

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.

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 vegeta-



Beef Enchiladas
Bean Soup
Roasted Vegetable Salad

Grilled New York Strip Steaks
Baked Potato

Year-round Roasted Vegetable Salad
Instructions
Toss the contents of 1 package (1LB) of Frozen Mixed Vegetables in olive oil. Place them on an oven tray and roast at 450°F for 15–20 minutes, turning occasionally. 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

Crockpot Honey Chicken and Dried Fruit



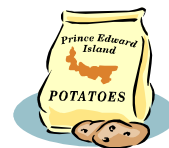
8 boneless, skinless chicken thighs
1/2 tsp. ground ginger
1/2 tsp. salt
1/4 tsp. pepper
1 cup mixed dried fruit pieces
1/2 cup honey
1/3 cup chicken broth
onion, chopped

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

Honey Chicken & Dried Fruit
Mac & Cheese
Mixed Vegetables

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.

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