



SOUTH DAKOTA STATE
UNIVERSITY EXTENSION

Family Food Cent\$

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Eat Heart Smart

Did you know that heart disease is the second leading cause of death in South Dakota? In February, we celebrate Valentine's Day and American Heart Month, a time to focus on cardiovascular health. One way to prevent heart disease is to eat a heart-healthy diet. Here are some tips:

- **Portion control:** Remember that restaurants often serve more than anyone needs. Using a smaller plate or bowl can help keep you on track with portion size.
- **Eat more fruits and veggies:** Choose recipes such as soups, stir fries, or salads that allow for a variety of fruits and vegetables to be used.
- **Choose whole grains:** Nutritious grain choices include whole-wheat flour, bread, and pasta, oatmeal, brown rice, barley, farro, and quinoa.
- **Limit unhealthy fats:** Trim the fat off your meats or eat lean meats. Use less butter and margarine. Make substitutions such as top your baked potato with plain yogurt instead of butter and sour cream.
- **Choose low-fat proteins:** For a snack, have unsalted nuts, peanut butter with apples or celery, or a hard-boiled egg. Keep some canned/frozen seafood at home. Add grilled chicken or shrimp to a salad. Utilize beans, peas, and lentils in soups or other dishes.
- **Reduce sodium:** Much of the salt you eat comes from canned or processed foods. Cooking at home more often helps you control the sodium in your food. Add herbs and spices to your dishes instead of salt.



Use these strategies to menu plan and your heart will thank you!

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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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Recipes from: <https://www.myplate.gov/myplate-kitchen/recipes>

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Heart-Healthy Winter Movement

Your heart is a muscle and, as with any muscle, exercise is what strengthens it. February can be one of South Dakota's coldest months, so keep this in mind as you plan safe physical activities that you enjoy. There are so many fun seasonal activities to try, such as sledding, snowshoeing, ice fishing, and ice skating.



Follow these safety tips to enjoy safe wintertime movement:

- **Be careful with the snow shoveling.** While this can be good physical activity, snow shoveling is a known trigger for heart attacks. Take frequent breaks, drink plenty of water, and go inside if your chest hurts or you feel lightheaded or short of breath.
- **Dress appropriately for the weather.** Exposure to cold can cause frostbite or hypothermia and become life-threatening. Infants and older adults are most at susceptible. Adding layers will help you stay warm as the temperature drops. In cold weather, wear 2-3 layers, warm hat, gloves, and waterproof boots. In extreme cold (temperatures well below zero), add another layer and a face mask.
- **How cold is too cold to be outside?** In extreme cold (below zero or extreme wind chill), limit outdoor activities to 30 minutes or less. Extremely cold temps can put a strain on your heart and lungs.

Start Simple with MyPlate App

Many of us are trying to eat healthier in 2022 and the free MyPlate app can help! Start *Simple with MyPlate* is an easy-to-use app that can help you realize your goals. Here's how it works:

1. Install the free app to your mobile device.
2. Register by creating a username and password (optional).
3. Set simple daily goals within the food groups (Fruits, Vegetables, Grains, Protein Foods, Dairy). Take the MyPlate quiz and choose personalized goals, choose from a list, or tap "Pick for me!" to have five goals selected for you. Remember small goals can be a great place to start—maybe begin with one food group in which you want to improve your eating habits.
4. See daily progress in each food group as you meet your goals. You can select various options for notifications, reminders, and tips to help meet your goals.
5. Celebrate your success with badges. Collect a variety of badges including first goal complete, daily-streaks, food group badges, and the ultimate MyPlate badge. You can participate in challenges to stay motivated and earn new badges.
6. Try it for a week and see how you like it!





Smells of vanilla, cinnamon, and fruit will fill your home after baking these cherry puff pancakes. If you don't like cherries, try using peaches, pears, or blueberries.



Serve this creamy egg salad on a bed of lettuce or on whole wheat bread for a quick lunch.

Cherry Puff Pancake

Makes 4 Servings

Ingredients:

3 eggs
1/2 cup fat free (skim) milk (or 1% milk)
1 teaspoon vanilla
1/2 cup all-purpose flour
1 tablespoon sugar
1/8 teaspoon cinnamon
2 tablespoons margarine (or butter)
2 cups halved, pitted sweet cherries, fresh or frozen, thawed and drained
1/4 cup sliced almonds (optional)

Directions:

Wash hands with soap and water. Preheat oven to 450 degrees F. In a medium bowl or blender, beat the eggs, milk and vanilla together until well blended. Mix the flour, sugar and cinnamon together. Add to the liquid ingredients and mix until there are no lumps. Put margarine or butter in a 10- or 11-inch oven proof skillet or a 2 1/2- to 3-quart baking dish. Place the skillet or dish in the hot oven until the margarine or butter is melted and bubbly. Remove from the oven. Quickly spread the cherries across the bottom of the hot skillet or dish. Pour the batter over the cherries and sprinkle with almond slices, if using. Return to

the oven and bake for 15 to 20 minutes until the edges are browned and the puffs in the middle are golden. Cool slightly before cutting into 4 pieces. The center puffs will flatten during cooling.

