

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.



For more information on the FCS Division of the Oklahoma Cooperative Extension Service visit our web sit at <http://www.fcs.okstate.edu/>

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Angel Food

Menu Suggestions & Recipes

February 2007



Information provided by:

Oklahoma County Extension
930 N. Portland
Oklahoma City, Ok 73107



**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.



February 2007 Menu

Breaded Chicken Tenders	Pinto Beans
St. Louis Style Ribs	Rice
Chicken Thighs	Corn Muffin Mix
Ground Beef	Shoestring French Fries
Breaded Chicken Breast Filets	Sugar Snap Peas
Beef Burritos	Mixed Veggies
Smoked Sausage	Breakfast Cereal
Old El Paso Taco Shells	Pie

Mexican Chicken Stir Fry

- 4 chicken thighs, cut into strips
- 2 tablespoons vegetable oil
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano leaves
- 1 clove garlic, crushed
- 1 red or green bell pepper, cut in thin strips
- 1 medium onion, cut in thin wedges
- 2 jalapeño peppers*, thinly sliced
- 3 cups lettuce, thinly sliced

Cut chicken into thick strips. Combine oil, cumin, oregano and garlic; reserve half. Heat half the seasoned oil in large nonstick skillet over medium-high heat. Add bell pepper, onion and jalapeño pepper; stir-fry 2 to 3 minutes or until crisp-tender. Remove and reserve. In same skillet, stir-fry chicken strips (1/2 at a time) in remaining oil 1 to 2 minutes. Return vegetables to skillet and heat through. Serve chicken mixture over lettuce or make chicken tacos.

Pasta w/ Chicken Tomatoes and Romano

- 1 pound Spaghetti, Linguine or Thin Spaghetti, uncooked
- 2 ripe tomatoes, cored
- 2 teaspoons olive or vegetable oil
- 1 large onion, peeled and finely diced
- 4 large cloves garlic, peeled and finely chopped
- Chicken Tenders
- 1 teaspoon dried basil
- 12 medium California ripe olives (12-16 olives), coarsely chopped
- 1 green bell pepper, seeds and ribs removed, julienned
- 1 15 1/2-ounce can low-sodium chicken broth
- 1 cup grated Romano cheese

Prepare pasta according to package directions. While pasta is cooking, cut the tomatoes in half crosswise and scoop out the seeds with your fingers. Chop the tomatoes coarsely. Heat the oil in a large skillet over medium heat. Add the onion and garlic and cook until the onion is lightly browned and tender, about 6 minutes. Add the chicken and basil and cook until the chicken is thawed and browning, about 8 minutes. Stir in the olives, green pepper and tomatoes and cook until the tomatoes begin to give off liquid, about 2 minutes. Add the chicken broth to the skillet, heat to boiling and boil until half of the liquid is evaporated, about 4 minutes. When pasta is done, drain it well and add to sauce mixture. Toss until pasta is evenly mixed with sauce. Transfer to serving dish, top with cheese and serve.

Layered Skillet Stew

1½ pounds extra lean ground beef
½ teaspoon salt
¼ teaspoon pepper
1 tablespoon Worcestershire sauce
1 large onion, sliced
3-4 potatoes, peeled and sliced
4-5 carrots, sliced
1 (15 ounce) can whole kernel corn, drained
2 tablespoons margarine

Pat ground beef into bottom of skillet. Season meat with salt and pepper and Worcestershire sauce. Layer remaining ingredients in order given. Place margarine chunks on top. Place lid on skillet and cook on medium heat for 25-30 minutes. Serves 6.

Nutrition information for 1/6 of recipe: 423calories; 24g total fat; 8g saturated fat; 78mg cholesterol; 29g total carbohydrate; 4g dietary fiber; 25g protein; 493mg sodium; 977mg potassium; 37mg calcium; 3mg iron; 26mg vitamin C; 1388RE vitamin A; 54mcg folacin

Fight BAC

Right now, there may be an invisible enemy ready to strike. He's called BAC (bacteria) and he can make people sick. In fact, even though you can't see BAC - or smell him, or feel him - he and millions more like him may already be invading food products, kitchen surfaces, knives and other utensils.

