

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/>

This publication was compiled and developed by
Sonya McDaniel, Extension Educator
Pottawatomie County Extension Service

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Angel Food

Menu Suggestions & Recipes

August 2007



Information provided by:
Janna Kelley
Extension Educator, FCS
Pontotoc County OSU Extension
1700 N. Broadway
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.



August 2007 Menu

Lean Hamburger Steaks	Beef Stroganoff Dinner
Boneless Pork Filet	Pasta
Turkey Pot Roast	Pasta Sauce
Boneless Skinless Chicken Breasts	Green Beans
Fully Cooked Meatballs	Pancake Mix
Beef and Bean Burritos	Rice
Shelf Stable Milk	Beef Gravy
Breakfast Cereal	Fresh Potatoes



Food Safety Tip

**Don't forget the danger zone for food is
between 40 degrees and 140 degrees.
This is when bacteria growth is at it's highest.**

**When outside temperatures are above
90 degrees foods should not stay in the danger
zone more than 1 hour.**



Grocery Shopping Tip

Look for packages of pre-cut vegetables to
make your cooking fast and healthy. Bags of shredded
carrots, cut broccoli, and shredded cabbage
can make healthy recipes a breeze.

Stir-Fried Chicken and Noodles

3/4 cup chicken broth
1/3 cup reduced-sodium soy
sauce
2 garlic cloves, minced
1/4 teaspoon ground ginger
1/4 teaspoon pepper
1/8 teaspoon crushed red pepper flakes
3/4 lb. boneless, skinless chicken breasts, cut
into strips
4 teaspoons canola oil, divided
2 cups broccoli florets
2 cups carrots, julienned
2 cups shredded cabbage
1 cup fresh or frozen snow peas
6 oz spaghetti, broken
2 teaspoons corn starch



In a bowl, combine the first 7 ingredients; set
aside 3/4 cup. Place chicken in a large reseal-
able plastic bag; add remaining marinade. Re-
frigerate 30 minutes. Drain and discard mari-
nade. In a large nonstick skillet stir fry
chicken in 2 teaspoons oil for 3-5 minutes. Re-
move and keep warm. Stir-fry broccoli and
carrots in remaining oil 6 minutes. Add in the
cabbage and snow peas; stir fry an additional
3 minutes. Meanwhile, cook pasta according
to package directions.

Grilled Vegetable Potato Skins

- 2 large baking potatoes
- 1 cup sliced yellow summer squash
- 1 cup sliced zucchini
- 1/2 large sweet red pepper, cut into strips
- 1/2 large green bell pepper, cut into strips
- 1 small red onion, cut into 1/4 inch wedges
- 1/4 cup reduced fat olive oil and vinegar salad dressing OR Italian salad dressing
- 1 1/2 teaspoon olive or canola oil
- 1/2 teaspoon salt
- 1/4 cup shredded reduced-fat cheddar cheese



Piece potatoes several times with a fork and place on a microwave safe plate. Microwave on high 15-20 minutes or until tender, rotating the potatoes once. Let stand until cool enough to handle. Meanwhile, in a large resealable plastic bag, combine the summer squash, zucchini, peppers and onion. Pour salad dressing over vegetables. Seal bag and turn to coat; marinate for 20 minutes.

Cut each potato in half lengthwise. Scoop out pulp, leaving a thin shell. (use the scooped out potato for mashed potatoes another night!) Brush inside of shells with oil and sprinkle with 1/4 teaspoon of salt. Place potato skins side up on the grill rack. Grill, covered, over indirect heat for 10 minutes.

Drain vegetables, reserving marinade. Grill vegetables in a foil packet for 10 minutes or until tender basting with reserve marinade.

Sprinkle potatoes with cheese. Fill with grilled vegetables; sprinkle with remaining salt. Grill 5 minutes longer or until cheese has melted.

Adapted from Taste of Home, Light & Tasty August/Sept. 2002



Healthy Eating with Great Taste

Try using spice powders instead of salt. Onion powder and garlic powder are great examples. They add great taste without the extra sodium. Experiment with spices and herbs in your favorite recipes and omit the salt.

Only use 1 or 2 new spices at a time! That way you can tell which ones you like and which ones you don't!

