

*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.*



For more information on the FCS Division of the Oklahoma Cooperative Extension Service visit our web sit at <http://www.fcs.okstate.edu/>

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# Angel Food

## Menu Suggestions & Recipes

March 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.



## March 2008 Menu

Top Sirloin Roast	Frozen Mixed Vegetables
Boneless Chicken Breast	Frozen Green Beans
Boneless Pork Fillet	Waffles
Breaded Chicken Breast Strips	Borden Shelf-Stable Milk
Boxed Lean Beef Patties	Blue Bonnet Margarine
Chicken Leg Quarters	Pork and Beans
All Meat Bologna	Marie Callender's Soup
Ground Turkey	Macaroni and Cheese
Steak-Cut French Fries	Dessert Item

### Time Out for Family Meals



Sometimes it is hard to eat together as a family. It seems  
there's just no time with jobs, school, sports, and other activities.

#### Slow Down, Get in Touch

Family mealtime is time to slow down and get in touch with your family. Setting  
a regular mealtime routine helps everyone know what to expect everyday.

### Green Bean Pork Chop Casserole



6-8 pork chops  
3-4 medium potatoes scrubbed, thinly sliced.  
1 family size can cream of mushroom soup  
1/2—3/4 can milk  
1 bag frozen green beans  
Desired spices  
2-3 tbsp. olive oil  
1 cup sour cream

Add oil to pan; cook and season the pork chops as de-  
sired, until almost done (no pink inside, 160°)

While that is cooking, was, scrub and thinly slice the pota-  
toes; rinse and pat dry. Mix sour cream, milk and soup to-  
gether. Add to bottom of a 13x9" casserole dish.

Layer potatoes, and 1/2 soup mixture (reserve the other  
half for later). Each layer is very lightly covered. Arrange  
pork chops in a single row across mixture. Mix frozen  
green beans and the reserved soup mixture together;  
spread along top, over the pork chops.

Bake at 400 degrees for 30-40 minutes; cover top with foil  
and place on a baking dish to avoid spillage.

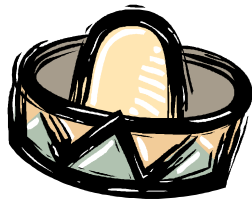
### Facts about Shelf Stable Milk

- Shelf Stable Milk products use only premium quality liquid grade A milks and space age aseptic packag-  
ing. The result produces a milk that requires no re-  
frigeration until opened and extended shelf life.
- UHT stands for Ultra High Temperatures and refers  
to the method of pasteurization. The result is a shelf  
stable, extended life, no refrigeration needed milk  
that does not contain any preservatives.
- Aseptic packaging assures it is free of bacteria and hermeti-  
cally seals it air tight, thus eliminating the bacteria, air and  
light which cause milk to sour.
- Shelf Stable—Aseptic packaged UHT Milk has a usable  
Shelf Life of several months and can be stored at room tem-  
peratures. A "Best if used by" date is included on every  
package.
- Once the package is open UHT milk reacts like regular milk  
and must be refrigerated.



## 30 Minute Chicken Taco Bake

1 1/2 lb. boneless/skinless chicken breast, chopped  
1 tbsp. oil  
1 box taco dinner (tortillas, seasoning and taco sauce)  
1/2 cup sour cream  
8 oz shredded cheddar cheese, divided



Cook and stir chicken pieces in oil in large skillet until cooked through; drain. Add seasoning mix and 3/4 cup water. Bring to a boil. Reduce heat; simmer 10 minutes, stirring occasionally. Stir in sour cream.

Spray 12x8 baking dish with nonstick cooking spray. Line baking dish with 5 of the tortillas; sprinkle with 1 cup of the cheese. Spoon chicken mixture over cheese; top with remaining tortillas. Drizzle with taco sauce. Bake at 350 degrees for 30 minutes. Sprinkle with remaining cheese.

### Teriyaki Pork or Chicken

6 Boneless skinless chicken breast or pork tenderloin  
1 cup sugar (or less, to taste)  
1/2 cup plus 2 tbsp white vinegar  
1/2 tsp salt  
6 tbsp soy sauce  
4 tbsp water  
3 tsp ground ginger  
1/4 cup honey  
2 eggs  
1/2 cup flour  
Beat eggs with 3 tbsp water. Dip chicken or pork in egg mixture and coat in flour seasoned with salt and pepper. Fry in skillet with oil until meat is golden brown. Place meat in casserole dish.  
Mix together in sauce pan the sugar, vinegar, salt, soy sauce, water, ground ginger and honey. Bring to a boil on medium heat, then pour over meat and bake uncovered at 350 degrees for 1 hour or until meat is cooked through and juices run clear.

