

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

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.



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?

Make 1/2 You Grains WHOLE!



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.

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