

*Good nutrition is one of the keys to good health. This means making sure you regularly eat foods that have a lot of vitamins and minerals in them, as well as foods that are not high in fat. You should drink milk every day to give your bones the calcium that makes them strong. For most people, foods that are high in fiber are a good choice, and almost everyone should eat several fruits and vegetables every day.*



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# Angel Food

## Menu Suggestions & Recipes

January 2007



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**For questions or concerns about menu items or orders,  
 please contact your Angel Food distribution site**

The following information is provided to you by the  
**Oklahoma Cooperative Extension Service.**

It is our intent to provide you each month with menu suggestions  
 and recipes using the products in your Angel Food box.



## January 2007 Menu

- |  |                             |
|--|-----------------------------|
| 6 Bacon-Wrapped Beef Filets                | 7.5 oz Mac & Cheese         |
| 1 1.5 lb. Boneless Pork Roast              | 24 oz. French Fries         |
| 2 lbs. Fully Cooked Frying<br>Chicken      | 16 oz. Green Peas & Carrots |
| 2 lbs. Salisbury Steak Entrée              | 15 oz. Diced Bartlett Pears |
| 2 lbs. Boneless/Skinless<br>Chicken Breast | 14 oz Peanut Butter         |
| 1 lb. Flame-Broiled Meatballs              | 8 oz Pancake Mix            |
| 16 oz. Bean Soup Mix                       | Dessert Item                |
| 26 oz. Pasta Sauce                         | 7 oz Brown N Serve Sausage  |
| 16 oz. Pasta                               |                             |



### Peanut Butter Pancakes

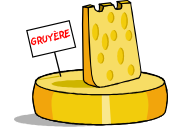
- 1¼ cups flour
- 2 tablespoons sugar
- 2½ teaspoons baking powder
- ½ teaspoon salt
- 1¼ cups milk
- 1 egg



- ¼ cup peanut butter
  - 3 tablespoons butter, melted
- Combine flour, sugar, baking powder and salt. Beat milk with egg and peanut butter until smooth. Add to dry ingredients and beat just until well moistened. Lightly butter hot griddle. Spoon by ¼ cupfuls onto griddle. Cook until golden brown on both sides.

### MAC SAUSAGE AND BROCCOLI BAKE

- 1 (7 oz.) pkg. macaroni and cheese dinner
- 1 (10 oz.) pkg. broccoli spears, thawed and drained
- 1 lb. Brown N Serve Sausage, cut into 1/2 inch pieces
- 1 (10 3/4 oz.) can condensed cream of celery soup
- 1/4 c. green onion slices



Prepare dinner as directed on package. Cut broccoli into 1 inch pieces. Add with remaining ingredients to dinner; mix well. Spoon mixture into 2 quart casserole. Cover. Bake at 350 degrees for 45 minutes or until thoroughly heated. 6 to 8 servings.



### What foods are included in the milk, yogurt, and cheese (milk) group?

All fluid milk products and many foods made from milk are considered part of this food group. Foods made from milk that retain their calcium content are part of the group, while foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, are not. Most milk group choices should be fat-free or low-fat.

### Apple & Spice Pork Roast

3 to 4 pound boneless pork roast [1 cup](#) applesauce  
 1/3 cup packed brown sugar 2 teaspoons vinegar  
 1 [teaspoon](#) yellow mustard 1/8 to 1/4 teaspoon ground cloves  
 1 tablespoon all-purpose flour 1/2 teaspoon salt  
 1/4 teaspoon granulated sugar 1/8 teaspoon garlic powder  
 1/8 teaspoon ground black pepper



1. Heat oven to 350 degrees F. Stir together applesauce, [brown sugar](#), vinegar, mustard and cloves in small bowl; refrigerate half of the applesauce mixture and set aside remaining applesauce mixture.
2. Combine flour, salt, sugar, [garlic powder](#) and pepper in another small bowl.
3. Rub flour mixture evenly over entire surface of pork. Place [pork](#) on rack in shallow roasting pan.
4. Roast, uncovered, until internal temperature is 140 degrees F. Spoon reserved applesauce mixture over roast. Roast until internal temperature is 155 degrees F., 1 to 1 1/2 hours total cooking time (about 18 to 20 minutes per pound).
5. Transfer roast to [serving platter](#); cover with foil and let stand for 15 minutes before slicing.
6. Heat chilled applesauce mixture in small saucepan until boiling; boil for 1 minute.
7. [Spoon](#) heated applesauce mixture over pork slices.

