

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

June 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.



June 2007 Menu

Salisbury Steak Dinner	Sliced Frozen Carrots
St. Louis Ribs	Corn
Chicken Tenders	Steak-cut French Fries
Stuffed Manicotti	Corn Muffin Mix
Country Fried Beef Steaks	White Rice
Chicken Breast Filets	Peanut Butter
Lasagna Hamburger Dinner	Waffles
Ranch & Bacon Pasta Salad	Dessert Item
Pinto Beans	

GET YOUR FAMILY INVOLVED

When you go to the grocery store or to your local
Farmer's Market,
let your children choose a fruit or vegetable for the
family to try.
Children may eat better if they are allowed to help
with cooking!



Italian Steak Dinner

4 Country Fried Beef Steaks, thawed
Jar of prepared spaghetti sauce (28 oz)
Mozzarella cheese
Pasta noodles—spaghetti, macaroni, ziti

Place thawed beef steaks in the bottom of a 9x13 baking dish.
Cover with spaghetti sauce and bake at 375 degrees for 25-30 min-
utes, or until heated to 160 degrees. Prepare pasta according to
package directions. Serve steaks on top of noodles, cover with
mozzarella cheese.

Remember your 5 A Day!
Be sure to add fruits and vegetables to your
daily diet. 2 fruits and 3 vegetables are
needed each day for good health.

Mexican Chicken Grill

1/2 cup mayonnaise
3 tablespoons fresh lime juice
1 (1.25 ounce) package taco seasoning mix
8 skinless, boneless chicken breast halves



In a small bowl, mix together mayonnaise, lime juice and taco
seasoning until smooth. Place chicken on grill over medium
coals. Sear one side; turn and brush with sauce. Grill, uncov-
ered, for 6 minutes; turn and brush with sauce. Grill another 6
minutes or until chicken reaches 165 degrees internal tempera-
ture.

Add grilled peppers and onions and serve with warm tortillas!

Chicken Kabobs

- 1/2 cup olive or vegetable oil
- 1/4 cup lemon juice
- 4 garlic cloves, minced
- 2 teaspoons honey
- 1 1/2 teaspoons dried thyme
- 1 teaspoon crushed red pepper flakes
- 1 teaspoon pepper
- 1 teaspoon salt
- 4 boneless, skinless chicken breast halves



In a small bowl, combine oil, lemon juice, garlic, honey, thyme, red pepper flakes, pepper and salt if desired. Reserve half of marinade for basting; cover. Cut chicken into 1-in. wide strips; weave on skewers. Place in an 11-in. x 7-in. x 2-in. glass baking dish. Pour remaining marinade over chicken. Cover and refrigerate for at least 4 hours. Drain, discarding marinade. Place skewers on grill over medium-low coals. Grill, turning and basting with reserved marinade, for 12 minutes or until juices run clear.

Add veggies to your favorite grilled meats!

Kabobs are a great way to add vegetables to your meal without a lot of extra work. When making kabobs, be sure to leave some space between the items to ensure even and thorough cooking.

Make sure that the vegetable pieces are large enough to stay on the skewer even when they become soft!

If using bamboo skewers follow the directions. Soak them in water for at least 10 minutes before using. This will avoid fires, flare up and splintering.

Menu Ideas

Glazed Country Ribs
Ranch & Bacon Pasta Salad
Fresh apples or honeydew melon

Salisbury Steak Stir Fry
Rice
Dessert

Thai Chicken Tenders
Asian noodles
Sliced Carrots

Mexican Chicken Grill
Pinto Beans
Corn and Salad

Italian Steak Dinner
Pasta
Broccoli and garlic toast

Chicken Kabobs
Steak Cut French Fries
Fresh Grilled Vegetables

Benefits of Grilling

Does not heat up the kitchen!

It's quick with little clean up! - Make sure to use a clean plate when taking foods off the grill & use a stiff bristled brush to clean the grill after each use.

Healthy way to cook foods— Low-fat cooking method because no added fat is needed for cooking or flavor. Vitamins and minerals are not cooked away.

Food tastes Great!



Recipes Ideas

Convenience Foods

Today's convenience foods save time and money, but be aware of the hidden calories and high sodium they may contain. Read your food label to get a better understanding of what these convenience foods contain and make healthy choices on cooking and serving them. Make sure you balance prepared entrees with fresh meats, vegetables, and fruits at other meals.

Glazed Country Ribs

- 3/4 cup pineapple juice
- 1/2 cup vegetable oil
- 1/2 cup white wine
- 1/4 cup packed brown sugar
- 1 tablespoon Worcestershire sauce
- 6 cloves garlic, minced
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1 teaspoon dried rosemary
- 3 pounds country style pork ribs



1. In a medium bowl, whisk together pineapple juice, vegetable oil, white wine, brown sugar, Worcestershire sauce, garlic, salt, ground black pepper and rosemary.
2. Place ribs in a large, shallow dish, and pierce several times with a fork. Pour 1/2 the marinade over ribs, reserving remainder. Cover and marinate in the refrigerator 8 hours, or overnight, turning once.
3. Preheat an outdoor grill for medium, indirect heat and lightly oil grate. Place ribs on the prepared grill. Cook 10 minutes per side, basting frequently with remaining marinade. Continue cooking 20 minutes, or to desired doneness, turning occasionally.

Salisbury Steak Stir Fry

- Salisbury Steak dinner, thawed
- 2-3 cups fresh vegetables OR 1 bag frozen stir fry vegetable mix
- 1 garlic clove OR 1 teaspoon garlic powder
- 1/2 teaspoon red pepper flakes
- 1 tablespoon soy sauce

Place steaks and gravy from dinner kit in skillet. Separate, but do not cut steaks. Add garlic, red pepper and soy sauce. Cover with vegetables. Cook mixture until vegetables are tender and the steaks are heated through. Serve over rice.

Thai Chicken Tenders

- 2 tablespoons sesame oil
- 1 pound boneless, skinless chicken sliced into strips
- 2 teaspoons minced ginger
- 1/2 cup hoisin sauce
- 1/2 cup Creamy Peanut Butter
- 1 teaspoon cayenne pepper
- 1/2 cup green onions, chopped



Heat oil in large skillet and cook chicken until it is no longer pink, about 2-3 minutes. Reduce heat to low and add ginger, Hoisin sauce, peanut butter and cayenne pepper. Cook, stirring frequently, until sauce is bubbly and warm, 1-2 minutes. Remove from heat and sprinkle with scallions. Serve immediately.

Food Safety Tip:
Thaw meat in the refrigerator or in the microwave.
Never on the counter!