

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

July 2007



Information provided by:

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Ada, OK 74820



**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.



July 2007 Menu

4 lbs IQF Chicken Thighs	16 oz. Gourmet Bean Soup
12" Supreme Pizza	24 oz. Home-style Hash Browns
2 lb. Banquet Lasagna Dinner	7 oz. Healthy Steamed & Seasoned Vegetables
1 lb. Chicken Breast Fajitas	7.5 oz Mac & Cheese
12 oz. Philly Steak Portions	16 oz. Frozen Baby Carrots
2 lbs. Popcorn Chicken	16 oz. California Blend Veggies
16 oz. Smoked Sausage	10 ct. Flour Tortillas
2 lbs. Breaded Frying Chicken	1 Dessert
2 lb. Fresh Yellow Onions	1 Dozen Fresh Eggs

Family Meal Time

What Should We Talk About?

- Ask everyone to share their favorite part or biggest challenge of the day.
- Plan the next day's dinner together.
- Share your own childhood memories.
- Discuss an activity the family can do together.
- Talk with your children about a book they are reading or a movie they have seen.

Eating dinner together every night is an opportunity to open the doors of communication. This will help you find out more about your children's likes, dislikes, and daily life. Having this information can help you direct your children toward positive activities and behavior, reducing the likelihood that they will get involved with alcohol, tobacco, and illegal drugs.

PLEASE HELP US IMPROVE!

Please answer the following questions and return this page to
your local Angel Food Site next month, or mail it to:

Janna Kelley
1700 N. Broadway
Ada, OK 74820

1. The information I receive in the Angel Food Booklet is useful.
_____ Yes _____ No
2. I have tried some of the recipes in Angel Food Booklets?
_____ Yes _____ No
3. I have learned to cook healthier because of the nutritional information provided in the Angel Food Booklet?
_____ Yes _____ No
4. I practice food safety procedures while cooking in my home?
_____ Yes _____ No
5. My family eats at least one meal per week together at the dinner table?
_____ Yes _____ No
6. I have had the opportunity to view the Food Guide Pyramid.
_____ Yes _____ No
7. I make exercise a part of my daily routine?
_____ Yes _____ No

8. Please make additional comments and suggestions here:

THANK YOU!

Smoked Sausage Antipasto Salad

- 1 to 1 1/2 lbs smoked sausage, sliced 1/8" thick (From Box)
- 3/4 cup Italian salad dressing
- 6 cup lettuce, torn
- 8 leaves Romaine lettuce, torn
- 3 tomatoes, cut into wedges
- 1 cucumber, sliced
- 1 carrot, peeled and sliced
- 1 cup cauliflower pieces
- 3 oz. black olives
- 4 green onions, sliced
- 4 oz. Feta cheese, crumbled (optional)



Brown smoked sausage in a skillet and drain well on a paper towel. Arrange lettuce on a large serving dish and top with vegetables and sausage. Add Feta cheese, if desired. Pour dressing over salad and serve immediately. Makes 4 to 6 servings.

Smoked Sausage Casserole

- 6—8 potatoes
- 1 lb. smoked sausage (From Box)
- 1 med. Onion, diced
- Salt and Pepper to taste
- 1/2 stick butter
- 12 to 14 American Cheese sliced

Peel, slice and boil potatoes until done. Slice smoked sausage into 1/2 inch disc and brown in skillet. Remove from skillet. Saute onion. Then alternately layer the potatoes, onion and sausage and slices of cheese. Salt and pepper to taste and dot with butter. Use casserole or baking dish. Cover with aluminum foil and bake for 30 to 40 minutes or until bubbling.

Tip:

When cooking chicken in a slow cooker, be sure the chicken is thawed. Never put frozen chicken into a slow cooker.



Menu Ideas

Chicken Fajitas with Vegetables
Salad
Milk

Hash Brown Breakfast
Casserole
Cinnamon Toast
Juice

Lemon Garlic Chicken Thighs
Honey-Dijon Glazed
Baby Carrots
Tea

Smoked Sausage Casserole
Steamed Vegetables
Milk

Smoked Sausage Antipasto
Salad
Garlic Toast
Tea

Oven Fried Chicken
California Blend Veggies
Milk

It's Peach Time At Your Local Farmers Market!

