



SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION

# Family Food Cent\$

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## The Solution to Your New Year's Resolution

January is a fresh start, a New Year. Many of us have tried and failed to keep our New Year's resolutions year after year. Maybe we start well, and then taper off. Don't lose hope! Whether you want to exercise more, try a new hobby, save money, read more, or whatever else, here are some solutions for success.

**Reflect on the Past Year** – Before you dive into making a change, it's important to take a step back and reflect. Ask yourself: what did I set out to do this last year? Did I make progress? Is there anything that held me back from accomplishing my goal?

**Choose a Goal for Yourself** – Maybe last year you didn't set a goal for yourself – rather, you were influenced by a manager, spouse, parent, or friend who told you what you needed to do. What is something you want to do for yourself? Set a goal that is important to you and only you, and one that will benefit you when you achieve it. If your resolution aligns with your inmost desires, you will be more motivated to fulfill it!



**Be SMART** – It's incredibly difficult to achieve a goal that was designed poorly. Instead, set a resolution that is specific, measurable, attainable, relevant, and time sensitive. Take some time to go through each of these standards to see if your goal is adequate.

**Write it Down and Share with Others** – You are more likely to do something if you write it down and share with others. Jotting your goal down will help you clarify and remember what you want to achieve. Additionally, if your social circle knows about your resolution, you will follow through no doubt because you told them you were going to do it!

**Track Your Progress and Get Back Up** – Review your progress weekly or monthly to see how your resolution is going. We all know that life happens, and change is difficult. If you fall, the most important thing is to get right back up and try again. It's okay to modify your goal throughout the year!

The key to any resolution is perseverance. You're not going to be able to sprint a marathon right away – baby steps will still lead you to the finish line! Celebrate the small wins, and you'll look back and see how far you've come. Happy New Year!

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](http://myplate.gov/myplate-kitchen/recipes)

Content from: [extension.org](http://extension.org); [doe.sd.gov/cans/sfsp.aspx](http://doe.sd.gov/cans/sfsp.aspx); [myplate.gov/](http://myplate.gov/)

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## Are Healthy Foods Too Expensive?

Healthy food is food that gives you all the nutrients you need to stay healthy, feel good, and have the energy you need. Food we decide to be “too expensive” is different from person to person. A cost that is “too expensive” will be compared to other food items, based on the money we must spend on food, and our personal values.

In general, health food is going to fit into one of the five food groups, fruits, vegetables, grains, protein, and dairy. Healthier foods are less processed. For example, a fresh apple is a healthy food choice. Applesauce, made from apples, is also a healthy food choice. It still has fiber and other nutrients, sugar-free is the best. Now, if you make an apple pie, you still get the nutrients from the apple, but you have added sugar, fat and flour in the crust.

Tracking the amount of money, you are spending on food for your household is the best way to figure out what items might be too expensive. Here is a simple way to determine how much you spend on each meal.

Total the amount you have spent on food eaten at home in the last week. Look at your receipts or debt transactions. Divide the amount by the number of meals eaten, then divide by the number of family members. This will tell you how much you spend per meal.

Example

\$250 spent for the week.

21 meals (3 meals per day)

4 family members

$\$250 / 21 = \$11.90 / 4 = \$2.98$  spent per meal per family member

Now, review the foods you have bought. Are there foods that you would consider to be unhealthy? Is there something you could substitute that would cost less and provide the nutrients you need? If you think healthy foods are too expensive, challenge yourself to track the food you buy and calculate how much you are spending per meal.





Falafel is a pan-fried patty made from ground garbanzo beans (chickpeas) and Middle Eastern spices. It makes a healthy and delicious sandwich when served with a seasoned yogurt dressing and fresh onions on whole wheat pita bread. Try this recipe for lunch or dinner.



This dessert is quick and delicious!

