



Hearty Chickpea Vegetable Soup

**Hearty Chickpea Vegetable Soup**

Servings: 6

- 1 tablespoon olive oil
- 1 medium onion, chopped
- 1 large garlic clove, minced
- 2 teaspoons ground cumin
- 2 (14.75-ounce) cans low sodium vegetable or chicken broth
- 1 cup water
- 4 cups cubed butternut squash, about 1 medium squash
- 1/4 teaspoon salt
- 1 (15.5-ounce) can Goya garbanzo beans, drained and rinsed
- 1 (14.5-ounce) can Del Monte sliced carrots, drained
- 3 cups escarole or kale, coarsely chopped

In 4-quart saucepan over medium-high heat, in hot oil, cook onion and garlic until just softened, stirring frequently. Stir in cumin; cook 1 minute.

Add canned broth, water, butternut squash and salt. Over high heat, heat to boiling. Reduce heat to low; cover and simmer 20 minutes until squash is tender.

Add garbanzo beans, carrots and escarole. Continue to simmer about 5 minutes until vegetables are tender.

**Neopolitan Tuna Fettuccine**

Servings: 2

- 8 ounces fettuccine pasta
- 1 tablespoon olive oil
- 1 small onion, diced
- 2 garlic cloves, minced
- 1 (14.5-ounce) can Red Gold diced tomatoes
- 2 teaspoons capers
- 1 (5-ounce) can tuna, packed in oil, drained
- 1 (2.2-ounce) can sliced ripe olives, drained
- Salt and ground black pepper to taste

Cook fettuccine as label directs. Reserve 1 cup cooking liquid; drain.

Meanwhile, in 10-inch skillet over medium heat, in hot oil, cook onion and garlic, about 5 minutes until just softened. Add diced tomatoes and capers; simmer 5 minutes. Add tuna, olives, salt and pepper to taste.

Toss fettuccine with tuna mixture to mix well. Serve immediately. If necessary, add reserved cooking liquid.

## The key to mealtime success

FAMILY FEATURES

When it comes to mealtime, a well-stocked pantry can be the difference between culinary success and a dinner dud. Too often we contemplate what to make for dinner, only to realize that we don't have the right ingredients on hand or the food in the fridge has spoiled. But with a pantry full of canned foods, a delicious and easy, homemade meal is just minutes away.

It's no secret that canned foods are convenient, but did you know that cans are also one of the best ways to get food from the farm to your family's table? Canned fruits and vegetables are picked and packed when they're at their peak of ripeness and nutrition, sealing in their freshness and flavor, so you can feel confident about serving them anytime.

**Less waste, more meals**

And if you find that you're often throwing away fresh food, you're not alone. According to a recent study, most Americans throw away spoiled fresh fruits and vegetables two times a week on average, wasting a staggering 15 to 20 percent of fresh produce each year. By keeping your pantry stocked with essential canned ingredients, you know the food you purchase won't go to waste, saving you money and helping reduce your impact on the environment.

With your favorite canned food staples, you'll be on your way to creating delicious and nutritious meals like Hearty Chickpea Vegetable Soup, Neopolitan Tuna Fettuccine and Falafel Burgers. Thanks to your well-stocked pantry — or “Cantry” — mealtime success is achievable anytime.

For more recipes, nutritional information and to learn how you can get cooking with canned foods, visit [www.CansGetYouCooking.com](http://www.CansGetYouCooking.com).



Neopolitan Tuna Fettuccine

**Falafel Burgers**

Servings: 4

- 2 tablespoons olive oil, divided
- 1 small red onion, finely chopped
- 1 large garlic clove, minced
- 1 (16-ounce) can Bush's garbanzo beans, drained and rinsed
- 1 tablespoon lemon juice
- 1/2 teaspoon salt
- 1/4 cup dry bread crumbs
- 1 (7.75-ounce) can Allens spinach, well drained
- 4 hamburger buns
- Sliced tomato
- Sliced red onion
- Tzatziki sauce

In 12-inch skillet over medium heat, in 1 tablespoon hot olive oil, cook red onion and garlic about 5 minutes until tender-crisp. Remove vegetables to bowl of food processor.

To food processor, add one-fourth of garbanzo beans, lemon juice and salt; pulse with spinach mixture until smooth paste. Add remaining garbanzo beans, bread crumbs and spinach; pulse until coarsely chopped.

Shape mixture into four 4-inch patties. If desired, refrigerate until ready to cook. In 12-inch skillet over medium heat, in remaining tablespoon hot olive oil, cook falafel patties until golden and crisp, turning once.

Serve on buns and top with tomato, onion and Tzatziki sauce, as desired.