Why peaches are good for you *

One medium peach has only 40 calories and no fat. It provides 8 percent of your daily requirement for fiber and 10 percent of your daily requirement of Vitamin C.



Buying and storing peaches *

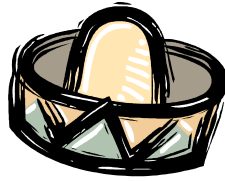
Avoid bruised or discolored peaches. Green color indicates immaturity. Shriveling at the stem end or excessive softening are indications of overripe peaches. Choose bright, fresh-looking peaches. Skin color should be creamy or yellow with varying degrees or red blush or mottling, depending on the variety. Ripe peaches should yield to gentle palm pressure.

Unripe peaches should be stored on the countertop in a closed paper bag. Ripe peaches should be kept refrigerated. Peaches continue to ripen after harvest.

Recipes Ideas

Chicken Fajitas

- 1 lb. Chicken Breast Fajitas (From Box)
- 3 tsp. Chili Powder
- 1/4 cup brown sugar
- 2 large red peppers, sliced
- 1 large yellow onion, sliced (From Box)
- 1 tsp. canola oil
- 1/2 lemon or lime
- Sour cream or plain yogurt
- Guacamole (optional)
- 4-5 flour tortillas (From Box)



Prepare the vegetables. Combine them in a large bowl and toss with oil. Heat grill until good and hot. Mix the chili powder and brown sugar. Just before putting the vegetables and meat on the grill, coat the meat with the chili powder mixture. (Box meat may already be seasoned). Spread the vegetables out on a perforated grilling sheet and put it all on the grill. Grill about 7 minutes until blackened, then flip both the meat and the vegetables. Cook another 7 minutes or until meat is done. Arrange vegetables in a bowl or on a platter and squeeze the lemon over them. Thinly slice the meat. Assemble fajitas and enjoy.

HASH BROWN BREAKFAST CASSEROLE

- 3 cups croutons (dried bread crumbs)
- 1 1/2 cup bulk sausage, browned and drained
- 2 cup milk
- 1 can cream of mushroom soup
- 2 lb bag frozen hash brown potatoes, thawed (From Box)
- 2 cup sharp Cheddar cheese, shredded
- 4 eggs, well beaten
- 3/4 tsp. dry mustard
- 1/2 c. milk

Place croutons in a 9x13 inch pan. Top with 1 1/2 cups of cheese and the sausage. Next spread the thawed hash browns evenly on top. In a mixing bowl combine the eggs, milk, mushroom soup and mustard mix well and pour on top of potatoes. Refrigerate overnight. Top with remaining 1/2 cup

Lemon-Garlic Chicken Thighs

- 6 chicken thighs
- 1/8 cup vegetable oil
- 1/4 cup lemon juice
- 1/2 tsp oregano
- 1/4 tsp black pepper
- 1/2 tsp garlic powder
- 1/2 tsp salt
- 1/4 cup soy sauce



Soak the chicken pieces in salted water for 20 minutes (or just rinse if you're in a hurry), then pat the pieces dry and lay them in a baking dish. They should be a bit crowded, touching each other. Mix up the rest of the ingredients and pour over the chicken, then let stand for 20 minutes. Bake at 400 degrees for 45 minutes.

Honey Dijon Glazed Baby Carrots

- 3 tbsp. Honey
- 3 tbsp. Dijon Mustard
- 1 package frozen baby carrots (From Box)



Prepare carrots by boiling or steaming until tender. Drain excess water. Set carrots aside in a separate bowl. Return pan to stove and add honey and mustard. Heat until bubbly, then return carrots to honey mixture, coat evenly with the sauce and cook for one minute.

The power and goodness of carrots - Carrots have many important vitamins and minerals. They are rich in antioxidants Beta Carotene, Alpha Carotene, Phytochemicals and Glutathione, Calcium and Potassium, and vitamins A, B1, B2, C, and E, which are also considered antioxidants, protecting as well as nourishing the skin. They contain a form of calcium easily absorbed by the body. Finally they also contain Copper, Iron, Magnesium, Manganese, Phosphorous and Sulphur - better