But YOU have the power to Fight BAC!® and to keep food safe from harmful bacteria. It's as easy as following these four simple steps:

- **CLEAN:** Wash hands and surfaces often
- **SEPARATE:** Don't cross-contaminate!
- **COOK:** Cook to proper temperature
- **CHILL:** Refrigerate promptly

Source: www.FightBAC.org

Menu Ideas

Red Beans & Rice
w/ Sausage
Corn & Carrots

Italian Chicken
Sugar Snap Peas
Bread

Chicken Mexicana
Casserole
Side Salad
Pinto Beans

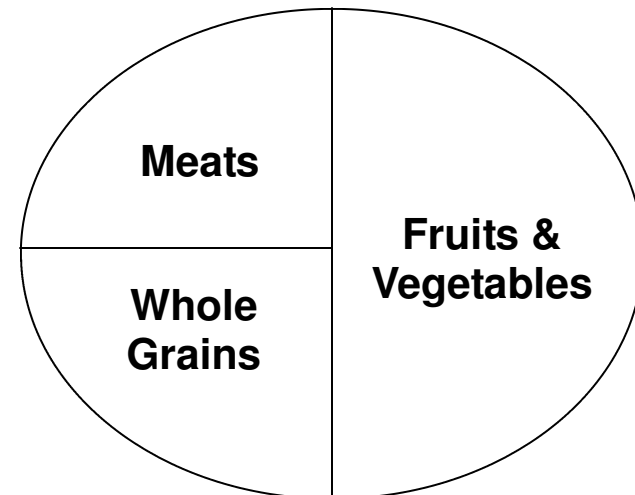
Layered Stew
Corn Muffins
Fruit

Pasta w/ Chicken, To-
matoes & Romano
Mixed Veggies
Garlic Bread

Mexican Stir Fry
Taco Shells
Salad

Beef Burritos
Rice
Fresh Broccoli

Make your Dinner Plate Balance!



Does it look like this?

Recipes Ideas

Chicken Mexicana Casserole

6 large flour tortillas cut into 1 inch strips
Chicken Thighs, cut into 1 inch cubes
1½ cups salsa
2 cups corn kernels (canned, frozen or fresh)
1½ cups reduced-fat shredded Monterey Jack cheese
½ cup sliced black olives

Preheat oven to 375 °F. Spread a light coating of salsa on the bottom of a 9 x 13-inch baking pan, and then line it with 4 of the cut-up tortillas. Mix the chicken, salsa, and corn in the pan and top with the remaining tortilla strips. Sprinkle the cheese and olives on top of the casserole. Cover with aluminum foil and bake for 30 minutes, uncover and bake 15 more minutes. Let sit 10 minutes before serving. Serves 6-8.

Nutrition information for 1/6 of recipe: 517 calories; 13g total fat; 4g saturated fat; 79mg cholesterol; 57g total carbohydrate; 5g dietary fiber; 42g protein; 936mg sodium; 601mg potassium; 432mg calcium; 4mg iron; 13mg vitamin C; 107.5RE vitamin A; 126mcg folacin

Essentials & Extras: Calories

Each person has a total calorie “budget.” This budget can be divided into “essentials” and “extras.”

In a calorie budget, the “essentials” are the minimum calories required to meet your nutrient needs. By selecting the lowest fat and no-sugar-added forms of foods in each food group you would make the best nutrient “buys.”

The “extras” that can be used on luxuries like solid fats, added sugars, and alcohol, or on more food from any food group. They are your “discretionary calories. Most discretionary calorie allowances are very small, between 100 and 300 calories, especially for those who are not physically active.

1 (12 oz.) cola = 140 of your “extra” calories for the day!

Microwave Italian Style Chicken Breast

4 Breaded Chicken Breast Filets
1 can tomato sauce
1 tsp. Italian Seasoning
1/2 tsp. Garlic Powder

To make the sauce, combine the tomato sauce, Italian seasoning and garlic powder. Put over top of chicken; cover loosely and cook in microwave 4 minutes. Place slices of Mozzarella cheese on each chicken breast and cook 2 minutes. Let stand 3 to 4 minutes, covered.

**Every Person needs to eat
5-9 fruits and Vegetables
EVERYDAY!**

Red Beans & Rice w/ Smoked Sausage

1 pound smoked sausage, about one pound, split lengthwise
1 teaspoon vegetable oil
1/2 cup smoked ham (3-ounces), diced
1/2 cup chopped onion
1 clove garlic, minced
1/4 teaspoon hot pepper sauce, to taste
1/2 teaspoon salt
1/8 teaspoon black pepper
1 medium tomato, diced
2 cups chicken broth
1 cup long-grain enriched rice
1 16-ounce can red beans, drained

Broil or grill sausage until browned, keep warm. Meanwhile, in a large, deep skillet with tight-fitting lid, sauté ham, onion and garlic in oil until lightly browned, about 2-4 minutes. Stir in all remaining ingredients and bring to a boil. Lower heat, cover and simmer until rice is tender, about 15-20 minutes. Serve immediately with grilled sausage.