



SOUTH DAKOTA STATE
UNIVERSITY EXTENSION

Family Food Cent\$

In this issue:

- Meal Planning Like a Pro
- Budgeting 101

Recipes:

- Zingy Lemon Chicken Pasta
- Berry Bread Pudding
- Couscous with Peas and Onions



Meal Planning Like a Pro

Preparing a meal is time consuming. It can add a lot of stress to get home from work, only to be working in the kitchen. Here are some tips and tricks to help with meal planning to save time, money, and your stress levels.

Create a grocery list – Based on your meal plan, make a list of all the ingredients you will need for the week. Plan for leftovers, so you can use them for another meal.

Plan for variety – Include a mix of different food groups and flavors in your meals to keep things interesting!

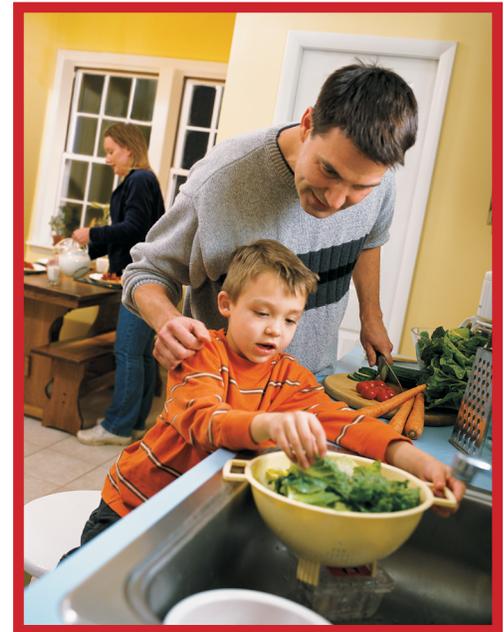
Use a template – Create a template for your meal plan and use it each week, this will save you time, and help you stay organized.

Cook in bulk – Cook a big batch of grains, protein, and vegetables on Sunday, this will save you time during the week and make it easier to put together quick meals.

Plan for leftovers – Make extra of certain meals to have leftovers for lunch or dinner the next day.

Get creative – Experiment with new recipes, ingredients, and cooking techniques to keep your meals exciting and prevent boredom.

Consider your schedule – Take into account your work schedule, social events, and other obligations when planning your meals.



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.

SDSU Extension is an equal opportunity provider and employer in accordance with the nondiscrimination policies of South Dakota State University, the South Dakota Board of Regents and the United States Department of Agriculture. Learn more at extension.sdstate.edu.

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/>

3,650 copies, \$0.33 each, SDSU Extension. Printed on recycled paper. ES059 01/22

Budgeting 101

Are you looking to save money this year? Are you struggling month to month to keep up with expenses? This article will go into the basics of starting a budget to help you save money for whatever it is you may want to buy in the future.

1. Gather Financial Information

Collect all your income and expenses, including bills, bank statements, and pay stubs.

2. Create a list of expenses

Divide your expenses into two categories: fixed and variable. Fixed expenses are those that stay the same each month, such as rent or mortgage payments, while variable expenses can change, such as groceries or entertainment.

3. Calculate your total income and expenses

Add up all your income and expenses to determine if you have money left over or you've spent too much.

4. Make adjustments

If you have spent too much, look for ways to reduce your expenses or increase your income. If you have money left over, consider saving for specific goals or investing.

5. Review and update

Regularly review your budget to make sure it remains accurate and effective. Update it as necessary to reflect any changes in your income or expenses.

6. Set savings goals

Decide on how much money you want to save each month; this will help you to plan accordingly and make the necessary adjustments in other expenses

7. Track your progress

Keep a record of your income and expenses, this will help you to see where you can make adjustments and stay on track with your budget

8. Be flexible

Remember that things don't always go as planned, so be prepared to make adjustments as needed. A budget is not a one-time plan, it's a living document that should be reviewed and updated regularly. The key is to make sure your income is greater than your expenses and that you're saving money each month to achieve your financial goals.





