



Expanded Food and Nutrition Education Program

K State Research & Extension—Sedgwick County

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Healthy Food, Healthy Families

October Angel Food Ministries

Roast Pork* Sweet Potatoes Tossed Salad Broccoli 1% Milk	Lasagna Green Beans Tossed Salad Canned Peaches 1% Milk
Beef and Bean Burritos Black Bean Salsa* 1% Milk	Meat Balls with Pasta Pasta Sauce Mixed Vegetables Carrots and Celery Sticks Apple Slices 1% Milk
Baked Chicken Tenders Peas Cauliflower Pumpkin Pudding* Tea	Chicken Noodle Soup* Relish Plate 1% Milk

Chicken Noodle Soup*

Boil 4 chicken thighs in 1 quart water until done.

Cut into bite size pieces.

Add vegetables like celery, carrots, peas, onion and garlic.

Bring to a boil add whole wheat noodles and follow package directions.

Pork Roast*

Try garlic, onion, sage, pepper, or oregano
Bake at 325F. Cook uncovered 20-30 minutes per pound. Cook until internal temperature is 165. Pork roast can be done in the crock pot. This is good for tougher meats.

Pumpkin Pudding*

1-Package (1 oz.) sugar free instant vanilla pudding (dry)

1 cup skim milk 1 cup canned pumpkin

1 2 tsp. pumpkin pie spice

6 pear halves canned and in its own juice

1. Wash hands and work area
2. Mix top four ingredients together in a bowl.
3. Chill for 1 hour.
4. Place drained pear half in a bowl top with pumpkin pudding and a dollop of whipped topping.

5. Refrigerate leftovers within 2 hours

Serving Size: ~: cup

1 Exchange fruit

1 Calorie point

1 Carbohydrate choice

80 Calories

0.5 g Total Fat

0 mg Cholesterol

170 mg Sodium

19 g Total Carbohydrates

3 g Fiber

180% Vitamin A

Black Bean Salsa*

1/2 cup corn, frozen

1 can (15 ounces) black beans, drained and rinsed

1 cup diced fresh tomatoes

1/2 cup diced onion

1/2 cup diced green pepper

2 tablespoons lime juice

2 cloves finely chopped garlic

1/2 cup picante sauce

1. Wash your hands and work area.
2. Let frozen corn thaw.
3. Combine all ingredients in a large bowl. Stir.
4. Cover and refrigerate for several hours or overnight.
5. Serve cold with low fat baked tortilla chips or oven baked potatoes or baked meat, fish or chicken.
6. Cover and refrigerate leftovers within 2 hours.

Diabetic exchanges per serving:

2 starch and 1 vegetable

1 carbohydrate choice per serving

1 Calorie point

Calories 80

0 g Fat

15 grams carbohydrate

4g fiber

3g sugar

160 mg sodium

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