



SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION

# Family Food Cent\$

## In this issue:

- Planning an Affordable Holiday Meal
- 7 Reflections for the Holiday Season

## Recipes:

- Roast Turkey Breast with Rosemary, Sage, and Thyme
- Pumpkin Bread
- Leek Soup



## Planning an Affordable Holiday Meal

It is important to celebrate the holidays right with family, food, and festivities. To make the most of your celebration, try these tips below to help save money on the holiday meals!

**Set a Budget** – Think through the meal that you want to prepare for the holidays, and how much it will cost. Then start planning the budget toward something affordable.

**Plan Ahead** – Giving yourself time will allow you to know what you want to make for the holidays, and to look through what you already have, and can use for this special time of year.

**Plan Simple Meals** – There are a lot of fun things you can cook for the holidays. No need to get fancy, this time of year is about people coming together.

**Shop the Sales/Coupons** – As the time gets closer toward the actual holiday, keep your eye out for good deals to help with the budgeting of your meal.

**Cook Ahead as much as Possible** – Cooking ahead of time, and properly storing it for the actual meal will save you a lot of time, money, and stress! This could be a great strategy for you to enjoy the festivities more and connect with family.

**Let Others Contribute** – There is nothing wrong with allowing others to contribute to the meal! It is a great way to keep everyone engaged and it helps you save money in the long run.



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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## 7 Reflections for the Holiday Season

### Happiness

One of the most important things to reflect upon during the holiday season is how happy you are and what would make you happier. Happiness is subjective and has different meanings to each person, so this is why it is essential for you to set a goal and find means to reach it.

### Gratitude

Think about everything that has happened to you in the past year and remind yourself of how lucky you are. Be thankful for having access to things that we usually take for granted.

### Service

Service is your contribution towards society or community. It does not need to be a financial contribution or donation. Service means helping someone without expecting anything in return.

### Friendship

During this holiday season, call up your best friends and tell them how much their friendship means to you.

### Letting Go

There is no need to keep old things or bad relationships because of comfort or fear. You could start practicing by giving away things you like and think of how someone else can benefit more from what used to be yours.

### Forgiveness

We are only ready to move on when we are able to forgive. This process is a bit tricky, as it is a one-sided decision. We choose to forgive, not for the other person, but for ourselves.

### Hope

It is normal to feel hopeless at times, we ought to remember what inspires us and makes the world a better place. We cannot always rely on external factors to be at peace.







Perfect for a holiday gathering, this roast turkey breast can be prepared in less time than a whole turkey. Enjoy!



Sweet and spicy, this pumpkin bread makes a wonderful holiday treat.

## Roast Turkey Breast with Rosemary, Sage, and Thyme

Makes 8 Servings

### Ingredients:

3 pounds turkey breast half (with skin and bones)	1 teaspoon rosemary
1 onion, large quartered	3 tablespoons olive oil
1 carrot, large quartered	salt and pepper (to taste, optional)
1 teaspoon dried sage	chicken broth (or margarine, for basting, optional)
1 teaspoon dried thyme	

### Directions:

Wash hands with soap and water. Preheat oven to 400°F. Place turkey breast in roasting pan along with onion and carrot. Mix spices with olive oil. Rub turkey with olive oil. Roast turkey at 400°F for 15 minutes. Baste with margarine and chicken broth (optional). Reduce turkey temperature to 350°F and roast turkey, basting every 20 minutes with pan juices (or margarine and chicken broth), about 1 hour and 15 minutes, or until meat thermometer inserted in thick part of meat registers 165°F. Remove to carving board and let rest for 10 minutes.

Nutritional Information per serving: Total Calories 213g; Total Fat 6g; Saturated Fat 1g; Protein 35g; Carbohydrates 3g; Dietary Fiber 1g; Sodium 67g

## Pumpkin Bread

Makes 32 Servings

### Ingredients:

1 can pumpkin (15 ounce)	2 teaspoons baking powder
1 cup sugar	2 teaspoons baking soda
1/4 cup vegetable oil	2 teaspoons cinnamon
1 cup yogurt, low-fat plain	1/2 teaspoon salt
1 1/2 cups flour (all purpose)	1 cup raisins
1 1/2 cups whole wheat flour	

### Directions:

Wash hands with soap and water. Preheat oven to 350 degrees. In a large mixing bowl, beat together pumpkin, sugar, oil, and yogurt. In a medium bowl, combine the flours, baking powder, soda, cinnamon, and salt; add to pumpkin mixture, stirring until just moistened. Stir in raisins. Pour into 2 greased 9x5x3 inch loaf pans and bake for about 1 hour. Cool on a wire rack for 10 minutes; remove from pan and cool completely.

### Notes

Substituting yogurt for eggs and oil reduces fat and cholesterol.

Nutritional Information per serving: Total Calories 103g; Total Fat 2g; Saturated Fat 0g; Protein 2g; Carbohydrates 20g; Dietary Fiber 1g; Sodium 172g





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

# Leek

Yields 4 servings

## Potato Leek Soup

### Ingredients:

1 tablespoon unsalted butter	1/2 cup + 2 tablespoons instant potato flakes
1/2 cup sliced leeks	1/4-teaspoon salt
1/2 cup chopped onions	1 tablespoon chopped fresh parsley (or 1/2 tablespoon dried)
1/2 cup + 1/3 cup chicken or vegetable broth, low sodium	
2 cups skim milk	

### Directions:

Wash hands with soap and water. Melt the butter in a large pot over medium heat. Sauté the leeks and onion in the butter for 5 minutes, or until tender. Pour in the broth and milk and mix well. Bring to a boil, reduce heat to low, and simmer for 5 minutes. Stir in potato flakes, salt, celery salt, and parsley. Allow to thicken and heat through. May top with green onion or grated low fat cheese.

Nutritional Information per serving: Total Calories 230; Total Fat 6g; Cholesterol 20mg; Sodium 480mg; Carbohydrates 33g; Dietary Fiber 3g; Sugar 17g Protein 10g



## Did you know ...

Leeks are high in Vitamin A, B-6, folate, iron, calcium and manganese. This improves cardiovascular health and also inflammation.

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



Learn more ways to “connect with your 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.