Orange Pork Stir Fry

**Orange Pork Stir Fry**

Servings: 4

- 1 pound pork tenderloin
- 1 tablespoon cornstarch
- 1/4 teaspoon salt and ground black pepper
- 1 tablespoon peanut oil
- 1 tablespoon minced fresh ginger
- 3 cups baby spinach leaves
- 1 (15-ounce) can Del Monte mandarin oranges in light syrup, drained
- 1 (15-ounce) can KAME stir-fry vegetables, drained
- 3 tablespoons sweet Asian chili sauce
- 2 tablespoons low sodium soy sauce
- 2 teaspoons sesame oil
- 2 scallions, thinly sliced

Cut pork tenderloin into 1/2-inch-thick rounds, then into 1/2-inch-wide strips. Place pork tenderloin strips in medium bowl; add cornstarch, salt and pepper; toss to mix well.

In 12-inch skillet over medium-high heat, heat peanut oil; add ginger. Cook 30 seconds; add pork strips. Stir-fry until pork is lightly browned, about 5 minutes. Add spinach; cook 2 minutes, stirring constantly until just wilted. Add mandarin oranges, stir-fry vegetables, chili sauce, soy sauce; cook over medium heat until mixture is coated and thickens slightly.

Stir in sesame oil and sprinkle with scallions. Serve with rice.

**Morning Glory Carrot Muffins**

Servings: 12

Muffins:

- 1 1/2 cups all-purpose flour
- 1 1/2 cups granulated sugar
- 1 1/2 teaspoons ground cinnamon
- 1 1/2 teaspoons baking soda
- 1/2 teaspoon salt
- 1 (14.5-ounce) can Le Sueur carrots, drained
- 1 (8-ounce) can Del Monte crushed pineapple in 100 percent juice, drained
- 3/4 cup vegetable oil
- 2 large eggs, lightly beaten
- 2 teaspoons vanilla extract
- 1 cup shredded sweetened dried coconut
- 3/4 cup pecans, chopped

Frosting:

- 1 (4-ounce) package reduced fat cream cheese, softened
- 3 tablespoons butter, softened
- 1 1/2 cups confectioners' sugar

To prepare muffins, preheat oven to 350°F. Grease 12-cup muffin tin. In large bowl, combine flour, sugar, cinnamon, baking soda and salt. In large bowl, mash carrots until smooth; add crushed pineapple, oil, eggs and vanilla until well blended. Add to dry ingredients until just mixed; fold in coconut and pecans.

Spoon mixture into prepared muffin tins, almost to top. Bake 30 minutes or until tester inserted in center comes out clean. Cool for 10 minutes. Remove muffins from pans. Cool completely.

To prepare frosting, in mixing bowl, combine cream cheese and butter until well blended. Add confectioners' sugar; beat until smooth.

Top carrot muffins with frosting.



Falafel Burgers



Morning Glory Carrot Muffins

## ‘S.T.E.M. In The Garden’ Educational Webinar Scheduled Aug. 13

BROOKINGS — S.T.E.M. in the Garden, a garden-based (Science Technology Engineering Math) education curriculum developed by the School Garden Project of Lane County, Oregon, is the feature for this month's SDSU Extension garden educator webinar.

The webinar is scheduled for Aug. 13 from 4-4:30 p.m. CST/3-3:30 p.m. MST. School teachers, afterschool and summer garden program leaders and helpers are all encouraged to participate. This is the third season of SDSU Extension's webinar programs targeting teaching garden educators.

The program, presented by Chris Zdorovtsov, SDSU Extension community development field specialist, will feature the six-module series that en-

courages exploration and inquiry in the garden. Lessons focus on plant parts and needs, garden harvest and preparation, locally-based foods systems, soil, garden development and planning, and the garden ecosystem.

Webinars are scheduled on the second Wednesday of each month. To participate in the Webinar, visit [www.iGrow.org/events](http://www.iGrow.org/events) and click the link within the event posting. Participants are encouraged to log in within 15 minutes of the specified time, especially when participating for the first time.

Save the date for these upcoming sessions:

- Sept. 10, 4-4:30 p.m. CST: “Clearing

up Consumer Confusion — What are Conventional, Organic, and Local Foods?,” presented by Marge Zastrow, SDSU Extension Nutrition Field Specialist.

- Oct. 8, 4-4:30 p.m. CST: “Fall of Flavors,” presented by Marge Zastrow, SDSU Extension nutrition field specialist.

If you would like to receive more information on trainings and grant opportunities related to youth gardening programs or to exchanging questions and ideas with others involved in similar projects, e-mail [Chris.Zdorovtsov@sdstate.edu](mailto:Chris.Zdorovtsov@sdstate.edu) to be added to the SDSU Youth Gardening LISTSERV.

## School Backpacks For Low Income Families Offered

The Contact Center of Yankton will be taking applications for low-income families needing help with school backpacks for their children for the coming school year.

Last year, 193 children were provided with a voucher for a backpack. Funding for this project is provided by local donations. This year, the Contact Center will be supplying backpacks again for grades K-8. Families must sign up their children by Aug. 19. They may sign up by coming in to

the Contact office located in the County Government Center, lower level. Families must have an active SNAP card to be eligible.

Any donations to this project can be sent to the Contact Center, 321 W. Third St. Suite B02, Yankton, SD 57078.

Those needing help with school supplies can call ROCS-Rural Office of Community Services at 1-877-254-6110 for an application.

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