## Falafel with Yogurt Sandwich

Makes 4 Servings

### Ingredients:

- |   |                                    |
|---|------------------------------------|
| 1 cup dry garbanzo beans/chickpeas (sorted and rinsed)        | 2 teaspoons lemon juice            |
| 3 cups water  | 1/3 teaspoon hot pepper sauce      |
| 1/4 cup oil   | 1 cup plain yogurt, low-fat        |
| 1 garlic clove (crushed)                                      | 1 medium onion (chopped)           |
| 1 medium onion (chopped)                                      | 4 whole wheat pita bread (pockets) |
| 1/3 tablespoon parsley (1 sprig or about 1 teaspoon, chopped) | 1/4 cup flour (as needed)          |
| 1/4 teaspoon salt   | tomatoes (sliced, optional)        |
|   | lettuce (optional)                 |
|   | breadcrumbs (optional - see note)  |

### Directions:

1. Wash hands with soap and water.
2. Put beans and water in large pot and soak by the overnight or quick-soak method.
3. Cook until tender, about 2 hours. Add more water if necessary. Drain.
4. Slowly heat oil and sauté garlic and 1 onion until tender (5 to 7 minutes).
5. Mash cooked beans, sautéed vegetables, parsley, salt, lemon juice and hot pepper sauce until smooth.
6. With floured hands, form ovals with bean mixture (about 1/4 cup each). Roll in flour.
7. Fry falafel, with the remaining oil in skillet, until golden brown. Drain on paper towel.
8. Combine yogurt with remaining onion.
9. Serve falafel in pocket bread topped with yogurt.

### Notes

If the batter is too moist, add breadcrumbs to make it thicker. It may take up to a cup of breadcrumbs.

Nutritional Information per serving: Total Calories 503g; Total Fat 19g; Saturated Fat 3g; Protein 18g; Carbohydrates 69g; Dietary Fiber 12g; Sodium 408g

## Instant Chocolate Mousse

Makes 8 servings

### Ingredients:

- 1 box of instant chocolate pudding mix (3.9 ounce)
- 1 1/4 cups soy milk (cold)
- 1 package silken tofu (14 ounce)

### Directions:

1. Wash hands with soap and water
2. Blend the chocolate pudding mix and the soy milk on medium speed for about 15 seconds until the mixture is very smooth.
3. Add the silken tofu and blend again. Scrape the mixture down off the sides to be sure it's all mixed in. Blend and scrape until well mixed and very smooth.
4. Pour mixture into 4 small serving dishes.
5. Place them in the fridge. Chill for at least 2 hours before serving.

Nutritional Information per serving: Total Calories 198g; Total Fat 5g; Saturated Fat 1g; Protein 9g; Carbohydrates 30g; Dietary Fiber 1g; Sodium 437g





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



## Did you know ...

Iron is a mineral that our bodies need to make hemoglobin and myoglobin. They help carry and store oxygen in the body.

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



# Leek

Yields 4 servings

## Potato Leek Soup

### Ingredients:

- 1 Tablespoon unsalted butter
- ½ cup leeks; sliced
- ½ cup onion; chopped
- ½ cup + 1/3 cup chicken or vegetable broth; low sodium
- 2 cups skim milk
- ½ cup + 2 Tablespoons instant potato flakes
- ¼ teaspoon salt
- 1 Tablespoon fresh parsley; chopped (½ Tablespoon if using dried)

### Directions:

1. Melt the butter in a large pot over medium heat.
2. Sauté the leeks and onion in the butter for 5 minutes, or until tender.
3. Pour in the broth and the milk and mix well.
4. Bring to a boil, reduce heat to low and simmer for 5 minutes.
5. Stir in potato flakes, salt, celery salt and parsley.
6. Allow to thicken and heat through.
7. Top with green onion or grated low-fat cheese, if desired.

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



Learn more ways to shift to nutrient-dense foods with this short interactive lesson available at The Dish: Real Talk about Food. Check out our website here: [thedishrealtalk.com/course2/#/](http://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.