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## The "Bad" Fat

There are two main types of fats: saturated and unsaturated. Saturated fat is commonly known as the "bad" fat. Unsaturated fats are those that our body needs. The saturation of fats is a fancy way of describing the molecular structure. In short, saturated fats have extra connections or double bonds, and unsaturated bonds do not. Saturated fats can also be known as trans fats. Those two labels are those you should consume in low amounts when you see them on a label. When higher amounts of these fats are consumed, there is a higher risk for cardiovascular disease and high cholesterol.



Saturated fats are found mostly in animal products such as beef, pork, and dairy (cheese, butter, cream). They can also be found in many processed foods such as fast food and baked goods.

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## The "Good" Fat

Unsaturated fats are known as the "good" fats. These fats can be broken down into further categories of monounsaturated, polyunsaturated, and Omega-3 fatty acids. The three kinds all provide similar benefits, and the difference is mainly in the details of their structure and sources.



## Sources of Fats

The most well-known sources of unsaturated fats are avocados and peanut butter. Monounsaturated and polyunsaturated fats are also commonly found in many different plants' oils, including soybean, corn, peanut, olive, sesame, and canola; in nuts like hazelnuts, almonds, cashews, and pecans; and seeds such as sunflower, sesame, and pumpkin. Salmon, tuna, trout, flaxseed, and chia seeds are all common sources of Omega-3 fatty acids.





A delightful concoction of green fruits and vegetables plus fat-free dairy. With convenience built in, this refreshing smoothie can be made a day ahead. Keeps well in the refrigerator up to 24 hours.

## Avocado Melon Breakfast Smoothie

Makes 2 Servings

### Ingredients:

- 1 large, ripe avocado
- 1 cup honeydew melon chunks (about 1 slice)
- lime, juiced (1 1/2 tsp lime juice)
- 1 cup 8 oz milk (fat free)
- 1 cup fat-free yogurt (plain)
- 1/2 cup 100% apple juice or white grape juice
- 1 tablespoon honey

### Directions:

Cut avocado in half, remove pit. Scoop out flesh, place in blender. Add remaining ingredients; blend well. Serve cold. (Keeps well in refrigerator up to 24 hours. If made ahead, stir gently before pouring into glasses.)

Nutritional Information per serving: Total Calories 320; Total Fat 11g; Saturated Fat 2g; Protein 13g; Carbohydrates 46g; Dietary Fiber 5g; Sodium 170mg



Spicy and flavorful, this is an amazing side dish that doubles easily. Double up and enjoy it with a crowd during the summer months when okra is in season.

## Okra and Greens

Makes 5 Servings

### Ingredients:

- 1 onion (small, finely chopped)
- 2 tablespoons corn oil
- 6 cups greens (1 pound, shredded)
- 16 okra
- 4 chili peppers (finely chopped and crushed)
- 1 lemon
- 1/4 cup water

### Directions:

In a large heavy pan sauté onions in oil until golden brown. Add remaining ingredients and about 1/4 cup of water. Simmer over low heat, covered, until greens are tender. Squeeze lemon juice before serving.

Nutritional Information per serving: Total Calories 98; Total Fat 6g; Saturated Fat 1g; Protein 3g; Carbohydrates 11g; Dietary Fiber 4g; Sodium 31mg



## Potato Spinach Lasagna

Makes 4 Servings

### Ingredients:

7 small red potatoes	$\frac{3}{4}$ cup Part-skim mozzarella cheese (shredded)
$\frac{1}{2}$ cup onion (chopped)	2 tablespoons Parmesan cheese (grated)
2 cloves garlic (minced)	1 egg (beaten)
1 tablespoon olive oil	1 $\frac{1}{2}$ cups reduced sodium pasta sauce (about $\frac{1}{2}$ of 24-oz jar)
3 ounces Fresh Baby Spinach (about 3 $\frac{1}{2}$ cups)	
$\frac{3}{4}$ cup non-fat ricotta cheese (or cottage cheese)	

### Directions:

Preheat oven to 375 degrees F. Bring water to a boil in large sauce pan. Thinly slice potatoes, add to boiling water and cook 5 minutes, drain and rinse with cool water; drain again. Heat olive oil in medium skillet, add onions and garlic; sauté about 2-3 minutes until just starting to brown. Add spinach, sauté 1 more minute. Remove from heat and drain off liquid. In a medium bowl, mix cheese with egg until well blended. Add layers to 8" square baking dish as follows, using about  $\frac{1}{4}$  of each: pasta sauce, potato slices, sautéed spinach mixture and cheese mixture. Repeat layers until all ingredients are used. Cover with foil. Bake about 35-40 minutes. Remove foil and bake an additional 10 minutes until cheese is melted.

Nutritional Information per serving: Total Calories 440; Total Fat 12g; Saturated Fat 4g; Protein 19g; Carbohydrates 63g; Dietary Fiber 8g; Sodium 360mg

A unique and flavorful meat-free lasagna layered with sliced potatoes instead of noodles.



## Apple Wedges with Pumpkin Almond Butter

Makes 4 Servings

### Ingredients:

#### For the Dip:

$\frac{1}{2}$  cup pumpkin puree (canned or from scratch)  
 $\frac{1}{3}$  cup almond butter (or crunchy peanut butter)  
 2 tablespoons maple syrup  
 $\frac{1}{8}$  teaspoon cinnamon

#### Apple Slices:

24 slices golden delicious apple slices  
 24 slices granny smith apple slices

### Directions:

Mix together dip ingredients.  
 Serve with apple slices.

Breakfast is a snap with this simple dip, which can be made ahead of time and refrigerated. Enjoy with Golden Delicious or Granny Smith apple slices.

Nutritional Information per serving: Total Calories 244; Total Fat 13g; Saturated Fat 2g; Protein 5g; Carbohydrates 33g; Dietary Fiber 7g; Sodium 100mg