

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

June 2008



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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.



June 2008 Menu

Rib Eye Steaks
 Hamburger Patties
 Pork Riblets
 Chicken Leg Quarters
 Chicken Tenders
 Supreme Pizza
 Mild Italian Sausage
 French Fries

Sliced Carrots
 Mixed Vegetables
 2% Shelf Stable Milk
 Pancake Mix
 Pork & Beans
 Ketchup
 Macaroni & Cheese
 Dozen Eggs
 Dessert Item



**Don't forget your fresh
 fruits and vegetables
 Most are in season
 starting in June!**



**Visit your local farmers
 market for some great in
 season Veggies!**

Eat a variety of vegetables = 2 1/2 cups each day for 2,000 calorie diet

Dark green vegetables
 Orange vegetables

Starchy Vegetables
 Other Vegetables

Dry Beans & peas
 Starchy vegetables

Spicy Pork Ribs

2 tablespoons brown sugar
 2 teaspoons fresh ginger root, grated
 1/4 teaspoon cayenne pepper
 1/4 teaspoon ground clove
 1/2 teaspoon ground cinnamon
 1 teaspoon paprika
 1 teaspoon dried oregano
 2 teaspoons black pepper
 1 teaspoon salt
 2 limes, zested and juiced
 1 cup orange juice
 2 pounds Pork Riblets



1. Preheat oven to 350 degrees F (175 degrees C).
2. Mix together the brown sugar, ginger, cayenne, clove, cinnamon, paprika, oregano, pepper, salt, and lime zest; set aside. Squeeze the limes, and add the juice to the orange juice. Rub the ribs well with the spice mixture. Place into a glass baking dish, and pour in the juice.
3. Cover the dish, and bake in preheated oven for 45-60 minutes. Uncover, then continue cooking until nicely colored, 10-15 minutes more. Brush the ribs with the pan juices a few times while they are cooking.

6 Servings: Calories: 574, Total Fat: 40.4g, Cholesterol: 160mg, Sodium: 514mg, Total Carbs: 12.2g, Dietary Fiber: 1.2g, Protein: 39.2g



Burger Toppers

Blue Moon Burger: Bleu cheese, sautéed mushrooms, lettuce and tomato served on an onion bun.

Bruchetta Burger: Thickly sliced fresh tomatoes, chopped fresh basil and thick slices of mozzarella on toasted garlic French bread.

California Burger: Grilled onions, sliced avocado and alfalfa sprouts served on walnut bread.

Cheeseburger in Paradise: Melted brick cheese, pineapple slice and shredded coconut.

Chicago Burger: Sweet relish, chopped onion, ketchup, mustard and hot peppers.

Chipotle Burger: Mix 2 tablespoons canned chipotle peppers mashed with a fork into a puree with ½ cup fat free mayonnaise. Spread on toasted buns and top with burger patty and Cheddar cheese.

Cowboy Burger: Grilled mushrooms, grilled onion, bacon and Monterey Jack cheese.

Fajita Beef Burger: Patty mixed with fajita seasoning and wrapped with guacamole, fat free sour cream, shredded lettuce, diced tomato and salsa, served in a flour tortilla.

Green Chile Ole Burger: Spread a toasted onion roll with ranch style dressing, top with a burger patty, grilled onions, canned chopped green chilies, and pepper Jack cheese.

Hickory Burger: Cheddar cheese, bacon and hickory barbecue sauce.

Island Burger: Thousand Island dressing, lettuce, tomato and pickle.

Ranch-hand Burger: Pinto beans, bacon, chilies and Cheddar cheese on a potato roll.

Reuben Burger: Place burger patty along with sauerkraut and Swiss cheese on marble rye bread that has been spread with Thousand Island dressing. Butter outside of sandwich and grill in a skillet until bread is toasted and cheese is melted.

Worcestershire Burger: Sauté sliced mushrooms and sweet onion in Worcestershire sauce. Serve burger open faced topped with the mushroom and onion mixture.

Do Not Cross—Contaminate!

Use a different cutting board for meats than you do for cutting vegetables, breads, or cheeses

Menu Ideas

Italian Sausage Surprise
French Bread
Mozzarella Cheese bites

Egg Salad
Fresh Tomatoes
Whole Wheat Bread

Jamaican Beef Kabobs
Mixed Vegetables
Seasoned Rice

Pork Ribs
Carrots
Baked Potato

Cowboy Burger
Whole Wheat Bun
French Fries
Fresh Broccoli Florets

BBQ Chicken Leg Quarters
Pork & Beans
Seasoned Green Beans

Pancakes
Fresh Blueberries or
Strawberries

Picnic Safety



Wash hands before handling food and use clean utensils and containers. Dirty hands, utensils, containers and any work surfaces can contaminate food with harmful bacteria and viruses.

