



SOUTH DAKOTA STATE  
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# Family Food Cent\$

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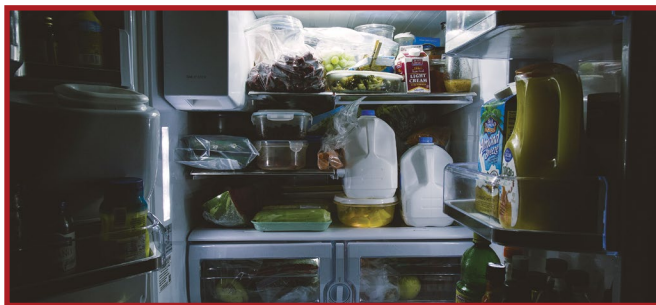
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## An Organized Fridge is a Happy Fridge

Staying organized is an important part of everyday life. As more things start to pile onto our plates, it is easy to forget about the little things in life, like your refrigerator. Yes, the fridge needs organization too! In order to effectively use the various items that are put into a fridge, it is important to understand their placement. Here are some easy rules to follow when organizing your fridge:

- Keep your fridge space balanced and plentiful.
- Store your milk and eggs on the middle shelf, towards the back where it is coldest.
- Store condiments in the door.
- Fresh meats should be stored on the lowest shelf on a tray/plate so juices do not drip on other foods.
- Designate a place for leftovers and label them with name and date (masking tape works well).
- Use trays, bins and baskets inside your fridge, found at the dollar store.
- Make a “Eat Me First” bin for items that will go bad soon.
- Wipe up any spills that occur right away so they do not spread germs or odors.
- Keep your refrigerator set between 34-40 degrees Fahrenheit.



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# Cleaning the Fridge

There are few appliances that get used as frequently as a refrigerator, so it is important to keep it clean. A clean fridge, both on the inside and outside, can bring a type of efficiency that is helpful in our everyday lives. It can also save money by effectively using the space provided, which can help you keep food fresher for longer. Below are simple steps to clean your fridge:

**1. Choose whether to unplug your fridge or not.**

If you have removable shelves in your refrigerator and you are careful about keeping the doors closed, then there shouldn't be a problem to keep the fridge running. However, if you anticipate your fridge to be open for a lengthy time, it is advisable to unplug the fridge to help save with electricity costs.



**2. Empty the Refrigerator**

To begin the process of cleaning, empty all items out of the fridge. Store perishables such as milk in a cooler while you are cleaning. Throw out any leftovers and expired foods. Take out the trash with the old food right away to avoid odors from invading your house.

**3. Clean the Removable Refrigerator Parts**

Take out all removable pieces within your fridge. You can clean these items thoroughly when they are on the outside of the fridge, and it gives you better access to the inside to clean the hard-to-reach places. Use fragrance-free dish soap with warm water. Wash the items with a dish sponge. After the soap, rinse the shelves until there is no trace of dish soap. Make sure the shelves and removable items are completely dry before putting them back in place.

**4. Clean the Inside of Refrigerator**

Clean the interior with baking soda, which absorbs odors. Fill a spray bottle with two tablespoons baking soda and a quart of hot water. Apply the cleaning solution to all parts of the fridge, and wipe with a sponge or microfiber cloth. Scrub troubled spots with a toothbrush, and then wipe with a dry cloth.

**5. Clean the Outside of Refrigerator**

Wipe down the outside of the fridge with a cloth moistened with warm, soapy water, and dry with paper towels. Do not forget to clean the top of the fridge! Carefully use a coil cleaning brush to dust the condenser coils. Try to sweep around the fridge as much as possible.

**6. Return Items to your New and Improved Fridge**

Wipe down any containers as needed as you place them back into the refrigerator.





Make your own pizza topped with green peppers, mushrooms or other vegetables.

## Anytime Pizza

Makes 2 Servings

### Ingredients:

1/4 mini baguette or Italian bread (split lengthwise, or 2 split English muffins)  
 1/2 cup pizza sauce  
 1/2 cup mozzarella or cheddar cheese (part-skim, shredded)  
 1/4 cup green pepper (chopped)  
 1/4 cup mushrooms (fresh or canned, sliced)  
 vegetable toppings (other, as desired, optional)  
 Italian seasoning (optional)

### Directions:

Toast the bread or English muffin until slightly brown. Top bread or muffin with pizza sauce, vegetables and low-fat cheese. Sprinkle with Italian seasonings as desired. Return bread to toaster oven (or regular oven preheated to 350 degrees). Heat until cheese melts.

