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# Family Food Cent\$

## In this issue:

- How to Serve a Safe Holiday Meal
- Managing Holiday Leftovers
- Healthy Eating Tips for the Holidays

## Recipes:

- Apple Salad
- Cauliflower Shells with Cheese
- Buttermilk Scones
- Pork Loin Roast with Veggies



December 2021

## How to Serve a Safe Holiday Meal

The holidays are a wonderful time to get together with family and friends and have a special meal. If you are hosting, here are some tips to keep the food safe:

- **Plan Platters:** Prepare a few small platters ahead of time instead of one huge platter. When one platter runs out, replace it with a fresh platter. This helps keep food safe because it isn't all sitting out at room temperature for a long period of time. Store cold platters (fruit and veggie trays, for example) in the fridge. Store hot dishes in the oven set at 200° Fahrenheit (F) to 250°F prior to serving.
- **Hot Foods:** Do you have a food thermometer? If not, this is a good, relatively inexpensive tool to have on hand for food safety. Hot foods should be kept at an internal temperature of 140°F or warmer to prevent bacteria.
- **Cold Foods:** Cold dishes should be kept at 40°F or colder. Keep cold foods in the fridge until serving time. If it will sit out longer than two hours, add ice underneath.
- **Follow the Two-hour Rule:** Set a timer and discard any perishables left out at room temperature for more than two hours unless you're keeping it hot or cold.
- **Leftovers:** Whether for you or guests, leftovers should be refrigerated within two hours or as soon as guests arrive home.
- **Egg Safety:** Some recipes call for raw or lightly cooked eggs: custards, eggnog, etc. Raw eggs can contain harmful bacteria which is especially dangerous to those at higher risk for foodborne illness (including pregnant women, young children, older adults and those with a weakened immune system). To keep guests safe, use store-bought custards and eggnog instead (check the label to be sure they are already cooked or pasteurized). Or, if you want to make it yourself, purchase pasteurized eggs or add the eggs to the amount of liquid called for in the recipe and then heat the mixture until it reaches 160°F on a food thermometer.

Following these tips will help you feel confident about serving your holiday guests safely.

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## Managing Holiday Leftovers

Thanksgiving and Christmas are an amazing time to bring families together, but have you ever been left with too much food after everyone is gone? Here are some great tips to help you reduce food waste and space in your fridge.



- **Give it away!** If you are hosting a party, be prepared with resealable plastic bags and food containers to send guests home with some goodies.
- **Zip it good.** Make sure to store all leftover foods in airtight containers to keep it fresh for longer.
- **Chill out.** Utilize your freezer—soups, cooked vegetables, breads and pastries all freeze very well and can be thawed for later consumption.
- **Be creative.** Use your leftovers to make new dishes that you may have never tried. For example, combine your vegetables and meats in a pasta dish.
- **Safety first.** Most foods will stay fresh for up to seven days, but if it looks or smells even a little funky, throw it out!
- **Feel the burn.** Work off some of those extra calories! Make sure to get some exercise in the weeks following holiday get-togethers.

## Healthy Eating Tips for the Holidays

When we think about the holidays, it usually consists of family, gifts and lots of FOOD! It is easy to go overboard with the many plates that may be available during this time, but here are some strategies to help you navigate those temptations, while enjoying yourself with friends and family.



- **Be selective.** Don't eat everything at feasts and parties. Be choosy and spend calories wisely on the foods you love.
- **Take 10 minutes before going up for more.** It takes a few minutes for your brain to get the signal that you are full. After finishing your first helping, take a 10-minute break to allow your mind and body to get the signal.
- **Put on your dancing shoes.** Dancing is a great way to work off some holiday calories. Or head out for a walk before or after the feast.
- **Make room for veggies.** At meals and parties, don't ignore fruits and vegetables. They make great snacks and even better side or main dishes – unless they are heavy in creamy sauces or butter.
- **Pay attention to what really matters.** Although food is a big part of the holidays, put the focus on family and friends, laughter and cheer.



For this delectable and simple seasonal salad, combine diced apples and celery with raisins and nuts. Add dressing and enjoy!



Creamy cauliflower and low-fat cheese make a delicious sauce for this pasta dish.

## Apple Salad

Makes 8 Servings

### Ingredients:

2 cups apple (diced)  
1 cup celery (diced)  
1/2 cup raisins  
1/2 cup nuts  
2 tablespoons lite mayonnaise-type dressing (or mayonnaise)  
1/16 cup orange juice (1 Tablespoon)

### Directions:

Mix orange juice with salad dressing or mayonnaise. Toss apples, celery, raisins and nuts with the dressing mixture.

