



**SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION**

# Family Food Cent\$

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**June 2025**

## Save Money and Time by Batch Cooking

Batch cooking is cooking a large amount of food at one time. This saves time and money by reducing the amount of cooking you have to do. It is convenient because ingredients you need for recipes are already prepared. Because the meal won't take as long to cook, you will more likely eat at home.

The key to batch cooking is planning your meals with one or two of the same key ingredients that can be used in a variety of dishes. Grains and meat are easy to start with. Figure out how much of the food you will need for the meals, prep the food, and then store it in separate containers. Potatoes and squash can also be batch cooked. If you like serving biscuits or muffins with meals, double your recipe so they can be served for multiple meals.

Here is an example menu for 3 days using rice and chicken breast.

### Day 1

Chicken and rice

### Day 2

Stir-fry with chicken and rice

### Day 3

Chicken and rice soup



## Preparation:

Calculate how much rice you will need for the 3 meals. Prepare that amount on the stove top or in an Instant Pot. Divide into 3 containers and store it in the fridge.

Bake the amount of chicken you will need for the 3 meals. Dice the chicken needed for the stir-fry and soup. Store in separate containers in the fridge.

Batch cooking can help you save time and money with food preparation. Planning ahead can help you stretch your budget and give you more time with your family.

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)

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# Celebrating National Dairy Month

Every June, Americans come together to celebrate National Dairy Month, honoring the importance of dairy in our diets and economy, and appreciating the hard work of dairy farmers.

## Nutritional Benefits

Dairy products are nutritional powerhouses, rich in calcium, vitamin D, and protein. These nutrients support bone health, heart health, weight management, and reduce the risk of chronic diseases. Including dairy in your diet can contribute to overall well-being.

## Economic Impact

The United States is one of the largest producers of dairy products globally, with millions of gallons of milk produced annually. The dairy industry supports thousands of jobs, from farmers and veterinarians to processors and retailers, playing a significant role in the national economy.

## Ways to Celebrate

- **Try New Recipes:** Experiment with making homemade ice cream, cheese, or yogurt. Get creative in the kitchen and discover new dairy-based dishes.
- **Visit a Dairy Farm:** Learn more about the journey of milk from cow to carton by visiting a local dairy farm. It's a great way to connect with the source of your dairy products.
- **Host a Dairy-themed Potluck:** Gather friends and family for a potluck featuring dairy delights. From cheesy casseroles to creamy desserts, there's something for everyone to enjoy.

## Supporting Sustainability

National Dairy Month is also an opportunity to raise awareness about the challenges faced by the dairy industry, such as fluctuating market prices and the impact of changes in climate. Supporting local dairy farmers and choosing sustainably produced dairy products helps ensure the future of this essential industry.

## Conclusion

As we celebrate National Dairy Month, let's take a moment to appreciate the nutritional and economic benefits of dairy. Cheers to the farmers, the cows, and all the delicious dairy products that make this month so special!







**You can vary this recipe by using whatever vegetables you have on hand (fresh, frozen, or canned)!**



**A delightful concoction of green fruits and vegetables plus fat-free dairy. With convenience built in, this refreshing smoothie can be made a day ahead. Keeps well in the refrigerator up to 24 hours.**

## Basic Quiche

Makes 6 Servings

### Ingredients:

- |  |                                |
|--|--------------------------------|
| 1 (9-inch) pie crust, baked                                  | 1 cup milk, fat-free           |
| 1 cup vegetables, chopped (broccoli, zucchini, or mushrooms) | ½ teaspoon salt                |
| ½ cup cheese, shredded                                       | ½ teaspoon ground black pepper |
| 3 large eggs, beaten   | ½ teaspoon garlic powder       |

### Directions:

1. Wash hands with soap and water.
2. Preheat the oven to 375°F.
3. Shred the cheese with a grater. Put it in a small bowl for now.
4. Chop the vegetables until you have 1 cup of chopped vegetables.
5. Cook the vegetables until they are cooked, but still crisp.
6. Put the cooked vegetables and shredded cheese into a pie shell.
7. Mix the eggs, milk, salt, pepper, and garlic powder in a bowl.
8. Pour the egg mix over the cheese and vegetables
9. Bake for 30-40 minutes, or until a knife inserted near the center comes out clean.
10. Let the quiche cool for 5 minutes before serving.

Nutritional Information per serving: Total Calories 133g; Total Fat 7g; Saturated Fat 3g; Protein 8g; Carbohydrates 9g; Dietary Fiber 2g; Sodium 338g

## Avocado Melon Breakfast Smoothie

Makes 2 Servings

### Ingredients:

- 1 large, ripe avocado
- 1 cup honeydew melon chunks (about 1 slice)
- lime, juiced (1 ½ tsp lime juice)
- 1 cup 8 ounce milk (fat free)
- 1 cup fat-free yogurt (plain)
- ½ cup 100% apple juice or white grape juice
- 1 tablespoon honey

### Directions:

1. Cut avocado in half, remove pit.
2. Scoop out flesh, place in blender.
3. Add remaining ingredients; blend well.
4. Serve cold. (Keeps well in refrigerator up to 24 hours. If made ahead, stir gently before pouring into glasses.)

Nutritional Information per serving: Total Calories 320g; Total Fat 11g; Saturated Fat 2g; Protein 13g; Carbohydrates 46g; Dietary Fiber 5g; Sodium 170g





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

# Cherry

Yields 16 servings.

## Cherry Crisp

### Ingredients:

#### Topping

- 1 cup whole wheat flour
- 1 cup rolled oats
- $\frac{2}{3}$  cup brown sugar; packed
- $\frac{1}{4}$  teaspoon cinnamon
- A pinch of salt
- $\frac{1}{2}$  cup melted butter

#### Cherry filling

- 2 cans of cherries in water; juice reserved
- $\frac{1}{3}$  cup sugar
- 2 Tablespoons orange juice concentrate
- 2 Tablespoons cornstarch
- 1 Tablespoon + 1 teaspoon water
- $\frac{1}{4}$  cup + 2 Tablespoons reserved cherry juice

### Directions:

1. Lightly grease a 9x9" baking pan. Preheat oven to 425°.
2. Combine dry topping ingredients (flour, oatmeal, cinnamon and brown sugar).
3. Add melted butter to dry ingredients and stir to combine.
4. Drain cherries, reserve  $\frac{1}{2}$  cup of juice and place cherries in the baking dish.
5. Combine reserved cherry juice with sugar and orange juice. Heat juice mixture in a sauce pan over medium heat for 2 minutes.
6. Combine cornstarch and water, and add to juice mixture. Continue to cook over medium heat until thickened, about 3-4 minutes.
7. Remove from heat and stir well.
8. Pour  $\frac{2}{3}$  cup of juice mixture over cherries. Discarding remainder.
9. Sprinkle topping evenly over cherries. Bake at 425° for 40 minutes or until topping is browned.
10. Let cool and cut into 16 servings.

Nutritional Information per serving: Total Calories 180; Total Fat 6g; Cholesterol 15mg; Sodium 70mg; Carbohydrates 30g; Dietary Fiber 2g; Sugar 20g Protein 2g



## Did you know ...

Anthocyanins in the bright red or purple coloring are 1 type of antioxidant. The anthocyanins in tart cherries are as powerful as those in blueberries.

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



**THE DISH**  
REAL TALK ABOUT FOOD

Learn what's in season this summer with this short interactive lesson available 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.