Mayonnaise-based foods need to be kept cold. Mayonnaise alone is too acidic for bacteria to grow in it. However, when mayonnaise is mixed with other foods, (particularly those that have been handled a lot and/or are protein foods), bacteria can grow if this mixture is kept too warm.

Cut melons need to be kept cold.

Remember the danger zone is when food is above 40 degrees and below 140 degrees. When temperature reach 90 degrees outside foods should be refrigerated within 1 hour.

Keep cold foods cold during serving the meal. Any leftovers should be put back in the cooler right after they are served.

Keep hot foods hot during serving the meal. Cooked foods are just as perishable as raw foods, plan preparation so food is eaten shortly after it is cooked.

Recipes Ideas

1 pound Mild Italian sausage
1 large onion, chopped
1 red bell peppers, seeded and diced
1 green bell pepper, seeded and diced
1 (4 ounce) can mushrooms, drained
1 (16 ounce) package penne pasta
1/2 cup Italian salad dressing
1/4 cup grated Parmesan cheese for topping

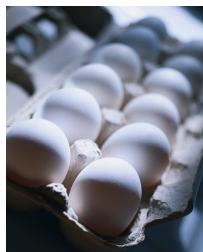
Italian Sausage Surprise

1. Bring a large pot of water to a boil. Add penne pasta, and cook until tender, about 10 minutes. Drain.
2. Place the Italian sausage links in a small skillet over medium heat. Cook, turning occasionally until firm and cooked through.
3. In a separate larger skillet, combine the red and green bell peppers, mushrooms, and Italian dressing. Cook and stir until the vegetables are tender, about 5 minutes. Slice the Italian sausages into rounds, and stir into the vegetables. Continue to cook and stir for another 5 minutes.
4. To serve, place servings of pasta onto plates. Top with the sausage and vegetable mixture. Sprinkle liberally with Parmesan cheese.

6 Servings: Calories: 718, **Total Fat:** 41.1g, **Cholesterol:** 72mg, **Sodium:** 983mg, **Total Carbs:** 62.8g, **Dietary Fiber:** 4.1g, **Protein:** 25.8g

Easy Egg Salad

8 eggs
1 tablespoon mayonnaise
2 tablespoons Dijon-style mustard
1 teaspoon dried dill weed
1 teaspoon paprika
1/2 red onion, minced
salt and pepper to taste



1. Place eggs in a saucepan and cover with cold water. Bring water to a boil; cover, remove from heat, and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel and chop.
2. In a large bowl, combine the egg, mayonnaise, mustard, dill, paprika, onion and salt and pepper. Mash well with a fork or wooden spoon.
3. Serve on bread as a sandwich or over crisp lettuce as a salad.

4 Servings: Calories: 191, Total Fat: 13.5g, Cholesterol: 427mg, Sodium: 336mg, Total Carbs: 3.8g, Dietary Fiber: 0.5g, Protein: 13.3g

Jamaican Beef Kabobs

1 pound beef rib eye steak
1 tablespoon onion powder
1 teaspoon thyme
1 teaspoon allspice
1/2 teaspoon pepper
1 medium pineapple
1 teaspoon sugar
1 teaspoon red pepper
1/2 teaspoon salt
2 medium sweet potatoes
4 fresh jalapeno peppers

Directions:

- Mix onion powder, sugar, thyme, red pepper, allspice, salt and pepper together in small bowl. Rub mixture into steak.
- Peel the sweet potatoes and cut into 1-inch chunks. Place the potatoes in saucepan with water to cover. Simmer until tender, about 12 minutes. Drain.
- Cut the steak and the pineapple into 1-inch cubes. Cut the jalapenos in half and remove the seeds (wear gloves and do not touch face).
- Thread beef, sweet potatoes, pineapple and jalapenos onto skewers.
- Grill over medium coals until beef is done your liking, about 10-15 minutes.

Makes 4 servings.

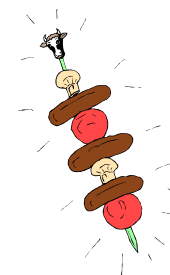
Tips:

If you prefer a less "firey" version, substitute green bell peppers for the jalapenos.

If using wood or bamboo skewers, be sure to soak them in water (about 15 minutes) before placing on the grill to prevent burning. You can substitute shoulder steak for the sirloin steak.

Nutrition information per serving: 395 calories; 17g total fat (26%) ; 6g saturated fat (32%); 84mg cholesterol (28%); 34g carbohydrate (11%); 4g dietary fiber (17%); 28g protein (55%); 341mg sodium (14%); 4mg iron (25%); 6mg zinc (37%); 0.8mg vitamin B₆ (40%); 3.0mcg vitamin B₁₂ (50%); 5mg niacin (25%)

Source: Texas Beef Council at <http://www.txbeef.org>



Food Safety Tip:
**Thaw meat in the refrigerator or
in the microwave.**
Never on the count top!