Nutritional Information per serving: Total Calories 105; Total Fat 5g; Saturated Fat 1g; Protein 2g; Carbohydrates 14g; Dietary Fiber 2g; Sodium 73g

## Cauliflower Shells with Cheese

Makes 7 Servings

### Ingredients:

1 pound whole wheat pasta shells	1 teaspoon garlic salt
8 cups water	1/4 cup flour
2 cups chopped cauliflower	1/4 cup vegetable oil
1 1/2 cups milk, non-fat	1 cup cheese, low-fat

### Directions:

Fill 1 pot with 6 cups of water and bring to a boil. Once the water is boiling, add pasta and cook for 8 minutes. Drain pasta and fill the same pot with 2 cups of water, bring to a boil. Place the chopped cauliflower in the boiling water and cook until the florets are soft (about 4 minutes). Drain cauliflower. Placed the cooked cauliflower, 1/2 cup milk, and garlic salt in a blender and blend until smooth. In a separate pot, heat oil. Add the flour and whisk until the mixture is smooth. Add 1 cup of milk and cook the mixture until it bubbles and thickens. Add the cheese and cauliflower and mix. Once the mixture is complete, remove from heat. Add the pasta back into the sauce and serve.

Nutritional Information per serving: Total Calories 359; Total Fat 10g; Saturated Fat 2g; Protein 17g; Carbohydrates 55g; Dietary Fiber 6g; Sodium 233mg



These scones taste better than those from your local bakery – and you do not even have to change out of your pajamas! You can make many variations of this recipe by adding different fruits, sprinkling cinnamon prior to baking, or trying whole wheat flour. Get creative and have fun.



A perfect recipe for meat and potatoes fans. Enjoy this recipe with a fresh side salad, and a piece of fruit for dessert.

## Buttermilk Scones

Makes 9 Servings

### Ingredients:

1 cup whole-wheat flour  
3/4 cup all-purpose flour  
1/3 cup sugar  
1 teaspoon baking powder  
1/2 teaspoon baking soda

1/4 teaspoon salt  
1 cup raisins  
4 tablespoons butter, melted (1/4 cup)  
2/3 cup buttermilk

### Directions:

Wash hands with soap and water. Preheat oven to 400 degrees F. Combine the flours, sugar, baking powder, baking soda and salt in a medium bowl. Mix well. Add raisins and mix lightly. In a small bowl, combine melted butter and buttermilk. Add liquid ingredients to flour mixture; mix gently. Spoon dough into 9 equal mounds on a greased baking sheet. Bake until well browned, 18-20 minutes. Serve hot or at room temperature. Best eaten the same day you bake them.

### Notes

- Substitute vegetable oil for the butter to reduce saturated fat.
- Try other dried fruit.
- Sprinkle with cinnamon before baking.
- Try mixing in 1 1/2 teaspoons grated lemon or orange zest (grate the outer colored part of the peel).
- No buttermilk? Place 1 Tablespoon of lemon juice or vinegar in measuring cup and fill to the 1 cup line with milk. Stir and let set to thicken slightly.
- Whole-wheat flour can be replaced with all-purpose flour.

Nutritional Information per serving: Total Calories 217; Total Fat 6g; Saturated Fat 4g; Protein 4g; Carbohydrates 39g; Dietary Fiber 2g; Sodium 211mg

## Pork Loin Roast with Veggies

Makes 6 Servings

### Ingredients:

2 cups onions, cut in wedges (about 1/2 pound or 2 medium )  
2 cups potatoes, diced (about 12 ounces or medium)  
2 cups baby carrots (or 3/4 pound regular carrots, sliced)

2 tablespoons vegetable oil (divided)  
1 1/4 pounds pork loin  
3 teaspoons brown sugar (1 Tablespoon)  
1/2 teaspoon garlic powder  
1/2 teaspoon pepper  
1/4 teaspoon salt

### Directions:

Preheat oven to 400°F. In a bowl mix veggies with 1 tablespoon oil, salt, and pepper. Lay veggies around the edge of a 9"x13" pan and put in oven. Use a small bowl to make the rub. Mix the brown sugar, garlic, 1/2 teaspoon pepper, and 1/4 teaspoon salt in the bowl. Sprinkle the rub over the loin. Press gently so the rub sticks to the roast. Wash your hands after handling the raw meat. Heat the remaining 1 tablespoon vegetable oil in a large skillet over medium high heat. Add the loin. Brown the sides of meat. Turn after about 2-3 minutes per side. Transfer the pork to the center of the pan

with veggies. Bake for about 40 minutes. A meat thermometer should read 145°F. Check the temperature after 30 minutes in the oven. Remove from oven. Let set for 5 minutes. Slice and serve.

### Notes

- Wash and cut potatoes and onion into chunks about the same size as baby carrots.
- Use a meat thermometer. Cooked pork can be pink even when the meat has reached a safe temperature.
- For safety and quality, allow meat to rest for at least three minutes before slicing.

Nutritional Information per serving: Total Calories 168; Total Fat 5g; Saturated Fat 1g; Protein 9g; Carbohydrates 22 g; Dietary Fiber 8g; Sodium 571 mg