



SOUTH DAKOTA STATE
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Family Food Cent\$

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Goal Setting 101

A new year means we have an opportunity to start something new. Have you set a New Year's resolution for 2022? This is a popular way to set a goal for yourself to improve fitness, diet or budgeting. But how do you integrate these lofty goals into your daily life? The most important step of goal setting is to implement it into your routine.

First, you must make sure your goal is clear and reachable. Many use SMART criteria to guide their goal setting. SMART is an acronym that stands for:

- **Specific** (simple, sensible, significant). **What do I want to accomplish?**
- **Measureable** (meaningful, motivating). **How much? How many?**
- **Achievable** (agreed, attainable). **How can I accomplish this goal?**
- **Relevant** (reasonable, realistic, and resourced, results-based). **Does this seem worthwhile?**
- **Time bound** (time-based, time limited, time/cost limited, timely, time-sensitive). **What can I do six weeks from now?**

Example of a goal that is not SMART: Drink more water.

Example of a SMART goal: Beginning this weekend, I will drink one full glass of water every morning when I wake up.

This is the perfect tool to use for goal setting. The questions above must be answered in order for you to create a path toward your goal. It takes time, discipline and consistency to continue, so it is important for you to write out your goals to help you keep track. One day I was visiting a friend's house and I noticed a white board that had four goals written on it. My friend shared that each family member created a goal that they are working towards. The white board helped them articulate the goal, post it in a visible location, hold each other accountable, and encourage one another. This may be a strategy that you would like to use, or post goals on your refrigerator or calendar. Remember that there is strength in numbers; families can create a goal as a family unit and work on it together. Goal-setting is important because making long-term, lifestyle changes may protect you from serious health problems like obesity and diabetes.

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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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Let's Get Fit! How to Set Physical Activity Goals

When it comes to physical activity, there are several principles you should apply to stay on track and incorporate moving more into your daily life.



- Pinpoint your ultimate fitness goal.
 - Example: I want to lose 10 pounds in the next six months.
- Find out how to achieve your ultimate goal.
 - Example: Move more.
- Set small, specific mini-goals.
 - Example: I will work out for 30 minutes, three times a week.
- Monitor your progress regularly
 - Example: Write down the exercise you do and for how long.
- Adapt to changing circumstances
 - Example: If you become injured or sick, adjust your timeframe.
- Don't be too hard on yourself
 - Take it slow and do what you can to stay motivated.

Let's Eat Healthy! How to Set Nutrition Goals

Whatever type of goal you want to achieve, there are different strategies to keep in mind when trying to change your behavior. Here are some great quick tips to keep in mind when focusing on your diet:

- Instead of drastically changing your diet overnight, make your changes one at time.
- Try adding something to your diet instead of taking something away. Add foods that you think you need more of, like fruits and vegetables. If you start off by taking things out of your diet—like foods that are high in fat or sugar—you may feel deprived. This will make it harder for you to change.
- Choose more of the healthy foods that you enjoy. Make a list of meals you like and consider how you can change them to make them healthier. Example: Instead of chips, enjoy sliced veggies with dips, homemade veggie chips or roasted chickpeas.
- Write down your goals and post them where you see them. Reading your goals regularly can be a helpful reminder.
- Share your goals with a family member or friend and ask them to check in with you to ask about your progress.
- Don't set goals that involve losing weight fast. Rapid weight loss is not healthy or recommended.





Strawberries, White Bean and Edamame Salad

Makes 4 Servings

Ingredients:

For the vinaigrette:

- 1 1/2 cups strawberries
- 1 1/2 tablespoons extra virgin olive oil
- 2 tablespoons balsamic vinegar
- 1/4 cup apple juice
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

For the Salad:

- 1 1/2 cups shelled edamame
- 1 can low sodium white beans (drained and rinsed; 15 oz can)
- 1/2 cup red onion (chopped)
- 2 tablespoons chopped fresh basil
- 1/2 cup crumbled feta cheese
- 6 cups baby spinach

Directions:

Cook edamame according to package directions, while preparing remaining ingredients. Rinse under cool water and drain. In a small bowl, whisk vinaigrette ingredients. In a medium bowl, toss all ingredients except spinach and vinaigrette. Serve on individual plates by nesting strawberry, white bean and edamame mix atop spinach. Drizzle with dressing.