Nutritional Information per serving: Total Calories 180; Total Fat 7g; Saturated Fat 3g; Protein 11g; Carbohydrates 18 g; Dietary Fiber 2g; Sodium 502 mg



Learn to make your own granola in an oven, skillet or even the microwave. It's easy and you can be creative with what you put in it.

## Awesome Granola

Makes 12 Servings

### Ingredients:

3 cups oatmeal (uncooked)	1/4 cup honey
1/2 cup coconut (shredded or flaked)	1/4 cup margarine (liquid)
1 cup pecans (chopped, walnuts or peanuts)	1 1/2 teaspoons cinnamon
	2/3 cup raisins

### Directions:

**Conventional Oven:** Heat oven to 350°F. Combine all ingredients in a large bowl, except raisins, mix well. Bake in 13 x 9 inch baking pan at 350°F for 25-30 minutes or until golden brown. Stir every 5 minutes. Stir in raisins. Cool thoroughly. Store in tightly covered container.

**Electric Skillet:** Combine all ingredients except raisins in a large microwave safe bowl; mix well. Set electric skillet at 300°F and stir mixture constantly until lightly browned. Place in a bowl and stir in raisins. Cool thoroughly. Store in tightly covered container.

**Microwave:** Combine all ingredients, except raisins in a large microwave safe bowl; mix well. Place in 11 x 7 in glass baking dish. Cook at HIGH about 8 minutes or until golden brown, stirring after every 2 minutes of cooking; stir in raisins. Place onto un-greased cookie sheet or aluminum foil to cool. Cool thoroughly. Store in a tightly covered container.

Nutritional Information per serving: Total Calories 231; Total Fat 13g; Saturated Fat 3g; Protein 4g; Carbohydrates 27g; Dietary Fiber 3 g; Sodium 37mg



## 2-Step Chicken

Makes 4 Servings

### Ingredients:

- 1 tablespoon vegetable oil
- 2 Boneless chicken breasts
- 1 can cream of chicken soup (10 ounces)
- 1/2 cup water

### Directions:

Heat oil in a skillet at a medium-high setting. Add chicken and cook for ten minutes. Remove chicken from pan and set aside. Stir the soup and water together in the skillet and heat it to a boil. Return the chicken to the skillet. Reduce the heat to low and simmer for an additional 10 minutes, or until the chicken reaches an internal temperature of 165°F.

The ultimate in simplicity, this recipe calls for chicken and cream of chicken soup. Pair it with a salad or roasted mixed vegetables for a colorful dinner. Even better, two-step around the kitchen while it is heating up, getting some physical activity while you cook!

Nutritional Information per serving: Total Calories 181; Total Fat 10g; Saturated Fat 2g; Protein 17g; Carbohydrates 5g; Dietary Fiber 0g; Sodium 537mg



## Bean and Rice Burritos

Makes 8 Servings

### Ingredients:

- 2 cups rice (cooked)
- 1 onion (small, chopped)
- 2 cups kidney beans (cooked, or one 15 ounce can, drained)
- 8 flour tortillas (10 inch)
- 1/2 cup salsa
- 1/2 cup cheese (shredded)

### Directions:

Preheat the oven to 300 degrees. Peel the onion and chop it into small pieces. Drain the liquid from the cooked (or canned) kidney beans. Mix the rice, chopped onion, and beans in a bowl. Put each tortilla on a flat surface. Put 1/2 cup of the rice and bean mix in the middle of each tortilla. Fold the sides of the tortilla to hold the rice and beans. Put each filled tortilla (burrito) in the baking pan. Bake for 15 minutes. While the burritos are baking, grate 1/2 cup cheese. Pour the salsa over the baked burritos. Add cheese. Serve the burritos warm.

These baked burritos are a great way to use leftover cooked rice. Try them with brown rice for a whole grain boost.

Nutritional Information per serving: Total Calories 358; Total Fat 8g; Saturated Fat 3g; Protein 13g; Carbohydrates 58g; Dietary Fiber 6g; Sodium 557g