



SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION

# Family Food Cent\$

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May 2022

## Get Fit as a Family with Biking

In most of South Dakota, school days are winding down and it's time for some fun in the sun! May is National Bike Month and this is a great time to start biking. Here are some safety tips.

- Helmets for all! Wearing a helmet can reduce the risk of head injury to bicyclists by as much as 85%.
- Be visible. Bright colors/reflective clothing is especially important in early morning, after dark and on cloudy days.
- Ride with a buddy. You can help each other if anything goes wrong and it's more fun!
- No headphones/distractions. Pack your cell phone away in case of emergency, but avoid music, podcasts, etc.
- Protect yourself from the sun. Don't forget the back of your neck and wear sunglasses.



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.

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

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

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## Walking More

Walking is the most important physical activity for all ages. It is easy on your body, and amazing for your health. Here are some tips to increase your steps on a day to day basis.



- Park a bit farther from the entrance to your workplace, school, grocery store, restaurants, etc.
- Catch up with a friend by walking around the block while you chat on the phone.
- Have a walking meeting with coworkers or walk with friends rather than meeting for coffee.
- Take an extra lap around the perimeter of the grocery store before checking out.
- Walk in place during television commercials.
- Set an alarm at the top of every hour as a reminder to walk around the house, even if only for a few minutes.
- Join a walking program like “Walk With Ease” through SDSU Extension [extension.sdstate.edu/walk-ease](https://extension.sdstate.edu/walk-ease)

## 8 Ways to Get Moving

Our days are filled with activities that do not allow us to get out and walk or bike. Some of us are stuck in an office all day, others at home, but there are plenty of tips and tricks to get in your daily recommended amount of physical activity, which is only 30 minutes!

1. Take a quick walk on breaks at work, while kids are napping or while you are talking on the phone! Try using stairs or natural inclines to increase the intensity of the walk.
2. Park in the back or furthest spot from your destination when arriving to work, the grocery store, post office, etc.
3. Find online videos or handouts for new exercises or workouts to try. There are lots of options for Zumba, yoga or strength training free of charge.
4. While cooking, do squats, calf raises, wall push-ups or lunges during any down time or cooking time. Invite your kids to join in on the fun too!
5. Clean! Vacuuming, washing windows, sweeping, and scrubbing floors can get your whole body moving.
6. When spending time with friends or family, choose activities that get you moving. Try some dancing, hiking, biking, swimming, shooting hoops, walking the block or playing tennis.
7. Live near your job or local destinations? Choose to walk or bike instead of driving.
8. If your full-time job is at a desk, take walks on your breaks, stand up at your desk, or get desk-exercising equipment such as a desk peddler or small hand weights.





Sweet and juicy ripe mangos are the perfect balance for the savory ingredients in this Asian wrap. Dinner's ready in 30 minutes, or make ahead for a tasty portable lunch.

## Asian Mango Chicken Wraps

Makes 4 Servings

### Ingredients:

- |   |   |
|---|---|
| 2 ripe mangos (peeled, pitted, and diced) | 2 medium carrots (grated)                             |
| 1 ½ cups chopped roasted chicken breast   | ⅓ cup fat-free cream cheese                           |
| 2 green onions (sliced)                   | 3 tablespoons natural creamy peanut butter (unsalted) |
| 2 tablespoons fresh basil (chopped)       | 2 teaspoons low-sodium soy sauce                      |
| ½ red bell pepper (chopped)               | 4 whole-wheat tortillas (8")                          |
| 1 ½ cups shredded Savoy or Napa cabbage   |   |

### Directions:

Cut mangos, vegetables, and chicken. Place in a mixing bowl and toss until well mixed. In a small mixing bowl, whisk together cream cheese, peanut butter, and soy sauce. To assemble: lay out tortillas on a flat surface. On each tortilla, spread ¼ of cream cheese mixture and top with mango, vegetable, and chicken mix. Roll up tightly, tucking in ends of tortilla. Secure with toothpicks. To serve, cut each wrap in half. If not serving immediately, refrigerate; keeps well overnight.

