

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

April 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.



April 2007 Menu

Hamburger Steaks w/ bacon	Corn
Pork Chops	Pork & Beans
Breaded Breast Filets	Pinto Beans
Ground Beef	Gravy
Fully Cooked Meatballs	Rice
Breaded Chicken Tenders	Pancake Mix
Supreme Pizza	Pie
Corn Dogs	Green Beans
French Fries	

Farmer's Market will open soon!

May—October

Tis the Season!

Okra— July	Squash— June
Corn— July	Cantaloupe— late June
Watermelon— late July	Green Beans— June
Peaches— late June	Cucumber— June
Tomatoes— June	Peppers— late June

Meatball Dipping Sauce

- 1/3 cup orange juice frozen concentrate, thawed
- 1/4 cup honey
- 2 tablespoons apple cider vinegar
- 1 tablespoon Dijon mustard
- 1/2 teaspoon dried tarragon
- 1 tablespoon cornstarch
- 3/4 cup chicken broth

Bring orange concentrate, honey, vinegar, mustard and tarragon to boil in small saucepan. Mix cornstarch and chicken broth. Stir into boiling mixture. Boil, stirring constantly; until thickened, 1 min.

Don't Forget the VEGGIES!

Be sure to add vegetables as a side dish or to a main dish when preparing meals.

**Eat dark green leafy vegetables at least
3 times each week**

Skillet Chops

- 4 pork chops
- 1/2 cup flour
- 2 eggs, beaten
- 1 cup bread crumbs
- 1 cup parmesan cheese
- 3 tablespoons butter

1. Mix bread crumbs and parmesan cheese in a shallow bowl. Dip chops in flour, then in egg, then dredge in bread crumb mixture.
2. Melt butter in a large skillet and brown chops. Reduce heat, cover and cook for about 3 minutes. Remove cover and continue cooking till chops are completely cooked.
3. Season with salt and pepper; serve with lemon and butter noodles.

Creamy Chicken Roll-Ups

3 ounces cream cheese
1 can chopped olives
1 onion
1 cup grated cheddar cheese
4 ounces sour cream
4 thawed, breaded chicken breasts
melted butter
parmesan cheese
2 8-oz cans crescent rolls

1. Mix everything, except crescent rolls, together in food processor until well mixed and pasty.
2. Take crescent rolls, separate and roll out thin. Place 2 tablespoons of filling in center of each roll and roll up. Brush with melted butter. Sprinkle with parmesan cheese. Bake at 350 for 25 min.
3. May use as appetizer or have several for "finger-food" dinner.

Harvest Rice

1 tablespoon vegetable oil
1 cup julienned carrots
1 cup sliced green onions
2 cups cored and chopped unpeeled apples
3 cups cooked brown rice
1/2 cup seedless raisins
1 tablespoon sesame seed
1/2 teaspoon salt

Combine carrots and oil in a 2-quart microproof baking dish. Cook on HIGH 2 to 3 minutes or until tender-crisp. Add onions and apples; continue cooking on HIGH 3 to 4 minutes. Stir in rice, raisins, sesame seeds and salt. Cover with wax paper and cook on HIGH 3 to 4 minutes, stirring after 2 minutes, or until thoroughly heated.

<http://www.usarice.com/domestic/recipes/>

Menu Ideas

BBQ Beef Patties
Pork & Beans
Green Beans

Beef & Macaroni
Side Salad
Peas

Creamy Chicken
Roll Ups
Harvest Rice

Meatballs w/
dipping sauce
Mash Potatoes
Fruit Cocktail

Skillet Chops
Pinto Beans
Corn
Pie

Baked Corn Dogs
French Fries
Fresh Carrot & Celery sticks

Supreme Pizza
Salad
Broccoli and Cheese

Quick Cooking Tips!

1. Perhaps you spend a lot of time running back and forth as you cook, placing peelings, etc. in a garbage can, garbage disposal or a compost container.

Save some steps by collecting them in a bowl on your kitchen counter. Carry them to their final destination in one trip when you're done.
2. Mise en place (MEEZ ahn plahs) is a French term for having all your ingredients measured, cut, peeled, sliced, grated, etc. before you start cooking. Pans are prepared. Mixing bowls, tools and equipment set out. It is a technique chefs use to assemble meals so quickly and effortlessly.

Recipes Ideas

Reduce the FAT!

Reducing fat in cooked patties

Place patties on plate lined with 3 layers paper towels
Let stand 30 seconds, turn over & let rest 30 seconds

Meatloaves & meatballs

Place on 3 layers paper towels & leave 1 minute
Blot gently with more towels

Reducing fat in cooked crumbles

Microwave 4 cups water in 1-quart glass measuring cup or microwaveable bowl on HIGH 5 to 6 minutes or until very hot, but not boiling (150o to 160oF). While you are browning hamburger meat. Drain fat from skillet. Place beef on layered paper towels and blot. Place beef in strainer and pore hot water over beef and let drain.

Barbeque Beef Patties

Use the Hamburger Steaks w/ bacon

1 medium onion, sliced

1 teaspoon salt

1/3 cup catsup

1/2 cup chili sauce

2 tablespoons brown sugar

1 tablespoon lemon juice

Brown the patties in a large skillet over medium-high heat, turning once. Cover and cook over low heat about 10 minutes. Drain off the excess fat. Mix catsup, chili sauce, brown sugar, and lemon juice. Pour sauce over the patties. Cover and simmer for 15 minutes, spooning the sauce onto the patties occasionally. Serve with the sauce spooned over the patties.

Beef & Macaroni

1 pound ground beef

30 ounces spaghetti sauce

7 ounces dry elbow macaroni, cooked

1/2 cup Miracle Whip®

1 cup shredded cheddar cheese

Brown beef. Drain. Stir in spaghetti sauce, macaroni and Miracle Whip. Heat. Top with Cheese.

Beef Patties Italian-Style

8 ounces spaghetti

1 garlic clove, minced

1 green pepper, cut into strip

1 tablespoon chopped fresh oregano or 1 teaspoon crumbled dried oregano

1/4 pound sliced provolone or mozzarella or fontina cheese

1 pound ground beef OR hamburger steaks provided in box

1 large onion, sliced

1/2 pound fresh mushrooms, sliced

16 ounces spaghetti sauce

1. Cook spaghetti.
2. Meanwhile, shape ground beef into 4 oval patties about 1/2-inch thick. Skip this step if using hamburger steaks provided.
3. In large skillet, fry patties until browned on both sides. Sprinkle with salt. Remove patties to platter.
4. Add onion to drippings in pan and cook until tender. Add garlic, mushrooms and peppers. Cook until tender crisp. Drain off fat. Stir the oregano and spaghetti sauce into vegetables and heat to boiling. Simmer for 1 minute.
5. Return beef patties to skillet. Top each with a cheese slice and heat through.
6. Drain spaghetti Place on plate. With pancake turner, transfer patties and sauce over spaghetti. Garnish with fresh oregano, if desired.