Makes 10 to 12 servings.

#### Nutrition Facts

Calories 450 calories

Protein 22 grams

Fat 25 grams

Sodium 1720 milligrams

Cholesterol 65 milligrams

Saturated Fat 9 grams



# Menu Ideas

Bacon-Wrapped Beef Filets  
 Roasted Green Beans  
 Cottage Cheese & Pears

Herbed Chicken Salad  
 Crackers  
 Tea

Chicken Fettuccine  
 Cacciatore  
 Tossed Salad  
 Fresh Fruit

Mac & Cheese  
 Bake  
 Salad  
 Fresh Fruit

Pasta With Meatballs  
 Tossed Salad  
 Dessert

Apple & Spice Pork Roast  
 Green Peas & Carrots  
 Tossed Salad

Peanut Butter Pancakes  
 Brown N Serve Sausage  
 Orange Juice

### Why Are Family Mealtimes Important?

- Children who do not eat dinner with their families are 61 percent more likely to use alcohol, tobacco, or illegal drugs. By contrast, children who eat dinner with their families every night of the week are 20 percent less likely to drink, smoke, or use illegal drugs.<sup>1</sup>
- Teens who eat frequent family dinners are less likely than other teens to have sex at young ages, get into fights, or be suspended from school, and they are at lower risk for thoughts of suicide.<sup>2</sup>
- By eating with your children, it is more likely that they will eat healthier foods and more balanced meals.<sup>3</sup>
- Dining together is a chance for parents and children to talk with one another.
- Parental influence and involvement is an important tool in preventing substance abuse. Regularly sitting down for a meal with your children is one way to connect with them and be involved with what is happening in their lives.



# Recipes Ideas

## Chicken Cacciatore

8 oz. Fettuccine, uncooked  
2 tsp. oil  
1 lb. boneless skinless chicken breasts, cut into bite-sized pieces  
1 cup each green pepper strips and sliced mushrooms  
1 can (14 1/2 oz) diced tomatoes, undrained  
1/4 cup Zesty Italian Dressing  
1/2 cup Shredded Italian Mozzarella/Parmesan Cheese Blend  
1/2 cup Chopped fresh basil leaves  
Cook pasta as directed on package

Meanwhile. Heat oil in large nonstick skillet on medium-high heat. Add chicken; cook and stir until no longer pink. Add peppers and mushrooms; cook 3 minutes, stirring occasionally. Stir in tomatoes and dressing. Reduce heat to medium-low; simmer 5 minute or until chicken is cooked through.

Drain pasta. Toss with chicken mixture. Sprinkle with cheese and basil.

Makes 4 servings, 2 cups each.

Cal: 470, Fat 13 g, Chol75 mg, Sodium 570 mg, CARB 51 g, Fiber 4 g, Sugar 7 g, Protein 36g, Vit A25% DV , VIT C 30%DV, Calcium 15%DV, Iron 20%DV.



Don't forget to wash your hands often to avoid the spread of harmful bacteria from the common cold!



## Roasted Green Beans With Toasted Almonds

1 lb. green beans, trimmed  
1/3 cup sliced almonds  
1/4 T. Chinese 5-spice powder  
1 T. Canola Oil  
Salt & Ground black pepper

Preheat oven to 375 degrees F. Toast sliced almonds in oven or toaster until fragrant and slightly golden, about 2-3 minutes. Toss green beans with oil, spice powder, and almonds. Spread out on rimmed cookie sheet and roast for about 10 minutes or until beans are tender. Season with salt and pepper.

## Herbed Chicken Salad

6 oz. boneless skinless chicken breast, cooked, chopped  
1/4 cup sliced celery  
1/4 cup chopped onions  
3 Tbsp. Light Mayo  
1/2 tsp. dried basil leaves  
2 medium tomatoes

Combine: Chicken, celery and onions in medium bowl. Add combined dressing and basil, mix lightly. Cover and refrigerate at least 1 hour.

Cut tomato into wedges, starting at the top of each tomato but being careful not to cut all the way through to bottom to tomato.

Place 1 tomato on each salad plate, gently separate wedges. Fill evenly with the chicken salad.

Makes 2 servings.

Cal 160, Fat 4.5g (sat 1g)CHOL 55 mg, Sodium 270 mg, Carb 10mg, Fiber 2 g, Sugars 6g, Protein 20g.