



**SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION**

# Family Food Cent\$

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**April 2025**

## Egg Safety

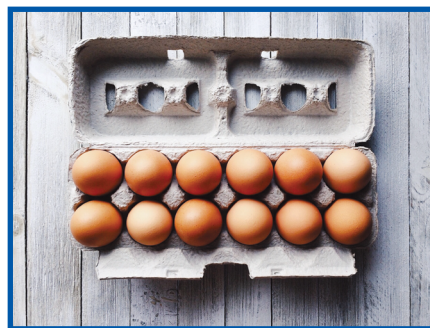
As Easter rolls around the corner, all the fun activities and favorite foods with eggs are upon us! Make sure to indulge in these “eggcelent” tips to keep your family safe this month.

### Buying

- Buy eggs only if they are in a refrigerated case.
- Make sure all the eggs are clean and don't have any cracks before purchasing.

### Storing

- Store in a refrigerator that is kept between 33°F and 40°F. Keep a fridge thermometer in the middle of the fridge to make sure the temperature is within range.
- To get the best quality, leave eggs in their original carton and use within 3 weeks.
- Use hard boiled eggs within 1 week of cooking.
- Use frozen eggs within a year, making sure not to freeze the shell. Freeze beaten egg yolks and whites or egg whites separately.
- Store leftover egg dishes in the refrigerator and use within 3 to 4 days. Divide into several containers if cooling a large portion of a hot egg dish.



### Preparing

- Wash hands, utensils, equipment, and surfaces with warm, soapy water before and after working with raw eggs.
- Cook eggs until both the yolk and egg whites are firm.
- Egg dishes should be heated to 160°F. Check with a food thermometer.
- For recipes that call for raw or runny eggs, make sure to use pasteurized eggs to reduce the risk for Salmonella.

### Serving

- Serve egg-containing foods immediately after cooking. Leftover eggs and egg-dishes should be reheated to 165°F before serving.

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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# Save Money on Food by Checking Serving Sizes

Serving sizes are usually talked about when we are trying to lose weight. Eating fewer calories by paying attention to how much we eat has many benefits. Paying attention to how much we eat can help to stretch our food dollars.

MyPlate is a food plan to help consumers eat healthier by including various foods in daily meals. Making half your plate fruits and vegetables and the other half whole grains and protein foods is recommended. Here is where serving sizes come in. One cup is the recommended serving for fresh, frozen, or canned fruits or vegetables. If you are serving juices, 1 cup is a serving. If you are eating salad greens, 2 cups is a serving. For grain foods, 1 slice of bread, 1 cup of cereal, and  $\frac{1}{2}$  cup of cooked rice, pasta, or cereal is a serving. In general, 3 oz. of meat is a serving. Other protein foods such as eggs, dried beans, peas, and lentils or nuts will vary in the amount that equals a serving. Check the food label to learn the correct serving size.

How does knowing serving sizes help you save money? Here is an example.

Jeff and Cindy have two children, ages 7 and 10. For breakfast they usually eat cereal with milk, juice and fruit. An average size (16 oz.) box of cereal costs \$5.00. A gallon of milk costs \$3.00. A 64 oz. container of orange juice costs \$5.00. Bananas are 16 cents each, assume the family gets a bunch that has 8 bananas. The total cost of the groceries will be \$14.28.

Cereal – 10 servings/\$5.00 = .50 per serving (1 cup)

Milk – 16 servings/\$3.00 = .19 per serving (1 cup)

Juice – 8 servings/\$5.00 = .63 per serving (1 cup)

Fruit (banana) – 8 bananas/\$1.28 = .16 per banana

If this family fills their bowls with cereal and their glasses with juice and pours milk to cover the cereal, they will most likely have double the standard serving size. This reduces the number of meals they can have from this food. By measuring the food before it is served, they will be able to get 2 – 3 breakfasts for \$7 - \$8.

By measuring food to eat correct serving sizes, families will be able to stretch their food dollars and eat the recommended daily servings.







