

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

May 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.



May 2007 Menu

4 (5 oz.) New York Strip Steaks	Mac & Cheese
Chicken Thighs	Corn Tortillas
Beef & Bean Burritos	Pasta Sauce
Beef & Noodle Dinner	Pasta
Breaded Frying Chicken	Hash Brown Potatoes
Ground Beef	Mixed Vegetables
Pepperoni Pizza Sticks	Dessert Item
Popcorn Chicken	
Bean Soup Mix	
Biscuit Mix	

COMBINE COOKING TIME WITH FAMILY TIME

If you're caught between finding time to prepare meals and spending quality time with your children, try cooking with them. Here are suggestions for cooking with kids from "Kids in the Kitchen" in the U.S. Dept. of Agriculture's *Tips for Using the Food Guide Pyramid for Young Children*.

Children enjoy helping in the kitchen and often are more willing to eat foods they help prepare. Involve your child in planning and preparing some meals and snacks for the family.

It is important that you give kitchen tasks appropriate for your child's age. Be patient as your child gains new skills at different ages.

Year-round Roasted Vegetable Salad

Instructions

1. Toss the contents of 1 package (1LB) of Frozen Mixed Vegetables in olive oil.
2. Place them on an oven tray and roast at 450°F for 15–20 minutes, turning occasionally.
3. Chop a head of romaine lettuce into chunky pieces and place in bowl.

Add the roasted vegetables and balsamic vinegar to taste; toss gently together.



Serving Suggestions:

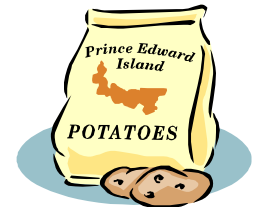
Serve with a little grated parmesan cheese.

Your mom said it first — "Eat your vegetables!" According to the current U.S. Dietary Guidelines, Americans should eat between five and nine servings of fruits and vegetables a day.



HASH BROWN CASSEROLE

- 1 (2 lb.) bag frozen hash brown potatoes
- 2 (8 oz.) cartons sour cream
- 1/2 c. chopped onions
- 1 (10 3/4 oz.) can cream of chicken soup
- 2 c. shredded cheese, cheddar, sharp or other
- 2 c. corn flake crumbs
- 1/4 c. butter, melted



Thaw potatoes, combine soup, sour cream, onion and cheese; mix in potatoes. Spray 3 quart casserole with Pam, put in mixture. Mix melted butter and crumbs and sprinkle on top. Have oven preheated to 350° and bake 1 hour.

GROUND BEEF ENCHILADAS

1 1/2 lb. ground beef
3 tbsp. oil
Pinch of cumin
12 corn tortillas
1/4 c. ripe olives, chopped
1 1/2 c. grated Cheddar cheese
3/4 c. onion, chopped
3 c. enchilada sauce
2 tsp. salt
Oil for frying



Sauté' meat and onions until meat is crumbly and onions are limp. Add 1 1/2 cups enchilada sauce, cumin, salt and simmer 30 minutes. Meanwhile, soft fry tortillas in oil and drain on paper towels. Dip each tortilla in remaining heated enchilada sauce, coating both sides. Add ripe olives to cooked meat and divide mixture among the tortillas. Roll and place overlapped side down in baking dish. Spoon remaining sauce over. Bake at 375 degrees for 20 minutes. Sprinkle with grated cheese.

Can substitute cooked chicken for ground beef.

ENCHILADA SAUCE:

1/4 c. onion, chopped
1 clove garlic, minced
2 tbsp. oil
2 cans chicken broth
1 tbsp. chili powder
1/4 c. flour
1 tsp. salt
1 tbsp. oil
1 (10 oz.) can red chili sauce



Sauté onions and garlic in oil. When tender, add to boiling broth. Mix all other ingredients with chili sauce to make a heavy paste. Reduce with some of the broth to pouring consistency, to avoid lumping, and gradually stir into hot broth. Stir 5 minutes, let simmer 10 minutes. Makes 1 quart.

OSU Extension Fact Sheet

With planting season right around the corner, please keep in mind that we have Fact Sheets that will help you with your everyday planting:

F-6032: Vegetable Varieties for the Home Garden in Oklahoma.

F-6012: Growing Tomatoes in The Home Garden

F-6013: Summer Care of the Home Vegetable Garden

F-6021: Sweet Corn Production

F-6222: Home Fruit Planting

F-6004: Oklahoma Garden Planning Guide

These are just a few. Call your Extension Office today.

