1g; Protein 12g; Carbohydrates 52g; Dietary Fiber 5g; Sodium 83mg

## Apple Corn Chili

Makes 4 Servings

### Ingredients:

2 tablespoons olive oil (divided)	⅛ teaspoon cayenne pepper (if
8 ounces boneless, skinless chicken	desired)
breast (cut to ½" cubes)	1 can (15 oz.) black beans (no-salt-
1 medium onion (chopped)	added, drained & rinsed)
2 cloves garlic (minced)	4 ½ ounces can diced green chiles
1 can (15.2 oz) yellow corn (no-salt-	(drained)
added, drained)	2 teaspoons chicken bouillon (sodium-
2 red apples, such as Braeburn,	free)
Empire, or Fuji (chopped, skin on)	2 cups water
½ tablespoon ground cumin	

### Directions:

In a stockpot, heat 1 tbsp. olive oil; add chicken and brown (about 5 minutes). Remove chicken from pan. Heat remaining olive oil in same pot; add onions and garlic and sauté until soft. Add corn and sauté until golden brown. Add apple, cumin, and cayenne pepper (if desired); cook about 3-4 minutes. Let cool about 5 minutes. Set aside about 1 cup of mixture. Purée remainder in food processor or blender, adding a portion of water, if needed, and return to pot. Add browned chicken, black beans, chiles, bouillon, and water. Bring to boil and simmer about 15 minutes. Chicken should be cooked to 165 degrees F. To serve, ladle soup in bowls and top with non-purée portion of apple corn mixture.

Nutritional Information per serving:  
Total Calories 360; Total Fat 11g; Saturated Fat 3g; Protein 20g; Carbohydrates 48g; Dietary Fiber 9g; Sodium 140mg



## Potato, Black Bean, & Kale Skillet

Makes 4 Servings

### Ingredients:

- |                                                               |                                                             |
|---------------------------------------------------------------|-------------------------------------------------------------|
| 4 red potatoes                                                | 1 teaspoon chili powder                                     |
| 2 ½ cups kale (curly Italian or other variety, approx. 6 oz.) | ¼ teaspoon salt                                             |
| 2 tablespoons olive oil                                       | ⅛ teaspoon cayenne pepper                                   |
| 1 clove garlic (minced)                                       | 1 can (15 oz.) no salt added black beans (drained & rinsed) |
| ¼ cup chopped onion                                           | ½ cup nonfat plain Greek yogurt                             |

### Directions:

Dice potatoes into ¼" pieces. Chop kale. Heat oil, in large skillet over medium heat, Add garlic and onions; cook 2-3 minutes until just starting to brown. Add diced potatoes, chili, salt, and pepper to skillet, cover with lid and cook 8-10 minutes, stirring occasionally. Add chopped kale and black beans. Cook about 3-5 more minutes, stirring gently. Serve with Greek yogurt.

A lively Southwestern skillet dish featuring diced potatoes, kale, and black beans, spiced up with garlic, chili and cayenne, and topped with a dollop of non-fat Greek yogurt.

Nutritional Information per serving:

Total Calories 290; Total Fat 7g; Saturated Fat 1g; Protein 13g; Carbohydrates 47g; Dietary Fiber 8g; Sodium 200mg



## Roasted Brussels Sprouts, Potatoes, & Chicken

Makes 4 Servings

### Ingredients:

- |                                                                            |                                                  |
|----------------------------------------------------------------------------|--------------------------------------------------|
| 3 cups brussels sprouts (fresh or frozen halved vertically, about ¾ pound) | ⅛ teaspoon pepper                                |
| 4 small red potatoes (cut into chunks)                                     | ½ cup non-fat ricotta cheese (or cottage cheese) |
| ½ cup chopped onion                                                        | ¼ cup Part-skim mozzarella cheese (shredded)     |
| 2 cloves garlic (minced)                                                   | 2 tablespoons non-fat milk                       |
| 2 tablespoons olive oil                                                    | 1 pound boneless chicken breast (4 portions)     |
| ¼ teaspoon salt                                                            |                                                  |

### Directions:

Preheat oven to 325 degrees F. In a 2 quart baking dish coated with cooking spray, toss Brussels sprouts, potatoes, onion, and garlic with 1 T olive oil, salt, and pepper. In a small bowl, mix cheese with milk. Coat chicken breasts with remaining olive oil. Nest among vegetables in baking dish. Top with cheese mix. Cover with foil and bake for 40-45 minutes or until chicken is done.

A versatile fall baked dish, our tasty version features potatoes and Brussels sprouts, but other fall vegetables, such as parsnips, carrots, and cabbage could be substituted.

Nutritional Information per serving:

Total Calories 400; Total Fat 12g; Saturated Fat 3g; Protein 35g; Carbohydrates 40g; Dietary Fiber 6g; Sodium 370mg