

*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.*



This publication was compiled and developed by  
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# Angel Food

## Menu Suggestions & Recipes

September 2006



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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.

Please feel free to make suggestions and  
provide feedback about the information you receive.



## Septmeber 2006 Menu

5 lbs. Popcorn Chicken	8 oz. Corn Muffin Mix
2 lbs Salisbury Steak Entrée	2 lbs French Fries
1.5 lbs St. Louis Ribs	16 oz. Snap Peas
3 lbs. Fully-Cooked Frying Chicken	7.5 oz. Mac & Cheese
12 oz. Philly Steak Portions	8 oz. Peanut Butter
2 lbs. Boneless Skinless Chicken Breast	1 lb. Pinto Beans
14 oz. Smoked Sausage	Pillsbury Dunkables
1 lbs. Sliced Deli Turkey	Dessert Item
4 oz. Diced Pears	1 Dozen Eggs

### Cornbread Salad

- 1 (8oz) box corn muffin mix
- 1/2 C. Sugar
- 9 slices bacon, cooked & crumbled
- 1 sm. White onion, chopped
- 1 bell pepper, chopped
- 2 tomatoes, seeded & chopped
- 1 C. mayonnaise

Make the cornbread according to the package directions, adding the 1/2 cup sugar to the batter. Cool the cornbread, then crumble it into a bowl and add remaining ingredients. Mix well and refrigerate overnight.

### Pinto Bean Soup

- 1 lb. pinto beans
- 1 onion, sliced
- 1 ham hock
- 2 t. whole cloves
- 1 (8oz) can tomato sauce
- 1 T. Worcestershire sauce
- 2 T. molasses
- 1 t. salt



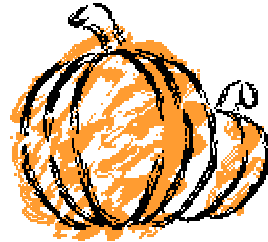
Wash the beans and then soak overnight. Drain and add fresh water. Heat them just to the boiling point in your microwave. Put them in a stewpot and add the sliced onion, ham hock and whole cloves. Simmer for about 2 hours. Discard the cloves, then add the tomato sauce, Worcestershire sauce, molasses and salt. Simmer for about 1 hour longer adding a little hot water, depending how juicy you like your bean soup.

### *A well balanced meal includes:*

- 1 Meat**
- 2 Vegetables and/or Fruit**
- 1 Carbohydrate—rice, pasta, potato, bread**
- 1 Dairy—milk, cheese, yogurt**

## Smoked Sausage Lasagna

- 1 lb. Smoked Sausage
- 1/4 C. canola oil
- 1/2 C. chopped onion
- 1/4 C. flour
- 3 C. milk
- 1/2 t pepper
- 6 oven ready lasagna noodles (uncooked)
- 6 hard-cooked eggs, peeled and sliced
- 1 C. grated Provolone cheese
- 2 T. grated Parmesan cheese
- 2 T. chopped parsley



1. In a large skillet, saute sausage over medium heat until cooked through. Remove from pan with slotted spoon and drain on paper towels.
2. Drain pan of drippings. Heat oil in same skillet and saute onion over medium heat until tender.
3. Add flour and pepper, stirring until smooth and thick. Continue to cook and stir for one minute.
4. Stir in milk and cook until mixture thickens, stirring all the while. Simmer for 1 minute. Spoon 3/4 cup of sauce into bottom layer of a 13x9x2 inch baking dish.
5. Layer with 3 pieces of lasagna, half of the sausage, eggs, sauce and Provolone cheese. Repeat, ending with Provolone.
6. Sprinkle top with Parmesan. Bake in a preheated 350°F oven for 25 or 30 minutes or until mixture is heated throughout.

### Why are family mealtimes important?

- A sense of belonging and mutual trust is fostered when adults and children eat together and enjoy each other's company.
- Family meals provide opportunities for adults to model table manners and nutritious food choices.
- Eating together encourages adults/child communication skills such as listening patiently to each other and expressing one's opinion in a respectful manner.
- Mealtimes provide a setting for moral and intellectual discussions where family values are shared.
- Since children thrive on routines, family meals foster a sense of security and stability.