Nutrition Facts per Serving: Calories 440; Fat 12g; Cholesterol 50mg; Sodium 570mg; Carbohydrates 57g; Fiber 9g; Sugars 29g; Protein 29g



Enjoy a simple twist on the classical quesadilla. These quesadillas can be served as a tasty lunch, dinner, or side dish.

## Black Bean and Sweet Potato Quesadillas

Makes 4 servings

### Ingredients:

- |  |   |
|--|---|
| 1 non-stick cooking spray                          | 1 ½ teaspoons paprika   |
| 1 medium sweet potato (cooked and cut into pieces) | ½ large chili pepper  |
| 1 cup black beans, canned                          | 2 tablespoons sour cream, low-fat OR reduced fat plain yogurt |
| 1 small onion                                      | 8 whole wheat tortillas                                       |
| 1 clove garlic                                     | ¼ cup cheddar cheese, reduced-fat                             |
| 1 ½ teaspoons ground cumin                         | ½ cup baby spinach  |

### Directions:

Sauté onion and garlic (using nonstick cooking spray) in a medium size pan until soft. Add sweet potatoes, black beans, spices, and jalapeno. Heat until just warm. Spread potato mixture over tortilla, then top with baby spinach, cheese, and onion. Top with second tortilla. Heat a pan on high heat and spray with nonstick cooking spray. Brown quesadilla about one minute on each side, until the inside is warm and the cheese is melted.

Nutrition Facts per Serving: Calories 449; Fat 11g; Cholesterol 6mg; Sodium 814mg; Carbohydrates 73g; Fiber 9g; Sugars 5g; Protein 15g



# Artichoke

*Lakota: p̄haŋǵí*

Makes 9 servings

## Artichoke and Spinach Lasagna

### Ingredients:

9 lasagna noodles	28 oz tomato pasta sauce
1 onion, chopped	3 C shredded cheese
1 tsp garlic powder	14 oz artichoke hearts, drained, chopped
14.5 oz. vegetable broth	
1 tsp dried rosemary	
10 oz frozen chopped spinach, thaw, drain, squeeze dry	

### Directions:

Heat oven 350 degrees F. Spray baking dish. Boil 6 quarts water. Add noodles, cook 8 minutes, drain. Heat skillet on medium; add onion; cook 3 minutes. Add broth and herbs. Bring to boil. Add vegetables; reduce heat, simmer 5 minutes. Add sauce. Spread 1/4 mix in baking dish; top with 3 cooked noodles. Add 1 C cheese. Repeat twice. Cover, bake 40 minutes. Uncover, bake 15 minutes.

Sources: <http://sci.rutgers.edu/forum/showthread.php?t=132435>

Nutrition Facts per Serving: Calories 250; Fat 6g; Cholesterol 20mg; Sodium 870mg; Carbohydrates 33g; Fiber 2g; Sugars 4g; Protein 18g

Find more recipes  
and videos at  
[extension.sdstate.edu](http://extension.sdstate.edu)



## Why eat artichokes?

Artichokes are an excellent source of fiber which helps to keep our digestive system healthy. They are also a good source of Vitamin C which helps our cuts and bruises to heal and to keep our gums healthy. They are low calorie and fat free.

Learn more at: [extension.sdstate.edu/artichoke-pick-it-try-it-preserve-it](http://extension.sdstate.edu/artichoke-pick-it-try-it-preserve-it)



**THE DISH**  
REAL TALK ABOUT FOOD

Learn more ways to get “Fit as a Family” with this short, interactive lesson available at The Dish: Real Talk about Food



1. Open the camera on your phone.
2. Hold your device over a QR Code so that it's clearly visible within your smartphone's screen.
3. Your smartphone reads the code and a the link pops up on your screen.