Zingy Lemon Chicken Pasta

Makes 4 Servings

Ingredients:

- | | |
|--|--------------------------------------|
| 8 ounces whole wheat spaghetti, uncooked | 1/8 teaspoon cayenne pepper |
| 1 tablespoon tub margarine | 1 1/3 cups chicken broth |
| 1 tablespoon olive oil | 2/3 cup skim milk |
| 20 ounces boneless, skinless chicken breast (cut into 3/4-inch pieces) | 2 teaspoons prepared mustard |
| 5 green onions, sliced | 1/4 cup freshly squeezed lemon juice |
| 1 clove large garlic, minced | |
| 1/4 cup all-purpose flour | |
| 1/4 teaspoon salt | |
| 1/8 teaspoon black pepper | |

for Topping:

- 1/4 cup chopped almonds
- 2 tablespoons chopped chives or scallions
- 1/4 teaspoon paprika (optional)

Directions:

1. Wash hands with soap and water.
2. Combine flour, salt, pepper, and cayenne in a saucepan; gradually add chicken broth and skim milk, stirring with a wire whisk until smooth.
3. Place over medium heat and cook, stirring constantly, until thickened. Add mustard and lemon juice. Allow to cool.
4. Heat margarine and oil in a skillet. Add chicken pieces, green onions, and garlic. Sauté until chicken is just firm and cooked through, about 10 minutes.
5. Prepare pasta according to package directions and drain. Combine sauce, chicken, and pasta mixture.
6. Put into a 2 1/2-quart casserole dish. Sprinkle top with almonds, chopped chives and paprika (if using).
7. Bake at 375° for 10 minutes or until heated through.

Nutritional Information per serving: Total Calories 540g; Total Fat 15g; Saturated Fat 3g; Protein 35g; Carbohydrates 56g; Dietary Fiber 9g; Sodium 324g



Berry Bread Pudding

Makes 2 Servings

Ingredients:

- 1 1/2 cups berries (frozen blueberries, sliced strawberries, or raspberries, thawed)
- 5 slices whole wheat bread (crusts removed)
- 1/2 sugar (1/2 teaspoon, optional)
- vanilla yogurt, low-fat (optional)

Directions:

1. Wash hands with soap and water.
2. Combine the thawed berries and sugar (if you choose to use the sugar).
3. Layer a spoonful of berries on the bottom of a small 2 cup deep dish. Cover the berries and the bottom of the dish with a layer of bread. Continue layering berries and bread until the dish is full, finishing with a layer of bread.
4. Cover the dish with plastic wrap and place a plate or bowl over the top of the berry dish that fits just inside of it. Place a heavy object on top to press down on the fruit and bread layers.
5. Refrigerate overnight. Check the dish to be sure juice does not run over the top. You may need to replace the heavy object with a lighter one to prevent spills.
6. Serve with a dollop of vanilla yogurt or a sprinkle of powdered sugar.

Nutritional Information per serving: Total Calories 236g; Total Fat 3g; Saturated Fat 1g; Protein 9g; Carbohydrates 44g; Dietary Fiber 7g; Sodium 320g

This no-cook variation of bread pudding uses bread, berries, yogurt, and time to create a pudding style dish.



Find more recipes
and videos at
extension.sdstate.edu



Did you know ...

Green peas contain as much vitamin C as two large apples?

Learn more at: extension.sdstate.edu/peas-pick-it-try-it-it-preserve-it



Peas

Yields 8 servings

Couscous with Peas and Onions

Ingredients:

- 1 cup onion (finely chopped)
- 1/2 teaspoon sage (ground)
- 1 teaspoon olive oil
- 1 1/3 cup water
- 1 cup green peas (frozen)
- 1 cup couscous
- Salt (1/2 teaspoon, optional)

Directions:

1. Wash hands with soap and water.
2. Combine oil and onions in heavy skillet.
3. Sauté for 5-10 minutes until lightly browned.
4. Add the peas, sage, water, couscous, and salt if desired.
5. Cover and cook on low for about 5 minutes or until peas are tender but still bright green and all the water is absorbed.

Nutritional Information per serving: Total Calories 100; Total Fat 12g; Cholesterol 30mg; Sodium 140mg; Carbohydrates 0g; Dietary Fiber 0g; Sugar 0g Protein 0g



Learn more ways to “meal prep” 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.