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Change up your protein!

Buying animal protein, such as chicken, beef, pork, turkey, or fish, for your meals can be expensive! Did you know there are other less expensive foods that contain protein and keep you full? These foods include nut butters (such as peanut butter, cashew or almond butter), eggs, edamame, legumes, beans, and oats. Sometimes, frozen or canned meat may be less expensive than thawed meat. Compare the weight per pound to determine what option is cheaper. If you purchase canned meat, select the low sodium option when possible!



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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://www.choosemyplate.gov/myplatekitchen/recipes>

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How long can you keep leftovers?



It's important to only keep leftover foods, especially protein containing foods like chicken, beans, beef, fish, and legumes, for the recommended time to prevent your family from getting sick. Below are the number of days these leftovers can be left in the fridge before you should throw them out!

Cooked leftovers containing:

- Beef, lamb, pork, veal, chicken, turkey, fish, or eggs: 3-4 days.
- Lunch meat: 3-5 days
- Legumes and beans: 3-5 days

Safety Information

- Always make sure that your hands, counters, utensils, and cutting board are clean before working with raw meat.
- Be sure to thaw meat safely – either within the refrigerator or submerged under cold water in the sink.
- Always use a food thermometer to test the temperature of meat before serving to make sure it is cooked through.
- Make sure to place leftovers, whether it's meat, legumes, beans, fruits, or vegetables, into the refrigerator as soon as possible after dinner to keep bad bacteria from forming.





3-can Chili

Makes 6 Servings

Ingredients:

1-15.5 oz can beans, low-sodium undrained (pinto, kidney, red, or black)
1 can corn, drained (15 oz, or 10 oz package of frozen corn)
1-15 oz can crushed tomatoes, undrained
Chili powder (to taste)

Directions:

Place the contents of all 3 cans into a pan. Add chili powder to taste. Stir to mix. Continue to stir over medium heat until heated thoroughly. Refrigerate leftovers.

With almost no cooking required to prepare this chili, just open cans of beans, corn, and tomatoes, and heat everything together in a pan!

Nutritional Information per serving: Total Calories 129; Total Fat 1g; Saturated Fat 0g; Protein 6g; Carbohydrates 27g; Dietary Fiber 6g; Sodium 418mg



Huevos Rancheros with Fresh Salsa

Makes 4 Servings

Ingredients:

4 corn tortillas (6 inch)
½ TBSP vegetable oil
4 egg whites (medium)
4 eggs (medium)
¼ tsp black pepper (ground)
4 TBSP cheese, shredded cheddar or monterey jack
2 cups fresh salsa
Non-stick cooking spray

Directions:

Preheat oven to 450 degrees. Lightly brush tortillas with oil on both sides and place on a baking sheet. Bake for 5 to 10 minutes or until tortillas are crisp on the edges and starting to brown. Remove from oven and set aside. Spray a large skillet with non-stick cooking spray over medium heat. Drop 4 egg whites into skillet, then, break whole eggs over whites to make 4 separate servings. Cook for 2-3 minutes per side until eggs are cooked. Place one egg on each tortilla shell and top each with 1 Tablespoon cheese. Place under the broiler for about 2 minutes until cheese is melted. Spoon ½ cup fresh salsa around the edge of each shell.

For breakfast, lunch, or dinner, this savory egg dish is fresh, healthy, and inexpensive.

Nutritional Information per serving: Total Calories 140; Total Fat 2g; Saturated Fat 1g; Protein 8g; Carbohydrates 22g; Dietary Fiber 3g; Sodium 306mg



Salmon Patties

Makes 6 Servings

Ingredients:

1 $\frac{2}{3}$ cups cracker crumbs (coarse)
1 small onion, chopped
1 can canned salmon (15 oz can OR two 5 oz cans of tuna in water, drained)
 $\frac{2}{3}$ cup lowfat milk
2 eggs (well beaten)
celery ($\frac{1}{2}$ cup chopped, optional)
salt and pepper (to taste)

Directions:

In a large bowl, mix all ingredients together. Mixture will be moist. Spray a large skillet with non-stick cooking spray. Heat skillet. Drop fish mixture onto the skillet using a $\frac{1}{3}$ or $\frac{1}{2}$ cup measuring cup. Brown on both sides.

Notes

*Dry bread crumbs, crushed unsweetened cereal, or uncooked oatmeal can be used instead of cracker crumbs.

Nutritional Information per serving: Total Calories 206; Total Fat 7 g; Saturated Fat 2 g; Protein 18 g; Carbohydrates 17 g; Dietary Fiber 1 g; Sodium 501 mg

This simple recipe makes good use of canned salmon, or you can also use leftover salmon if you have some on-hand. Out of both? Try canned tuna!



Simmered Beans

Makes 12 Servings

Ingredients:

2 cups beans, dried pinto, black, or pink (rinsed)
8 cups water
1 onion (chopped)
1 bay leaf

Directions:

Place beans, water, onion and bay leaf in a large pot. Cover and bring to a boil over high heat. Reduce heat to low. Simmer for 1 to 1 1/2 hours or until beans are tender. Remove bay leaf and stir in salt. Cook 15 minutes longer. Top each serving of simmered beans with 1/2 cup fresh salsa or store beans in refrigerator for up to three days in a covered plastic or glass container.

Savory simmered beans are simple and satisfying. Enjoy as a side to your favorite entrée.

Nutritional Information per serving: Total Calories 118; Total Fat 1g; Saturated Fat 0g; Protein 7g; Carbohydrates 22g; Dietary Fiber 7g; Sodium 56mg