Notes

- Try using other fruit, such as peaches, pears or blueberries.
- Serve with plain or vanilla yogurt.

Nutritional Information per serving: Total Calories 235; Total Fat 10g; Saturated Fat 2g; Protein 8g; Carbohydrates 29g; Dietary Fiber 2g; Sodium 69mg

Egg Salad

Makes 4 Servings

Ingredients:

4 hard boiled eggs (finely chopped)
2 packet of pickle relish (2/3 tablespoon)
1/2 teaspoon salt
1 teaspoon mustard (wet)
1/4 cup mayonnaise

Directions:

Put the eggs in a pan of cold water. Simmer for 20 minutes. Cool promptly in cold water, then in refrigerator, so the eggs will be easy to shell. Remove the shells from eggs, and chop the eggs finely. Mix all the ingredients together.

Nutritional Information per serving: Total Calories 161; Total Fat 15g; Saturated Fat 3g; Protein 6g; Carbohydrates 1g; Dietary Fiber 0g; Sodium 475mg



An easy lasagna; you don't even have to turn on your oven! Enjoy with a side salad and seasonal fruit.



This creamy soup can be prepared using pantry staples such as canned tomatoes and non-fat dry milk. Garlic and onion give this delicious soup an extra kick of flavor.

Skillet Lasagna

Makes 8 Servings

Ingredients:

8 ounces lasagna noodles (or 4 cups of any other type of pasta, uncooked)
1 ricotta cheese, part-skim 15 ounces (or cottage cheese)
½ cup Parmesan cheese (grated)
1 ¼ tablespoons Italian seasoning

1 jar spaghetti sauce, low-sodium (24 ounces)
1 package frozen spinach, thawed and squeezed dry (10 ounces, or chopped broccoli)
2 cups mozzarella cheese, part-skim shredded

Directions:

Cook the noodles as directed on the package. Drain and set aside. In a small bowl, mix the ricotta cheese (or cottage cheese), ¼ cup Parmesan cheese, and Italian seasoning. Spray a large skillet well with cooking spray. Do NOT place skillet on heat until all ingredients are in skillet. Spread half of the jar of sauce in skillet. Top with half the cooked noodles (4 lasagna noodles). Spread half of the cheese mixture over the noodles. Top with half the spinach or broccoli. Sprinkle half the mozzarella cheese over the vegetables. Repeat with the remaining noodles, the remaining cheese mixture, the remaining vegetables, the remaining sauce,

and the remaining mozzarella cheese. Sprinkle with the rest of the Parmesan cheese. Cover. Turn on the stove top to medium-low until the cheese is melted (approximately 20 minutes). Allow to stand for 5 minutes before serving. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

Notes

- Thaw spinach in the refrigerator overnight or in the microwave on low power. Once thawed, wrap the spinach in a clean towel, and twist to wring out the water.

Nutritional Information per serving: Total Calories 361; Total Fat 14g; Saturated Fat 7g; Protein 22g; Carbohydrates 37g; Dietary Fiber 4g; Sodium 377mg

Tomato Basil Soup

Makes 4 Servings

Ingredients:

1 onion (medium, chopped)
1 tablespoon olive oil
2 garlic clove (crushed, or ¼ teaspoon garlic powder)
1 can tomatoes (14 ½ ounce, drained and chopped)
1 teaspoon red pepper (ground, a pinch)
1 teaspoon basil (dried)
⅔ cup non-fat dry milk (NDM) (+ 2 cups water or substitute 2 cups nonfat milk for the reconstituted NDM)
salt and pepper (optional, to taste)

Directions:

In a medium saucepan, cook onion in oil over medium heat, stirring frequently until golden brown, about 4 minutes. Add garlic and cook 1 minute longer. Add chopped tomatoes. Cook uncovered over medium heat for 10 minutes. Spoon ¾ of mixture into food processor or blender container; puree until smooth. Return to saucepan. Add red pepper, basil, and reconstitute NDM to the soup. Heat until hot but do not boil. Season to taste with salt and pepper (optional). Serve immediately.

Nutritional Information per serving: Total Calories 101; Total Fat 4g; Saturated Fat 1g; Protein 5g; Carbohydrates 13 g; Dietary Fiber 3g; Sodium 182mg