

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.



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Angel Food

Menu Suggestions & Recipes

December 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.



December 2006 Menu

4 lbs Chicken drums & thighs	Corn Muffin Mix
Italian Lasagna Dinner	Potato Wedges
Beef & Bean Burritos	Carrots
2 lbs. chicken tenders	Corn
Philly Steak Portions	Apples
Breaded Breast Filets	Omelets Starter
1 lb. Ground Turkey	Eggs
Hot Dogs	Dessert Item
Pinto Beans	
White Rice	

Taco Burrito Dinner

Place Bean & Beef Burritos in a baking dish (as many as will feed the number eating!) Top with a can of chili and bake at 350 degrees until burritos are heated through.

Top the burritos with shredded lettuce, chopped tomatoes, cheese, onions, salsa and sour cream.

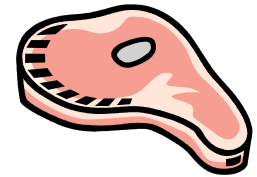
Microwave Italian Style Chicken Breast

- 4 Breaded Chicken Filets
- 1 can tomato sauce
- 1 tsp. Italian Seasoning
- 1/4 tsp. garlic powder

To make the sauce, combine the tomato sauce, Italian seasoning and garlic powder. Put over top of chicken; cover loosely and cook 4 minutes. Place slices of Mozzarella cheese on each chicken breast and cook 2 minutes. Let stand 3 to 4 minutes, covered.

Easy Philly Steak Meal

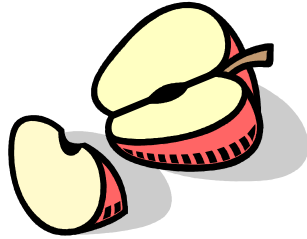
- Philly Steak Portions
- 1 onion, sliced
- 1 bell pepper, sliced
- 1 cup grated cheese (your choice!)



Spray a skillet with non-stick cooking spray. Add steak, onions and peppers. Saute until onions and pepper are soft. Add cheese and let melt. Serve over toast, on a tortilla or over cooked rice.

Microwave Baked Apples

- 4 cooking apples
- 2 T. brown sugar
- 2 T. orange juice concentrate
- ¼ c. apple juice
- 3 T. raisins
- ½ to 1 tsp. cinnamon



Cut apples into wedges (leave the peels on to add more fiber to your diet!) Blend brown sugar, orange juice concentrate, apple juice, raisins, and cinnamon. Place apples in 9-in. round or 8x8-inch baking dish. Pour apple juice and brown sugar mixture around apples. Cover with plastic wrap. Microwave at High 6 to 7 minutes, or until almost tender, spooning sauce over apples and rotating dish ½ turn after half the cooking time. Let stand 2 to 3 minutes. Serve in individual dishes with the sauce. Serves 4

Nutrition information:

142 calories; 1g total fat; trace saturated fat; 0mg cholesterol; 36g total carbohydrate; 4g dietary fiber; 1g protein; 3mg sodium; 28mg calcium; 1mg iron; 22mg vitamin C; 10RE vitamin A; 18mcg folacin

Breakfast is an Important Meal of the Day!!

Start your day off right with a breakfast high in fiber, vitamins and minerals. Eating a healthy breakfast sets the pace for the whole day's eating pattern. It raises your energy level, helps you to avoid high sugar & fat snacks and can help you meet the daily requirements for nutrients. Here are some great quick breakfast ideas:

- Toast with peanut butter and apple wedges
- Cooked rice with milk and cinnamon sprinkles & canned peaches
- Fruit juice with a bowl of whole grain cereal

Menu Ideas

Chicken Stuffing Bake
Apple wedges
Dessert

Chicken Enchiladas
Pinot Beans
Salad

Omelette
Whole Grain Toast
Juice

Taco Burritos
Corn Muffins

Italian Chicken
Cut corn
Pasta

Easy Philly Steak Meal
Rice
Canned Vegetable

Cheesy Hot Dog Meal
Carrots & Potato Wedges

Spread the Word, Not the Germ!

National Hand Washing Week was December 3rd– 9th and gives us a great opportunity to spread the word about the importance of washing our hands often! Hand washing can prevent the spread of disease and illness, which is especially important during cold & flu season.



4 principles of Hand Awareness!

- ✎ Wash your hands often, especially when dirty and before eating
- ✎ DO NOT cough into your hands, use a tissue or your arm to cover your mouth.
- ✎ DO NOT sneeze into your hands
- ✎ Above all, do not put your fingers in your eyes, nose or mouth!

Recipes Ideas

Easy Chicken & Stuffing Bake

- 1 pkg. boxed stuffing mix for chicken
- 1 lb chicken cut into bite-size pieces
- 1 can cream of chicken soup
- 1/3 cup reduce-fat sour cream
- 1 bag frozen mixed vegetables, thawed & drained

Preheat oven to 400 degrees. Prepare stuffing mix as directed in package; set aside.

Mix the chicken, soup, sour cream, and vegetables in a 13x9 inch baking dish; top with stuffing.

Bake 30 minutes or until cooked through.

Modified from Stove Top Stuffing Recipe ideas!



Make ahead quick meal tip!

Go ahead and boil all of the Chicken drums and thighs for future meals. Simply place in a large pot of water, boil until the meat begins to fall off the bone.

Drain the water off the chicken. Cool quickly by placing the pot in a sink of cool water. Then carefully separate all of the bones and meat.

Store the meat in 1 lb. packages in the refrigerator (3-4 days) or freezer. Then pull them out and add to recipes for a very quick and easy dinner!!

Super-Easy Chicken Enchilada

- 1 lb. Fully cooked chicken, cut into bite-sized pieces
- 1 can fat-free reduced sodium chicken broth
- 1/4 cup ranch dressing
- 2 TB flour
- 6 flour tortillas, cut into small pieces
- 1 cup Mexican style shredded cheese
- 1/2 cup salsa

Mix broth, dressing and flour in a pot or skillet until well blended; gradually bring to a simmer, stirring constantly. Add chicken, then start adding tortilla pieces; stir to combine. Bring to boil. Reduce heat to medium-low; simmer 3 minutes. Sprinkle with cheese; cover. Simmer 3-5 minutes or until cheese is melted. Top with salsa.

Substitute Ground Turkey in recipes calling for Ground Beef!

This is a great change and can offer a lower fat ground meat to your favorite dishes.

Kid Pleasing Hot Dog Meal!

Cut hog dogs in half lengthwise (not all the way through, just until they open up and can lay flat). Place in a 9x13 casserole dish. Top each dog with an American cheese slice. Bake at 350 for about 15 minutes.

Serve with some seasoned carrots, potato wedges and fresh apples.

Don't forget to go easy on the ketchup it contains mostly sugars and salts!