



SOUTH DAKOTA STATE
UNIVERSITY EXTENSION

Family Food Cent\$

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December 2024

Have a Healthy Holiday!

During the holiday season, do you notice that healthy routines you have created for yourself go out the window? This doesn't have to be the case – staying healthy throughout the holiday season can boost your joy and merriness!

- **Diversify Your Dish** – Make a colorful holiday buffet that incorporates all the food groups! When you are serving yourself, make half of your plate fruits and vegetables. If a recipe is high in fat and sugars, take a smaller portion.
- **Toast to Time Together** – Fill your glasses with water or unsweetened iced tea with fresh mint leaves. Offer seltzer water infused with fresh fruit or mixed with 100% fruit juice.
- **Make Memories while Moving** – Encourage your family and friends to do fun activities together – like ice skating, building a snowman, going for a walk to see string lights and decorations, dancing to festive music, sledding, or participating in a holiday-themed workout video.
- **Balance Your Baking** – Exchange unsweetened applesauce for butter or oil, use skim or 1% milk instead of heavy cream, and add whole-wheat flour instead of white flour in your favorite holiday recipes.
- **Savor the Sweetness** – Don't throw away leftovers so quickly! Send food or treats home with guests, and store sweet treats in your freezer to take out later. Challenge yourself to create new flavors with food left in your fridge.



Eating healthy and staying active can be challenging over the holidays. However, it is still possible to enjoy family gatherings and make mindful choices. If you over-indulge or skip the activity one day, you can always start fresh the next day! Have a healthy holiday!

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: myplate.gov/myplate-kitchen/recipes

Content from: extension.org; doe.sd.gov/cans/sfsp.aspx; myplate.gov/

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Plan Meals During the Holiday to Reduce Financial Stress

The holidays are a time to get together with friends and family. Spending time with family can be one of the best memories from the holidays. The expense of the gathering can also cause stress. Take time to plan meals for holiday gatherings to save time and money.

When planning a holiday meal, think about who will be attending and what their needs are. You don't want to put in hours of food prep to have no one eat the food. If there are small children, consider their food likes and dislikes. Prepare a few dishes you know they will eat. Does anyone have food allergies? Ask your guests in advance so you have something that meets their needs. Plan dishes that can be made ahead of time. If you have a time-consuming recipe, plan other easy to prepare dishes for the rest of the meal. Consider having a potluck so you are not responsible for all the food.

To stay within your budget, use the food that is already in your pantry. Plan around foods that are on sale at the grocery store. Write down the menu in advance so you can buy items when they go on sale. Make a list when you go shopping so you can stick to your plan. Compare prices of different quantities. Buying in bulk doesn't always save money.

Once the gathering is over, store the leftovers so you can stretch your meal planning. Eat the food as is or use the ingredients in another recipe. Leftovers are great for soups, sandwiches, casseroles, and skillet meals.

Sharing food with family and friends is a great way to make memories. With planning, you can save money and time and have a more enjoyable experience.





Make your own meatballs to use now or freeze them for a quick dinner at another time.



One serving of this creamy potato side dish will provide you with half your daily value of vitamin C, almost a quarter of your daily value of fiber, and some calcium and iron.

Baked Meatballs

Makes 8 Servings

Ingredients:

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| 1 pound ground beef, 90% lean (or ground turkey) | ½ cup bread crumbs |
| 1 egg | ½ cup milk, 1% (or non-fat) |
| ½ teaspoon dried parsley | ¼ teaspoon ground black pepper |
| | 1 teaspoon onion powder |

Directions:

1. Wash hands with soap and water.
2. Preheat oven to 425°F.
3. Mix all ingredients, shape into balls (about 24 meatballs).
4. Arrange on baking sheets that have been sprayed with non-stick cooking spray.
5. Bake at 425°F for 12-15 minutes. It is best to use a food safety thermometer to check for doneness. It should read 160°F for ground beef and 165°F for ground turkey.
6. If meatballs are being saved for future use, chill rapidly; package in amounts needed per meal and freeze immediately.

Nutritional Information per serving: Total Calories 131g; Total Fat 6g; Saturated Fat 2g; Protein 13g; Carbohydrates 6g; Dietary Fiber 0g; Sodium 98 mg

Au Gratin Potatoes

Makes 8 servings

Ingredients:

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|--|-------------------------|
| 6 medium russet potatoes, peeled and sliced into ¼ inch slices | 2 tablespoons margarine |
| 1 cup onion, chopped | 4 tablespoons flour |
| 1 ½ cups cheddar cheese, low-fat, shredded | ½ teaspoon salt |
| | 1 dash black pepper |
| | 2 cups milk, non-fat |

Directions:

1. Wash hands with soap and water.
2. Prepare a large casserole baking pan (9" x 13") by coating lightly with oil or cooking oil spray.
3. Make a white sauce by melting margarine in a small pan. Stir in flour. Gradually add milk, stirring constantly.
4. Cook, stirring constantly, until slightly thickened. Remove from heat. Stir in cheese until melted and smooth.
5. Add salt and pepper.
6. Place a layer of potatoes and onion in a prepared casserole pan, using approximately ¼ of the potatoes and 1/4 cup onion.
7. Spread with ½ cup of the sauce prepared in steps 2 and 3.
8. Repeat layers, making a total of 4.
9. Bake at 350 degrees F for one hour.
10. Refrigerate leftovers within two hours.

Nutritional Information per serving: Total Calories 251g; Total Fat 7g; Saturated Fat 3g; Protein 12g; Carbohydrates 36g; Dietary Fiber 4g; Sodium 358g



Find more recipes
and videos at
extension.sdstate.edu



Did you know ...

Starch, a complex carbohydrate found in fruits and vegetables, gives food a moist, gel-like texture. The body digests most starch into energy used by every cell in the body.

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



Sweet Corn

Yields 8 servings

Boiled Corn on the Cob with Dried Herb Butter

Ingredients:

As many ears of corn as desired to eat
4 Tablespoons paprika
1 teaspoon cayenne pepper
1 Tablespoon black pepper
1 Tablespoon garlic powder
½ teaspoon salt
1 teaspoon thyme
½ cup butter

Directions:

1. Mix paprika, cayenne pepper, black pepper, garlic powder, salt and thyme in a bowl. Add butter and mix well.
2. Remove husks and silks of the corn and wash the cob.
3. Carefully drop the corn into boiling water. Boil for 4 minutes.
4. Spread herb butter on corn right before eating.

Nutritional Information per serving: Total Calories 172; Total Fat 8g; Sodium 231mg; Carbohydrates 24g; Sugar 14g, Protein 3g



Learn more ways to store your winter dishes with this short interactive lesson available at The Dish: Real Talk about Food. Check out our website here: thedishrealtalk.com/course2/#/ or follow instructions below.



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.