

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/>

This publication was compiled and developed by
Janna Kelley, Extension Educator
Pontotoc County Extension Service

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Angel Food

Menu Suggestions & Recipes

March 2007



Information provided by:

Janna Kelley

Family & Consumer Science, Extension Educator

Pontotoc County Extension

1700 N. Broadway Ada, OK 74820

(580) 332-2153



**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.



March 2007 Menu

Chicken & Stuffing Bake Dinner	
Hamburger Steaks	Southern Style Biscuit Mix
Lasagna Dinner	Steak Cut Fries
Breaded Frying Chicken	Peas and Carrots
Philly Steak Portions	Turnip Greens
Popcorn Chicken	Sliced Pears
Hot Dogs	Pineapple Chunks
Gourmet Bean Soup	Peanut Butter
Mac & Cheese	Waffles
	Dessert Item

**Visit the Pontotoc County OSU Extension Service
Online**

<http://countyext.okstate.edu/pontotoc/>

**Information on:
Family, Nutrition, 4-H Youth Development
Agriculture and much more
See you online!**

Eat Whole Grains!



How much dietary fiber do you need? The recommended dietary fiber intake is 14 grams (g) per 1,000 calories consumed. Yes, we know—more counting. But take heart—your healthy heart, that is—much of the time, the grams of fiber are already counted for you on the Nutrition Facts label. The more calories you need, the more fiber your body needs. And, that is why the more calories you need, the more servings of fruits, vegetables, and whole grains you get to eat. Ahh...so there really is some logic behind all of this.

Philly Cheese Steak Sandwiches

Onions:

1 tablespoon extra-virgin olive oil, 1 turn of the pan
2 large yellow skinned onions, sliced very thin
Coarse salt and pepper or steak seasoning blend

Meat:

2 teaspoons extra-virgin olive oil, 2 drizzles
12 oz. Philly Steak Portions
1 teaspoon garlic salt
Freshly ground black pepper
8 slices provolone cheese, from the deli counter
4 soft Italian sandwich hoagie rolls, split 6 to 8 inches long each, split lengthwise

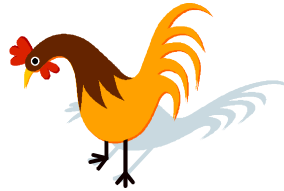
Heat a medium saucepan over medium high heat. Add 1 tablespoon extra-virgin olive oil, 1 turn of the pan. Add onions and season with salt and pepper or steak seasoning blend. Cook onions, stirring occasionally, 10 minutes or until onions are soft and caramel in color.

Heat a heavy griddle pan over medium high to high heat. Wipe griddle with a drizzle of oil using a paper towel. Sear and cook thin sliced steaks until brown but not crisp, about 2 minutes on each side. Cook steaks in single layers in 2 batches and tenderize by cutting into meat with the side of your spatula while they cook. When the steaks are browned, just before you remove them from heat, sprinkle them with garlic salt and pepper. When all of the steaks are cooked, line each of your split rolls with 2 slices of provolone cheese. Pile 1/4 of your meat and onions on to the griddle and mix together with your spatula. Pile the meat and onions into rolls on top of the cheese. The heat from the meat and onions will melt the cheese. Repeat for remaining servings and serve.



Sweet & Sour Popcorn Chicken

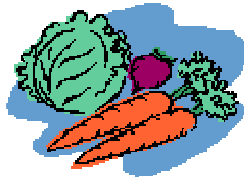
- 1 medium sweet red pepper, cut into 1 inch pieces
- 1 small onion, thinly sliced
- 1 tablespoon vegetable oil
- 1 (20 ounce) can pineapple chunks in juice
- 3 tablespoons white vinegar
- 2 tablespoons low sodium soy sauce
- 2 tablespoons ketchup
- 1/3 cup packed brown sugar
- 2 tablespoons cornstarch
- 1 (12 ounce) package popcorn chicken



1. In a large skillet or wok, heat oil. Stir-fry pepper and onion for 3-4 minutes or until crisp-tender.
 2. Drain pineapple, reserving juice in a 2-cup measuring cup; set pineapple aside. Add enough water to the juice to make 1 1/3 cups. Stir in the vinegar, soy sauce and ketchup.
 3. In a bowl, combine brown sugar and cornstarch. Stir in pineapple juice mixture and mix until smooth. Gradually add to skillet. Bring to a boil; cook and stir for 2 minutes or until thickened. Add pineapple. Reduce heat and simmer, uncovered, for 4-5 minutes or until heated through.
- Meanwhile, microwave chicken according to package instructions. Stir into pineapple mixture. Serve immediately.