# Menu Ideas

Green Bean Pork Chop Casserole  
Macaroni and Cheese  
Iced Tea

Chicken Taco Bake  
Steamed Mixed Vegetables  
Tossed Salad

Bologna Sandwich  
Cup of Soup  
Carrot Sticks  
Fresh Fruit

Waffles  
Fresh Fruit  
OJ

Teriyaki Pork  
Rice  
Tossed Salad

Ground Turkey Goulash  
Tossed Salad  
Iced Tea  
Dessert

Chicken Delicious  
Green Beans  
Rolls

### *Recipe for Pleasant Family Mealtimes*

Start with one busy family.  
Add a strong commitment to regular family mealtimes.  
Blend in time for family discussion and planning.  
Sprinkle with compliments and pleasant conversation topics.  
Yield: Strong family bonds and effective communication.



# Recipes Ideas

## Ground Turkey Goulash

16 oz. ground turkey  
4 c. canned tomatoes, finely chopped  
1/2 cup chopped green pepper  
1 tbsp. instant minced onion  
1 (4oz.) can mushroom pieces with liquid (optional)

2 packets beef or chicken bouillon  
3 oz. elbow macaroni, uncooked

Salt, pepper, onion powder and garlic powder to taste

Place ground turkey in a nonstick skillet and brown with seasonings. Add tomatoes, green peppers, onion, mushroom with liquid and bouillon; bring to a boil. Add macaroni (do not stir in) and continue to boil, uncovered, until macaroni absorbs all the liquid and is tender, about 20 minutes.



## Chicken Delicious

4 to 6 chicken leg quarters  
1 lb. Italian sausage of your choice (lean), cut in 1 1/2" pieces  
4 to 5 potatoes, quartered (skin may be left on)

Salt and Pepper

Paprika

Oregano

Garlic Powder

Cooking Spray or oil

Place chicken, potatoes and sausage in pan; do not layer. Either spray or brush oil on each chicken leg quarter and potato piece. This will help the seasoning stick.

Sprinkle generously with salt, pepper, paprika, oregano and garlic powder. Bake covered with foil at 400 degrees for 1 hour.

Remove foil and bake at 350 degrees for 45 minutes or until well browned. Internal cooking temperature of Chicken should reach 180°.

## Top 10 Nutrition Facts

1. Eating right doesn't have to be complicated. Use [Mypyramid.gov](http://Mypyramid.gov) to develop a personalized plan for lifelong health.
2. The best nutrition advice is based on science. Before adopting any changes to your diet, be sure the information is based on scientific fact.
3. Get your food and nutrition facts from the expert: a registered dietitian. RD's are uniquely qualified to translate the science of nutrition into reliable advice you can use every day.
4. Balancing physical activity and a healthful diet is your best recipe for managing weight and promoting overall health and fitness.
5. Think nutrient-rich than "good" or "bad" foods. The majority of your food choices should be packed with vitamins, minerals, fiber and other nutrients – and lower in calories.
6. Look at the big picture: No single food or meal makes or breaks a healthful diet. Your total diet is the most important focus for healthful eating.
7. Prepare, handle and store food properly to keep you and your family safe from food-borne illness.
8. Don't fall prey to food myths and misinformation that may harm rather than benefit your health.
9. Read food labels to get nutrition facts that help you make smart food choices quickly and easily.
10. Find the healthy fast when making food choices. By choosing polyunsaturated or monounsaturated fats, you can keep your saturated fats, trans fat and cholesterol low.

American Dietetic Association  
[www.eatright.org](http://www.eatright.org)

## Sirloin Tip Roast

1 can cream of mushroom soup  
1 can water  
1 envelope onion soup mix  
2-4 lbs roast



Place roast in crock pot. In a bowl mix cream of mushroom soup and pour on top of roast. Turn on high to start. Then put on medium heat for 3 1/2 to 4 hours. It makes its own gravy. Serve with rice.