Menu Ideas

Grilled Indonesian Pork
Green Beans &
Roasted potatoes

Salisbury Steaks
Mashed Potatoes
Fresh Tomato Slices

Meatballs and Rice
Fresh Vegetables
Fruit Cocktail

Turkey A La King Casserole
Side Salad
Bread

Stir Fry Chicken & Noodles
Mandarin oranges

Potato Skins with
Grilled
Vegetables
Garlic Bread

Pancakes
Fresh strawberries
Milk

Don't Forget the VEGGIES



It is recommended that everyone eat between 3-5 cups of vegetables EVERYDAY! Although frozen and canned vegetable have the same nutritional value, fresh vegetable offer a new taste and texture to some of your old favorites. (Or even veggies not on the top of your list).

Tis the season to try something new. With all of the locally grown fruits and vegetable in season there is a variety of options. Try grilling fresh vegetable, add summer squash to your casseroles, add a new flavor by adding bell peppers. The ideas are endless.

When visiting your local Farmer's Market ask the produce venders for ideas and suggestions for how to prepare the produce they sell. They more than likely will have a variety of ideas for you to try.

Recipes Ideas

Grilled Indonesian Pork

- 3 tablespoons lime juice
- 3 tablespoons reduced-sodium soy sauce
- 3 tablespoons stir-fry sauce
- 3/4 teaspoon ground ginger
- 1 teaspoon crushed red pepper
- 3 garlic cloves, minced
- 1 lb pork filet



Combine the first 6 ingredients. Place pork and 1/2 of marinade in plastic bag, and marinate in the refrigerator 2 hours. Drain and discard marinade. Grill pork, covered, over hot heat for 15-20 minutes or until it reaches 160 degrees. Baste occasionally with reserved marinade.

Simple Salisbury Steak

- 4 lean hamburger steaks
- 1 (10.75 oz) can reduced fat, reduced sodium cream of mushroom soup
- 1/4 cup onion, chopped
- 1/2 cup fat-free milk
- 1/4 teaspoon salt
- 1/1/2 cups sliced fresh mushrooms

Brown hamburger steaks in a large skillet, and drain the fat. In a bowl, combine milk, salt, soup, and mushrooms. Pour over steaks. Reduce heat; cover and simmer for 15-20 minutes or until meat reaches 160 degrees.

Serving = 1 steak and 1/4 cup sauce. Calories 212, 9 g fat, (3 g saturated fat), 67 mg cholesterol, 599 mg sodium, 11g carbohydrate, trace fiber, 20 g protein. Diabetic exchanges: 3 lean meat, 1/2 starch, 1/2 fat.

Adapted from Taste of Home, Light & Tasty August/Sept. 2002

Saucy Meatballs

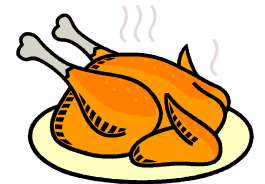
- Fully cooked meatballs
- 2 cups ketchup
- 1 1/2 cups packed brown sugar
- 1/4 cup chopped onion
- 2 tablespoons liquid smoke
- 1/2 teaspoon garlic powder

Place meatballs in a 9x13 inch baking dish coated with non-stick cooking spray. Bake uncovered, at 350 degrees for 10-15 minutes. Combine the sauce ingredients; pour over meatballs and bake an additional 25-30 minutes.



Turkey A La King Casserole

- 8 oz wide egg noodles
- 1 can reduced fat, reduce sodium cream of chicken soup
- 2/3 cup fat-free evaporated milk
- 6 oz cubed reduced fat processed cheese (velveeta)
- 2 cups turkey pot roast
- 1 cup celery, sliced
- 1/4 cup chopped green bell pepper
- 1 (2 oz) jar diced pimientos, drained
- 1/3 cup dry bread crumbs
- 1 tablespoon butter or stick margarine, melted
- 1/4 cup slivered almonds (optional)



Cook noodles according to package directions. Meanwhile, in a large saucepan, combine the soup and milk. Cook and stir over medium heat for 2 minutes. Reduce heat; stir in cheese until melted. Add the turkey, celery, green pepper and pimientos. Drain noodles; add to chicken mixture and mix well. Transfer to a shallow 2 quart baking dish coated in nonstick cooking spray. Cover and bake at 400 degrees for 20 minutes. Toss bread crumbs and butter; sprinkle over the top. Sprinkle with almonds. Bake uncovered, for 10-15 minutes or until heated through and golden brown.

Adapted from Taste of Home, Light & Tasty August/Sept. 2002