



SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION

# Family Food Cent\$

## In this issue:

- Leftovers
- Myths vs. Facts
- Tips and Tricks

## Recipes:

- Pineapple Avocado Chicken Salad
- Roasted Cauliflower Steaks
- Herb-Stuffed Mushrooms
- Batido Smoothie



June 2021

## Leftovers!

Ever gone to a family or friend's house and enjoyed the meal so much that you took some extra back home with you? Or cooked way more than you needed to for Tuesday's supper so you had it for lunch the rest of the week? Or maybe you just made extra food or meal prepped for the week intentionally. Regardless of the reason you have leftovers, it's important to understand how to care for them properly.



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. Learn more at [extension.sdstate.edu](http://extension.sdstate.edu).

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

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

3,650 copies, \$0.27 each, SDSU Extension. Printed on recycled paper. ES059 5/21

## Myths vs. Facts

Myth	Fact
Leftovers are okay to eat as long as they don't look or smell bad.	Leftovers that are refrigerated must be frozen or eaten within three to four days.
I just have to reheat my leftovers until they're warm.	Leftovers must be reheated to an internal temperature of at least 165 degrees Fahrenheit.
I can't refreeze raw food once it has been thawed.	Foods that were thawed properly (in the refrigerator) may be refrozen if needed. If foods were thawed using the microwave or in cool water, they need to be cooked fully.
I can reheat my leftovers in my crockpot.	Slow cookers do exactly that, cook slowly. Leftovers should be reheated using the microwave, oven at 350 degrees Fahrenheit, or a pot or pan on the stove.

## Tips and Tricks

- Make sure your fridge is set to 40 degrees Fahrenheit or below and your freezer to 0 degrees Fahrenheit or below.
- Get your leftovers to below 40 degrees Fahrenheit within two hours.
- Place your leftovers in the fridge immediately. If there is too much and you don't think it will cool down quickly, separate into smaller containers.
- Always store leftovers in sealed storage containers or wrap them in airtight packaging.
- Write the date on your leftovers so you know how long they're good for.





## Pineapple Avocado Chicken Salad

Makes 4 Servings

### Ingredients:

- |  |  |
|--|--|
| 1 avocado (divided)                      | ½ cup shredded carrots (about 2 carrots)               |
| 2 tablespoons non-fat plain Greek yogurt | ½ cup shredded cabbage                                 |
| 1 tablespoon rice vinegar                | 1 green onion, sliced                                  |
| ¼ teaspoon salt                          | 2 cups cooked, cubed chicken breast (about 8 oz.)      |
| ⅛ teaspoon black pepper                  | 4-6 ½" whole wheat pita pockets (or 8-4" pita pockets) |
| 1 cup fresh pineapple chunks             |  |
| 1 large red bell pepper (chopped)        |  |

### Directions:

Mash ½ avocado in a small dish; add yogurt, rice vinegar, salt and pepper. Cut remaining avocado into small chunks and mix together with pineapple, bell pepper, carrots, cabbage, green onion and chicken. Add dressing; mix gently. Fill pita pockets and serve.

Delicious sandwich, wrap or pita filling featuring chunks of avocado, pineapple and chicken. Avocado helps make a creamy, luscious dressing.

Nutritional Information per serving: Total Calories 437; Total Fat 10g; Saturated Fat 2g; Protein 31g; Carbohydrates 60g; Dietary Fiber 11g; Sodium 883mg



## Roasted Cauliflower Steaks

Makes 6 Servings

### Ingredients:

- |                            |   |
|----------------------------|---|
| 1 head cauliflower, medium | ¼ teaspoon pepper                       |
| 1 tablespoon vegetable oil | ½ teaspoon paprika (optional)           |
| 2 tablespoons lemon juice  | ¼ cup grated Parmesan cheese (optional) |
| 1 teaspoon garlic powder   |   |
| ½ teaspoon salt            |   |

### Directions:

Wash hands with soap and water. Preheat oven to 400 degrees F. Lightly grease a large baking sheet. Slice cauliflower from top to bottom through the core into 1- to 1 ½-inch thick steaks. Put steaks on the baking sheet along with end pieces, flat side down. In a small bowl, mix the rest of the ingredients, except cheese. Spoon on and spread or brush the cauliflower with half the mixture. Roast for 20 minutes. Remove baking sheet from the oven, carefully turn the steaks and spread the rest of the mixture. Roast for 15 to 20 minutes or until the cauliflower is browned and tender. Sprinkle with cheese, if desired, and serve. Refrigerate leftovers within 2 hours.

Cauliflower steaks are a fun way to get in some of your daily vegetables! This simple recipe spices up cauliflower using lemon juice and garlic powder.

Nutritional Information per serving: Total Calories 220; Total Fat 11g; Saturated Fat 4g; Protein 25g; Carbohydrates 5g; Dietary Fiber 1g; Sodium 80mg



Stuffing mushrooms just makes something wonderful even better! Try various herbs and spices until you find the flavor you like.

## Herb-Stuffed Mushrooms

Makes 4 Servings

### Ingredients:

8 large mushrooms (approx. 3" in diameter)  
4 cloves garlic  
¾ cup white onion  
3 teaspoons olive oil  
½ teaspoon dried parsley  
½ teaspoon dried sage  
½ teaspoon dried rosemary  
½ teaspoon dried thyme  
¼ cup whole-wheat bread crumbs  
¼ cup sun-dried tomatoes (chopped fine)  
¾ cup canned, drained, no-salt added chickpeas (garbanzo beans)  
1 teaspoon lemon juice  
cooking spray

### Directions:

Preheat oven to 375 degrees F. Clean mushrooms with a paper towel or vegetable brush; remove stems to use for the filling. While oven is warming, put mushroom caps (open side down) in oven for 10 minutes. This will prepare the caps for stuffing. Chop the garlic and onions and sauté with 1 tsp olive oil. One minute before they are finished, add the four herbs. After 1 minute, remove from heat. In a large bowl, mash mushroom stems and chickpeas. Add all other ingredients. Mix well. Lightly spray a baking sheet and the mushroom caps. Stuff the mushrooms with the mixture and place on baking sheet. Bake for 15-18 minutes or until the stuffing is golden brown. Remove from oven, sprinkle with an herb of your choice, and enjoy.

Nutritional Information per serving: Total Calories 149; Total Fat 5g; Saturated Fat 1g; Protein 6g; Carbohydrates 22g; Dietary Fiber 5g; Sodium 199mg



## Batido Smoothie

Makes 4 Servings

### Ingredients:

2 cups papaya chunks (fresh or frozen)  
2 bananas (overripe, sliced)  
1 cup plain low-fat yogurt  
1 cup ice cubes

### Directions:

Put all the ingredients in the blender. Put the lid on tightly. Turn the blender to a medium setting and blend until the ice is chopped and the mixture is smooth, about 1 minute. Serve right away or cover and refrigerate up to 4 hours.

This refreshing smoothie is a blend of papaya, banana and yogurt and makes a satisfying part of breakfast or any time of day. Mix in frozen or fresh berries for a variety of flavors.

Nutritional Information per serving: Total Calories 118; Total Fat 1g; Saturated Fat 1g; Protein 4g; Carbohydrates 25g; Dietary Fiber 3g; Sodium 46mg