# Menu Ideas

Pinto Bean Soup  
Tossed Salad  
Tea

Salisbury Steak  
Snap Peas  
Milk

Fried Chicken  
Mac & Cheese  
Diced Pears

Smoked Sausage Lasagna  
Salad  
Tea

St. Louis Ribs  
Pinto Beans  
Cornbread Salad

Sliced Turkey Sandwiches  
Oven Cooked French Fries  
Peanut Butter Cookies

Baked Chicken & Spinach  
Stuffing  
Snap Peas & Dessert

### Most Common Food Safety Mistakes!

1. Unwashed hands & Utensils—wash hands frequently and after touching raw meats
2. Food not cooked long enough—Be sure to use a food thermometer.
3. Thawing meat on the countertop or in the sink—always thaw meat in the refrigerator or microwave
4. Leftovers being left at room temperature—Bacteria grows quickly at room temperature, refrigerate quickly
5. Unclean cutting boards—Use separate cutting boards for meat & Veggies
6. Shared knife for raw meats & vegetables—use different knives to cut each food you are preparing
7. Store-to-refrigerator time is too long— Put cold foods in the cart last and go home promptly
8. Stirring and tasting spoon! - Don't taste food with cooking utensils

# Recipes Ideas

Baked Chicken and Spinach Stuffing  
Prep Time: 35 min; Start to finish 1 hour

- 3 T. maple flavored syrup
- 2 T. Peach Preserves
- 1/2 t. Worcestershire sauce
- 2 bone in, skin on chicken breast
- 1/4 t. salt
- 1/4 t. pepper
- 9 Pillsbury®Dunkables®frozen waffle sticks
- 1 T butter
- 1/2 cup chopped onion
- 1/4 cup chicken broth
- 1/2 t. poultry seasoning
- 1/2 t. chopped fresh sage
- 1 T. beaten egg white
- 1 box frozen spinach, thawed, drained (about 1 cup)
- 1 T Chopped pecans



1. Heat oven to 350°F. Spray 9-inch glass pie plate or 8-inch square pan with cooking spray. In small bowl, mix syrup, preserves and Worcestershire sauce. Place chicken, skin side up, in pie plate; sprinkle with salt and pepper. Spoon syrup mixture over chicken.
2. Bake uncovered for 20—30 minutes. Meanwhile, toast waffles until golden brown. Cool slightly, about 2 minutes. Cut waffles into 3/4 -inch cubes; set aside. Spray 1-quart casserole with cooking spray. In 10-inch nonstick skillet, melt butter over medium heat. Add onion; cook and stir 2 minutes or until tender. Stir in waffle pieces and broth, breaking up waffle pieces slightly to moisten. Sprinkle with poultry seasoning and sage. Remove from heat; cool about 5 minutes. Stir in egg white and spinach.
3. Twenty minutes before chicken is done, place casserole in over next to chicken in pie plate. Spoon syrup mixture in pie plate over chicken. Bake chicken and stuffing uncovered 20 to 25 minutes longer or until chicken is clear when thickest part is cut to bone (170°F) and stuffing is thoroughly heated. Spoon remaining syrup mixture in pie plate over chicken. Serve chicken and stuffing.

**Always cook chicken well done, not medium or rare. If using a meat thermometer, the internal temperature should reach 180°F for whole chicken, 170°F for bone-in parts and 160° F for boneless parts.**

**Cooked, cut-up chicken is at its best refrigerated for no longer than 2 days**

**If leftovers are to be reheated, cover to retain moisture and to ensure that chicken is heated all the way through.  
Bring gravies to a rolling boil before serving.**

## Honey Barbecue Ribslets

- 2 lbs. St. Louis Ribs
- 2 C. BBQ Sauce
- 1 C. Water
- 2 T. liquid smoke
- 2 cloves garlic, minced
- Salt and pepper to taste

Preparation:

Season ribs with salt, pepper and garlic. Place on a medium hot grill and sear on each side. Continue grilling until the ribs are nearly done. Place ribs in a broiler pan on rack. Fill the bottom of the pan with water and liquid smoke. Close pan or cover it to seal it. Place in the oven at 275°F for 2 to 5 hours. The longer you leave them the more tender they will be. Brush with plenty of heated BBQ sauce right before you serve.

## Popcorn Chicken Salad

- 3/4 C. mayonnaise
- 1/2 t. ginger
- 1/4 t. salt
- 3 C. cooked popcorn chicken
- 1 1/2 C. seedless grapes
- 1/2 C. pecans



Combine the mayonnaise, ginger and salt, to taste. Wash the grapes and cut in half. Combine the ingredients. Chill for about 2 hours. Serve on a bed of lettuce. Add chopped celery to this salad for an extra crunch.