Nutritional Information per serving: Total Calories 270; Total Fat 10g; Saturated Fat 2g; Protein 14g; Carbohydrates 30g; Dietary Fiber 10g; Sodium N/Ag

A flavorful, enticing, mix of fresh strawberries, white beans and edamame in a light vinaigrette, nested on a baby spinach and topped with crumbled feta cheese.



Green Onion Omelet

Makes 4 Servings

Ingredients:

- 1 can low-sodium sliced potatoes, drained (about 15 ounces)
- 1 tablespoon vegetable oil
- 1 whole egg
- 3 egg whites
- 3 tablespoons 1% low-fat milk
- 1/4 teaspoon salt
- 1/2 cup ham, diced
- 1/2 can low-sodium tomatoes, drained (about 8 ounces)
- 1 tablespoon green onion (or wild onion), chopped

Directions:

Open and drain can of sliced potatoes. Cut sliced potatoes into strips. In a large skillet over medium heat, lightly brown potatoes in the vegetable oil for 5 to 10 minutes. In a mixing bowl, add egg, egg whites, milk, and salt. Mix well. Stir in ham, tomatoes, and green (or wild) onions. Pour egg mixture over potatoes in the skillet. Cover skillet and continue to cook eggs over medium heat until firm, not runny (about 8 minutes). Cut the omelet into four pieces and serve.

Nutritional Information per serving: Total Calories 184; Total Fat 7g; Saturated Fat 1g; Protein 15g; Carbohydrates 16g; Dietary Fiber 3g; Sodium 283mg

In the spring, in areas where they grow, wild onions can be used in place of green onions. Yellow or white onions work as well.



Skillet Pasta Dinner

Makes 6 Servings

Ingredients:

- 1/2 pound ground turkey, 85% lean (or ground sausage or beef)
- 1 medium onion, chopped
- 2 garlic cloves, minced (approximately 1 teaspoon)
- 1 can tomato sauce (8 ounce)
- 1 cup water
- 8 ounces uncooked tube pasta (ziti, penne, or macaroni)
- 2 cups fresh or frozen vegetables (try zucchini and carrots)

Directions:

Brown the ground meat, onion, and garlic in a skillet or heavy saucepan. Drain off any grease. Add the tomatoes, tomato sauce, water, and uncooked pasta. Cover and simmer for 10 minutes. Add the fresh or frozen vegetables, stir and continue cooking until the pasta and vegetables are tender (about 10 more minutes).

A quick and delicious one-pot meal that is sure to please the whole family. Add your favorite frozen or fresh veggies to this dish.

Nutritional Information per serving: Total Calories 308; Total Fat 6g; Saturated Fat 1g; Protein 16g; Carbohydrates 47g; Dietary Fiber 7g; Sodium 277mg



Oat Bran Muffins

Makes 12 Servings

Ingredients:

- 2 1/4 cups oat bran
- 1/4 cup brown sugar (firmly packed)
- 1 1/2 teaspoons cinnamon
- 1 tablespoon baking powder
- 1 banana (mashed)
- 3/4 cup applesauce (unsweetened)
- 2 tablespoons raisins, dates, or other dried fruit
- 1 large egg
- 1/2 cup orange juice
- 3/4 cup non-fat milk
- 2 tablespoons canola oil

Directions:

Preheat oven to 425 degrees. Mix the first four dry ingredients. Set aside. Mix the egg with orange juice, milk and oil. Mix fruit and blend with dry ingredients. Add the liquid ingredients to the dry until it is moist. Spray muffin tin with a non-stick coating. Pour batter into muffin tins. Bake for 15-17 minutes. Remove muffins from pan after 10 minutes. Cool on a rack. Freeze muffins for later use.

Full of fruit and oat bran, these tasty muffins can be enjoyed as a snack or a dessert.

Nutritional Information per serving: Total Calories 128; Total Fat 4g; Saturated Fat 1g; Protein 4g; Carbohydrates 21 g; Dietary Fiber 3g; Sodium 194 mg