Peas & Carrots Spring Salad

- 1 sack mixed baby greens
- 20 leaves fresh basil, shredded or torn
- 2 cups shredded carrots
- 1 cup frozen baby peas
- 1 shallot, finely chopped
- 3 tablespoons white wine vinegar
- 1/3 cup extra-virgin olive oil, eyeball it
- Salt and pepper



Combine greens and basil on a platter. Top with arrangement of shredded carrots and peas. Combine shallots and vinegar and let stand 5 to 10 minutes. Whisk in extra-virgin olive oil to combine. Drizzle dressing evenly over the salad and season with salt and pepper.

Menu Ideas

Mushroom Cheese Ham-
burger Steaks
Peas & Carrots Spring
Salad

Chicken & Stuffing
Turnip Greens Casserole
Pineapple & Cottage
Cheese

Lasagna
Tossed Salad
Garlic Bread

Waffles
Fresh Fruit
O.J.

Sweet & Sour
Popcorn Chicken
Rice
Dessert

Fried Chicken
Peas & Carrots
Pear Slices

Philly Steak Sandwiches
Oven Baked Steak Fries
Dessert

TURNIP GREEN CASSEROLE

- 1 (15 oz.) can Bush's chopped turnip or mustard greens, drained
- 1 tsp. sugar
- Salt, pepper to taste
- 1/2 of (10 1/2 oz.) can cream of mushroom soup
- 1/2 c. mayonnaise
- 2 tbsp. wine vinegar
- 1 tsp. horseradish
- 2 eggs, slightly beaten

Blend all ingredients together except crumbs and cheese. Spoon into casserole. Cover top with bread crumbs and cheese and bake one hour at 350 degrees. Serves 6 to 8.

Recipes Ideas

Mushroom Cheese Hamburger Steak

- 4—8 oz. Hamburger Steaks
- 2 jars brown gravy
- 1 medium onion
- 1 can of mushrooms
- 4—5 slices of Swiss or Provolone Cheese
- Salt and Pepper
- 2 Tablespoons butter



Sauté sliced onions and mushrooms in buttered skillet. Fry hamburger steaks. When meat is fully cooked in skillet, melt cheese on patties. Remove patties from skillet and drain excess grease. Return skillet to stove on medium heat and combine the sautéed onion, mushrooms, and 2 jars of brown gravy. Heat until bubbly and add removed patties back into the skillet.

Swiss Hamburger Steak

- 4—8 oz. Hamburger Steaks

Sauce:

- 1/4 cup Barbecue Sauce
- 1/4 cup Catsup
- 1 T. Brown Sugar
- 1 T. Lemon Juice
- 1/4 c. Celery. Diced

Place Hamburger steaks on aluminum foil lined cookie sheet. Make an indentation (deep enough to hold sauce). Pour in mixed sauce ingredients. Cover with foil. Bake at 325° for 1 hour.

Eat a Variety of Fruit!



Make Your Calories Count. Use the Nutrition Facts Label for Healthy Weight Management

Size Up Your Serving and Calories.

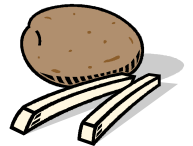
When you select or compare foods, see what the label says about the serving size and calories. Ask yourself:

- What is the serving size?
- How many servings are in the container?
- How many calories are in a single serving?



Classic Oven Fries

- 2 T. Olive Oil
- 24 oz. Steak Cut Fries
- 3/4 t. Salt
- 1/4 t. coarsely ground pepper



1. Preheat oven to 425° F. Brush 2 large cookie sheets with 1 tablespoon oil.
2. In large bowl, toss potatoes with salt, pepper and remaining 1 tablespoon oil until evenly coated.
3. Divide potatoes between cookie sheets, spreading each batch into an even layer. Place cookie sheet on 2 oven racks and oven-fry potatoes 25 minutes or until tender and crisp, turning potatoes over once and switching pans between upper and lower racks halfway through cooking.

Lemony Oven Fries: Prepare Classic Oven Fries as above in step 2 mix 1 teaspoon grated fresh lemon peel, 2 tablespoons fresh lemon juice, 1 tablespoon dried oregano, and 1 large garlic clove, crushed with press, with salt, pepper, and oil in bowl. Add potatoes and toss to coat. Complete recipe as in step 3.

Spicy Oven Fries: Prepare Classic Oven Fries as above in step 2 mix 1 teaspoon onion power, 1/2 teaspoon turmeric, and 1/4 teaspoon ground red pepper (cayenne) with salt, pepper, and oil in bowl. Add potatoes and toss to coat. Complete recipe as in step 3.