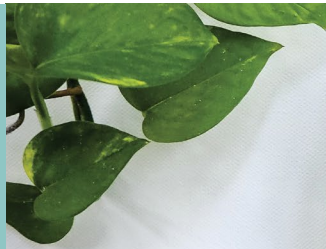


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**April 2021**

## Planning Meals can be broken down into three simple steps:

- 1) Deciding what to Make
- 2) Shopping for Ingredients
- 3) Preparing Ingredients

### Deciding What to Make

At one time or another we have all struggled with deciding what to make! Planning meals in advance can help with this. Keep a list of family favorite recipes to help you decide what to make. Check what ingredients you already have on hand to stretch your food dollars. Choose meals that you can double or triple the recipe. This will allow you to have a meal ready that just needs to be reheated and enjoyed.



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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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## Shopping for Ingredients



The first step in shopping for ingredients is to check your pantry, cupboards, and fridge/freezer. Make sure you know what you have before you go to the store. Look at different recipes if your items are nearing their expiration and need to be used up. When shopping for ingredients, buy in bulk when possible and necessary. Good options for bulk buying are beans, rice, noodles, cereals, and on sale canned or frozen vegetables and fruits. These ingredients can be used in many different dishes making shopping even easier.

## Preparing Ingredients

When returning from the grocery store, prep as soon as possible. Rinse and slice or chop any fresh produce. Cook any meats, noodles, rice, or beans. Once things are cut and cooked, measure them out and place them in containers. Place your rice into three containers if using it for three meals this week, place your cooked hamburger in two containers if you need it for two meals, etc. It is also a good idea to label the containers with what is in them, when it was made and how much there is. This will help keep you from getting confused later in the week if you choose to eat a different meal than originally planned.



Meal planning is often about trial and error. What works for one person may not work for you. These three steps are a great place to start but are not the only solution. Feel free to experiment with different recipes, bulk choices, and preparation techniques to find what works best for you and your family.



## Zucchini Stir Fry

Makes 4 Servings

### Ingredients:

1 tablespoon vegetable oil  
1 onion (medium)  
1 yellow squash  
1 zucchini (medium)  
1 red pepper  
½ teaspoon black pepper  
¼ teaspoon basil  
¼ teaspoon oregano

### Directions:

Peel the onion. Cut it into thin slices. Slice the yellow squash into thin round pieces. Slice the zucchini into thin round pieces. Chop the red pepper into small pieces. Heat the oil in a frying pan or stir-fry pan. Add the onion slices. Cook over medium heat, stirring quickly for 1 minute. Add the spices and stir a few times. Add remaining vegetables and cook for 3 to 5 minutes until vegetables are just tender.

Nutritional Information per serving: Total Calories 68; Total Fat 4g; Saturated Fat 1g; Protein 2g; Carbohydrates 8g; Dietary Fiber 2g; Sodium 7mg

Enjoy your zucchini bumper crop or farmer's market bounty with this quick and easy vegetable side dish.



## Un-fried Chicken

Makes 8 Servings

### Ingredients:

4 pounds chicken pieces, skin removed  
8 yogurt, non-fat plain (8 ounce)  
1 ½ cups bread crumbs (or crushed cereal)  
non-stick cooking spray

### Directions:

Preheat oven to 325 degrees. Coat chicken with yogurt. Roll in bread crumbs or crushed cereal. Spray baking sheets with non-stick cooking spray and place chicken pieces on them. Bake 1 hour, turning chicken pieces after first 30 minutes or when chicken browns. Serve. Refrigerate leftovers.

The chicken in this recipe is juicy and flavorful even though it's baked and not fried. An added bonus of baking is the easier cleanup.

Nutritional Information per serving: Total Calories 369; Total Fat 7g; Saturated Fat 2g; Protein 56g; Carbohydrates 17g; Dietary Fiber 1g; Sodium 293mg



Hot sauce and almonds make this rice dish explode with flavor. Only one pot is needed making this an easy and delicious side dish.

## Sunshine Rice

Makes 4 Servings

### Ingredients:

- 1 ½ tablespoons vegetable oil
- 1 ¼ cups celery (finely chopped, with leaves)
- 1 ½ cups onion (finely chopped)
- 1 cup water
- ½ cup orange juice
- 2 tablespoons lemon juice
- 1 dash hot sauce
- 1 cup white rice (long-grain, uncooked)
- ¼ cup almonds (slivered)

### Directions:

Heat oil in medium saucepan. Add celery and onions and saute until tender, about 10 minutes. Add water, juices, and hot sauce. Bring to a boil. Stir in rice and bring back to a boil. Let stand covered until rice is tender and liquid is absorbed. Stir in almonds. Serve immediately as a side dish for a fish entree.

Nutritional Information per serving: Total Calories 324; Total Fat 11g; Saturated Fat 1g; Protein 7g; Carbohydrates 50g; Dietary Fiber 3g; Sodium 67mg



Sweet and delicious, this dessert will soon become a family favorite.

## Southern Banana Pudding

Makes 10 Servings

### Ingredients:

- 3 ¾ cups milk (fat-free)
- 2 instant vanilla pudding and pie-filling mix (small packages 4 serving size, fat-free, sugar free)
- 32 vanilla wafers
- 2 bananas (medium, sliced)
- 2 cups frozen whipped topping (light)

### Directions:

Mix 3½ cups of the milk with the pudding mixes. Beat the pudding mixture with a wire whisk for 2 minutes until it is well blended. Let stand for 5 minutes. Fold 1 cup of the whipped topping into the pudding mix. Arrange a layer of wafers on the bottom and sides of a 2-quart serving bowl. Drizzle 2 tablespoons of the remaining milk over the wafers. Add a layer of banana slices and top with one-third of the pudding. Repeat layers, drizzling wafer layer with remaining milk and ending with pudding. Spread the remaining whipped topping over the pudding. Refrigerate for at least 3 hours before serving.

Nutritional Information per serving: Total Calories 215; Total Fat 4g; Saturated Fat 2g; Protein 4g; Carbohydrates 41g; Dietary Fiber 1g; Sodium 376mg