



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

Family Food Cent\$

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Stand Up for Your Health!

Many of us spend the majority of our days sitting – driving our cars, working on a computer, eating at the table, watching television, etc. When we spend six or more hours sitting or lying down and lack physical activity, we fall into a sedentary lifestyle. Sedentary behavior may lead to increased risk for negative health consequences:

- Vein-related problems
- Heart disease
- High cholesterol
- High blood pressure
- Diabetes
- Obesity
- Certain types of cancer
- Stress, anxiety, and depression

However, it's never too late to stand up for your health! Little changes throughout your day can add up.

At work:

- Try a standing desk
- Use restrooms that are further away or on a different floor
- Walk during lunch hours
- Set reminders to get up and move around throughout the work day
- Visit a colleague's desk instead of emailing

At home:

- Set a kitchen timer to move around every 30 minutes
- Walk around during commercial breaks when watching television
- Pace when talking on the phone
- Only watch television when it gets dark outside
- Schedule a walk into your day instead of waiting to see where it fits in



On the drive or commute:

- Take the stairs instead of an elevator or escalator
- Park further away from your destination to increase walking distance
- Walk to do an errand or to work

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/

3,650 copies, \$0.47 each, SDSU Extension. Printed on recycled paper. 4/25

Healthy Snacks on a Budget

It can be hard to plan for snacks because they may not be eaten every day, the daily schedule may not allow for food preparation, or we are not in the mood to eat what was planned or prepared. The easiest way to plan is to have grab-and-go snacks, which in many cases are pre-packaged. This can often be expensive.

Tips for budget-friendly snacks:

- Prep fresh vegetables so they are ready to eat. Wash and cut up the produce and store it in the fridge.
- Buy a large container of yogurt instead of single servings. Serve with $\frac{1}{2}$ cup of fresh or canned fruit.
- Use baggies to store servings of crackers or nuts.
- Cube servings of cheese and store in the fridge.
- Prepare a snack mix using cereal, dried fruit, or nuts. Divide into serving sizes and store in baggies.
- Buy soft taco-size tortillas. Serve with $\frac{1}{2}$ of a banana and a tablespoon of peanut butter. Or peanut butter and jelly.

Other tips:

- Include family members when deciding what to have for snacks.
- Buy a larger container of foods that will be used for snacks and divide it into serving sizes.
- Avoid buying single-serving sizes because they are usually more expensive per serving.
- Check your pantry and fridge for items that can be used for snacks before buying more.
- Include snacks when making your grocery list so you are prepared. This will cut down on picking up food at a convenience store.
- Plan your week so you will know when you will be away from home during snack time. Pack nonperishable snacks that can easily be served anywhere.

Taking time to plan ahead can help you spend less money on snacks and keep everyone happy.





Chicken is added to this traditional dish of tomatoes, zucchini and eggplant for a hearty and satisfying meal.



Whole grain rotini and colorful vegetables elevate this pasta salad! Add canned chicken or tuna for a complete meal.

Chicken Ratatouille

Makes 4 Servings

Ingredients:

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| 1 tablespoon vegetable oil (or cooking oil of choice) | ½ lb mushrooms, sliced |
| 2 medium boneless chicken breast | 1 can (14.5 ounces) tomatoes, low-sodium, diced |
| 2 medium zucchini, unpeeled and sliced | 1 garlic clove, minced |
| 1 small eggplant, peeled and cut into 1-inch cubes | 1 tablespoon fresh basil, chopped |
| 1 medium onion, sliced | 1 tablespoon fresh parsley, minced |
| 1 red or green bell pepper, cut into pieces | black pepper (to taste) |

Directions:

1. Wash hands with soap and water.
2. Remove skin and fat from chicken and cut into 1-inch pieces
3. Heat oil in large non-stick skillet. Add chicken and sauté about 3 minutes, or until lightly browned.
4. Add zucchini, eggplant, onion, green pepper, and mushrooms. Cook about 15 minutes, stirring occasionally.
5. Add tomatoes, garlic, basil, parsley, and pepper; stir and continue cooking about 5 minutes, or until chicken is tender.

Nutritional Information per serving: Total Calories 179g; Total Fat 6g; Saturated Fat 1g; Protein 20g; Carbohydrates 14g; Dietary Fiber 4g; Sodium 60g

Zesty Pasta Primavera Salad

Makes 10 Servings

Ingredients:

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| 2 cups whole grain rotini pasta, uncooked* | ½ cup cherry tomatoes, halved |
| 3 tablespoons vegetable oil | ½ cup carrots, sliced |
| 3 tablespoons lemon juice | ¼ cup red onion, minced |
| 2 ½ teaspoons Italian seasoning | 3 tablespoons Parmesan cheese |
| ⅛ teaspoon red pepper flakes | |
| 1 ½ cups cucumber, chopped | |

**Other types of whole grain pasta may be used in place of the whole grain rotini.*

Directions:

1. Wash hands with soap and water.
2. Cook pasta according to the package directions.
3. Drain and set aside.
4. In a large bowl, whisk oil, lemon juice, Italian seasoning, and red pepper flakes.
5. Add cooked pasta, cucumber, tomato, carrots, red onion, and Parmesan cheese to the dressing.
6. Mix well and chill for 2 hours before serving.

Nutritional Information per serving: Total Calories 109g; Total Fat 5g; Saturated Fat 1g; Protein 3g; Carbohydrates 15g; Dietary Fiber 2g; Sodium 28g



Artichoke

Yields 4 servings.

Spring Vegetable Soup

Ingredients:

1 Tablespoon extra virgin olive oil
¼ red cabbage, medium head (about 2 cups) finely shredded
2 ripe tomatoes, medium, seeded, chopped
½ cup canned artichoke hearts, drained and chopped
1 cup green peas, frozen or fresh
2½ cups vegetable juice, low-sodium
1 cup water
1 teaspoon dried basil
Salt and pepper, optional, to taste

Directions:

1. In large soup pot, heat oil over medium heat. Sauté cabbage, tomatoes, artichoke hearts and peas for 10 minutes.
2. Add tomato juice and water. Bring to boil. Reduce heat, add basil and simmer for 10 minutes, or until all vegetables are tender and soup is piping hot.
3. Serve in individual serving bowls. Season to taste with salt and pepper.

Nutritional Information per serving: Total Calories 136; Total Fat 5g; Cholesterol 0mg; Sodium 73mg; Carbohydrates 20g; Dietary Fiber 6g; Sugar 11g; Protein 5g

Find more recipes
and videos at
extension.sdstate.edu



Did you know ...

Artichokes are high in vitamin K, which is the clotting vitamin. Without it, blood would not clot. Vitamin K is also found in green leafy vegetables such as spinach, kale, broccoli and brussels sprouts.

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



Learn more ways to “get ready for the summer” with this short interactive lesson available at The Dish: Real Talk about Food. Click on our website: 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.