Menu Ideas

Grilled New York Strip Steaks
Baked Potato
Tossed Salad

Beef Enchiladas
Bean Soup
Roasted Vegetable Salad

Chicken Fajitas
Spanish Rice
Refried Beans

Honey Chicken &
Dried Fruit
Mac & Cheese
Mixed Vegetables

Oven Fried Chicken
Hashbrown Casserole
Biscuits

Pasta with Shrimp & Broccoli
Garlic Toast
Tossed Salad

May is High Blood Pressure Awareness Month

Treating high blood pressure almost always includes making lifestyle changes to help control your risk factors. Controlling risk factors can reduce your risks for heart disease, heart attack and stroke, so it's important to follow your healthcare professional's recommendations carefully. Sometimes, when lifestyle changes aren't enough to control high blood pressure, your doctor will also prescribe medication.

Step to Prevent High Blood Pressure

1. Lose weight if you're overweight.
2. Get regular physical activity.
3. Avoid excessive alcohol.
4. Stop smoking.
5. Manage your stress.
6. Decrease sodium (salt) intake.
7. Eat for heart health.
8. Discuss the use of some medications with your doctor.



For more information visit www.americanheart.org

Recipes Ideas

Chicken Fajitas

- 1 Tbsp. apple cider vinegar
- 1 Tbsp. soy sauce
- 1 Tbsp. chili powder
- 1 tsp. sugar
- 3 cloves garlic, minced
- 1/8 tsp. Tabasco sauce
- 1/2 tsp. salt
- 1/8 tsp. crushed red pepper flakes
- 1-1/2 lbs. boneless skinless chicken thighs, cut into strips
- 1 Tbsp. olive oil
- 1 onion, chopped
- 1 green bell pepper, sliced
- 1 red bell pepper, sliced
- 2 Tbsp. lemon juice
- 8 flour tortillas, warmed
- 1 cup shredded Pepper Jack cheese



In a medium bowl, combine vinegar, soy sauce, chili powder, sugar, garlic, Tabasco sauce, salt, and red pepper flakes and blend well. Place chicken strips in sauce, stirring to coat. Cover and let sit for 30 minutes at room temperature.

Heat oil in heavy skillet over medium high heat. Drain chicken strips and add to pan, discarding marinade. Cook chicken for 5 minutes, stirring once halfway during cooking time. Add onion and green pepper and sauté another 3-5 minutes until chicken is thoroughly cooked and vegetables are tender. Sprinkle with lemon juice and remove from heat.

What is physical activity?

Physical activity simply means movement of the body that uses energy. Walking, gardening, briskly pushing a baby stroller, climbing the stairs, playing soccer, or dancing the night away are all good examples of being active. For health benefits, physical activity should be **moderate** or **vigorous** and add up to at least 30 minutes a day.



Crockpot Honey Chicken and Dried Fruit

INGREDIENTS:

- 8 boneless, skinless chicken thighs
- 1/2 tsp. ground ginger
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 1 cup mixed dried fruit pieces
- 1/2 cup honey
- 1/3 cup chicken broth
- 1 onion, chopped



Place all ingredients in 4-5 quart slow cooker. Cover and cook on low for 8-9 hours until chicken is tender and thoroughly cooked. Serve over hot cooked rice or egg noodles. 8 servings

PASTA WITH SHRIMP & BROCCOLI

- 8 1/4-inch medium shrimp
- 3 large garlic cloves
- 1/2 tsp. salt and pepper
- 6 tablespoons olive oil
- 6 tablespoons butter
- 1 bunch of broccoli, cut up
- 8 oz. pasta

Marinade:

Toss together: Shrimp, garlic, salt and pepper, 4 tablespoons olive oil. Marinate the shrimp for 3 hours in the refrigerator. After marinating, remove the garlic pieces. Add 3 tablespoons butter.

Pasta:

In a large saucepan, add broccoli and bring to a boil. Drain and return to saucepan; cover.

Note: Do not overcook. Broccoli will continue to cook after removed from heat. It should be a bright green color - emerald green, not olive green. Olive green indicates the broccoli has overcooked.

Heat 2 tablespoons olive oil and butter. Add shrimp and sauté, tossing often. Cook pasta. Drain and toss everything together. Serve.