**A perfect recipe for meat and potatoes fans. Enjoy this recipe with a fresh side salad and a piece of fruit for dessert.**



**Versatile and easy to prepare, these deviled eggs are great as an appetizer, side dish, or snack.**

## Pork Loin Roast with Veggies

**Makes 4 Servings**

### Ingredients:

2 cups onions, cut in wedges (about ½ pound or 2 medium )  
2 cups potatoes, diced (about 12 ounces or medium)  
2 cups baby carrots (or ¾ pound regular carrots, sliced)

2 tablespoons vegetable oil (divided)  
1 ¼ pounds pork loin  
3 teaspoons brown sugar (1 Tablespoon)  
½ teaspoon garlic powder  
½ teaspoon black pepper  
¼ teaspoon salt

### Directions:

1. Wash hands with soap and water.
2. Preheat oven to 400°F.
3. In a bowl mix veggies with 1 tablespoon oil, salt, and pepper.
4. Lay veggies around the edge of a 9x13 inch pan and put in oven.
5. Use a small bowl to make the rub. Mix the brown sugar, garlic, ½ teaspoon pepper, and ¼ teaspoon salt in the bowl.
6. Sprinkle the rub over the loin. Press gently so the rub sticks to the roast. Wash your hands after handling the raw meat.
7. Heat the remaining 1 tablespoon vegetable oil in a large skillet over medium high heat. Add the loin. Brown the sides of meat. Turn after about 2 to 3 minutes per side.
8. Transfer the pork to the center of the pan

with veggies. Bake for about 40 minutes. A meat thermometer should read 145°F. Check the temperature after 30 minutes in the oven.

9. Remove from oven. Let set for 5 minutes. Slice and serve.

### Notes

- Wash and cut potatoes and onion into chunks about the same size as baby carrots.
- Use a meat thermometer. Cooked pork can be pink even when the meat has reached a safe temperature.
- For safety and quality, allow meat to rest for at least three minutes before slicing.

Nutritional Information per serving: Total Calories 231g; Total Fat 7g; Saturated Fat 2g; Protein 21g; Carbohydrates 20g; Dietary Fiber 3g; Sodium 7g

## Heavenly Deviled Eggs

**Makes 6 Servings**

### Ingredients:

6 eggs (in shell)  
2 tablespoons light mayonnaise  
1 teaspoon mustard

### Directions:

1. Wash hands with soap and water.
2. Put eggs into a saucepan. Cover with cold water.
3. Bring eggs to a simmer (small bubbles) and cook for 12 minutes.
4. Remove from the heat and drain.
5. Crack eggs under cold water and allow to cool. Remove shells.
6. Split eggs in half, lengthwise and remove yolks.
7. Put yolks, dressing and mustard into a small zipper-lock plastic bag to mix.
8. Cut a small hole in a lower corner of the bag. Squeeze mixture into egg white halves. Garnish as desired.

### Notes

- Garnishes: paprika, cayenne pepper (if you like it hot), pickle relish, sliced scallions, sliced green or black olives.
- ⅓ teaspoon each of salt and pepper may be substituted for 1 teaspoon of mustard.

Nutritional Information per serving: Total Calories 90g; Total Fat 6g; Saturated Fat 2g; Protein 6g; Carbohydrates 1g; Dietary Fiber 0g; Sodium 174g





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 red blood cells, muscles and carry oxygen in the body. Few veggies are high in iron.

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



# Asparagus

Yields 4 servings.

## Easy Asparagus Soup

### Ingredients:

- 1 (15 ounce) can asparagus
- 1 (14.5 ounce) can chicken broth
- ½ cup non-fat milk (optional)
- Salt and pepper to taste

### Directions:

1. Blend the asparagus (with liquid in the can) in blender until it is completely smooth.
2. Heat asparagus and chicken broth in a saucepan over medium heat.
3. Stir in milk (if using) and bring to simmer.
4. Add salt and pepper to taste.
5. Serve and enjoy.

Nutritional Information per serving: Total Calories 35; Total Fat 1g; Cholesterol 0mg; Sodium 700mg; Carbohydrates 5g; Dietary Fiber 1g; Sugar 2g Protein 3g



Check out these easy spring recipes and ways to incorporate fresh fruits and vegetables into your meals during the springtime at The Dish: Real Talk about Food. Click on our website: [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.