

*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  
Sonya McDaniel, Extension Educator  
Pottawatomie County Extension Service

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# Angel Food

## Menu Suggestions & Recipes

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Information provided by:  
Janna Kelley  
Family & Consumer Science, Extension Educator  
Pontotoc County Extension  
1700 N. Broadway  
Ada, OK 74820  
580-332-2153



**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.



## October 2006 Menu

Beef & Bean Burritos	28 oz. Pasta Sauce
Chicken Thighs	Pasta
Pork Roast	Rice
Chicken Tenders	Potatoes
Cooked Meatballs	Onions
Chicken Breast Filets	Pancake Mix
Lasagna Dinner	Breakfast Cereal
16 Bean Soup Mix	Dozen Eggs
	Dessert Item

### Easy Italian Meatballs and Pasta

Fully cooked meatballs (1 lb)  
Pasta Sauce (28 oz)  
Pasta  
4 cups Provolone Cheese

1. Cook pasta according to package directions. Drain.
2. Place the frozen meatballs and cooked pasta in the bottom of a 9x13 inch glass dish. Sprinkle with 2 cups cheese. Pour the sauce over the meatballs and pasta, then sprinkle on the remaining 2 cups of provolone. Cover the top of the dish with foil.
3. Bake in the preheated oven until the pasta has cooked through, and the cheese has melted, about 30 minutes.

### Tangy Chicken Cordon Blue

4 skinless, boneless chicken breast halves  
1 cup Worcestershire sauce  
1 cup vegetable oil  
1 cup lemon juice  
1 teaspoon garlic powder  
4 pieces of sliced ham  
4 slices of mozzarella cheese

1. Place chicken in a single layer in a bowl or pan. Mix together Worcestershire sauce, oil, lemon juice, and garlic; pour over chicken. Cover. Refrigerate for at least 6 hours.
2. Take chicken out of marinade, and place on broiler pan or grill. Broil until done, approximately 7 minutes on each side.
3. During the last 2-3 minutes of cooking top each chicken breast with a slice of ham. Top with cheese just before serving.

## Twice Baked Potatoes

5 potatoes  
4 ounces American cheese, sliced into strips  
1 tablespoon butter  
3/4 cup sour cream

1. Preheat oven to 350 degrees F (175 degrees C).
2. Bake potatoes for 1 hour or until soft.
3. In a microwave safe bowl, combine the cheese and butter. Cook in microwave for 1 1/2 minutes or until melted. Add sour cream and mix together.
4. Cut potatoes in half, scoop out insides while being careful not to tear the skins. Add to cheese mixture and mix together until smooth. Stuff potato mixture back into potato shells and bake at 350 degrees F (175 degrees C) for 10 minutes.

One balanced meal each day will help increase the nutritional value of your diet throughout the week!

## Chicken Tender Salad

4-5 chicken tenders, baked  
Head of lettuce, or choice of bag salad variety  
Tomatoes  
Red Onion  
Low-Fat Salad Dressing, favorite variety

Bake chicken tenders according to package directions in conventional or toaster oven. Cut up lettuce, tomato and onion. Cut chicken tenders into strips. Place on top of salad.

# Menu Ideas

Pork Roast  
Onion Rice Pilaf  
Dessert

Quick Chicken Casserole  
Green Beans  
Milk

Chicken Tender Salad  
Whole Wheat Toast  
Canned Fruit

Breakfast  
Cereal  
Orange Juice  
Yogurt

Tangy Chicken  
Cordon Blue  
Twice Baked Potatoes  
Salad

Easy Italian Meatballs  
& Pasta  
Whole Wheat Garlic Toast

16 Bean Soup  
Ham Sandwich  
Fresh Veggies



Food Safety and Inspection Service, USDA

The only way to tell if meats & poultry have reached a high enough temperature to destroy harmful bacteria is to

**USE A MEAT THERMOMETER!!**

Hamburger—160 degrees  
Chicken—165 degrees  
Pork—160 degrees  
Leftovers & Casseroles—  
165 degrees

# Recipes Ideas

## Slow Cooker Pork Roast

1 pork roast  
4 cups vegetable broth  
1 cup sherry  
3 cups peeled, chopped potatoes  
2 cups onions  
2 cups sliced fresh mushrooms  
1 tablespoon dried rosemary  
1 teaspoon ground black pepper  
salt to taste

1. Place the pork roast in a slow cooker. Pour in the vegetable broth and sherry. Mix in the potatoes, onions, mushrooms, rosemary, and pepper.
2. Cover, and cook on Low at least 8 hours, to an internal temperature of 160 degrees F (70 degrees C). Season with salt to taste.

## Role Model Moms

Studies show that when parents drink more milk, their children do, too. In other words, modeling healthy behaviors really does work!

Kids aren't the only ones who need an afternoon snack. Encourage everyone to take a "3 p.m. break" every day to tally daily dairy servings. If falling short, it's a good time to work in another one. Add notes to lunches or post a dairy tracker (available at [3aday.org](http://3aday.org)) on the fridge to remind the family.

Set an example by making a habit of having a glass of low-fat or fat-free milk with dinner. Give your family options with low-fat chocolate or strawberry milk.

When grocery shopping with your kids, together select items for school and work. For instance, low-fat drinkable yogurt in a variety of flavors provides a healthy pick-me-up at the office or after school.

## Quick Chicken Casserole

4 chicken thighs  
1 green bell pepper, sliced  
2 carrots, shredded  
1 large onion, sliced  
2 (10.75 ounce) cans condensed cream of mushroom soup

1. Preheat oven to 350 degrees F (175 degrees C).
2. In a 9 x 13 inch baking dish, layer in the following order: onion, bell pepper, carrots and chicken. Pour soup over the top. Cover with aluminum foil and bake at 350 degrees F (175 degrees C) for 45 minutes. Remove foil and bake an additional 15 minutes.

Traditional dippers like potato chips and taco chips are high in fat. Better choices are raw vegetables – they're tasty and fat free.

Try these the next time you reach for a snack!!

## Onion Rice Pilaf

- 1/2 small onion, chopped
- 1 tablespoon butter
- 1 cup uncooked rice
- 1 1/2 cups chicken broth

1. Heat the butter in a skillet over medium heat. Stir in the onion, and cook until soft and translucent.
2. In a small saucepan, combine the rice, onions, and broth. Bring to a boil over high heat. Reduce heat to low, cover, and simmer 30 minutes. Remove from heat, let cool for several minutes, then fluff with a fork.