

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

Oklahoma State University, US Department of Agriculture, State and Local Governments cooperating: The Oklahoma Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, sex, age, disability, or status as a veteran, and is an equal opportunity employer.

Angel Food

Menu Suggestions & Recipes

July 2008



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.



July 2008 Menu

Family Crock Pot Meal	Peas and carrots
Boneless Pork Filet	Pasta sauce
Breaded Chicken Chunks	Pasta
Meaty Beef Ribs	Shelf stable milk
Meatloaf and Gravy	Hawaiian Punch
Beef Fajitas	Corn tortillas
Fully Cooked Meatballs	Blue berry muffin mix
All Meat Hot Dogs	Eggs
Broccoli	Dessert item

Hidden Sodium in Food

Our daily recommendation for sodium is 2400mg for a 2000 calorie/day diet. This includes the salt we use at the table and sodium in food processing and preparation. Look for sodium in some of these hidden places!

Soft drinks, processed meats/lunch meats, convenience meals, ketchup, ranch dressings, snack chips, canned produce



Check out your food labels to see Sodium amounts

Vegetable Spaghetti

- 8 ounces uncooked spaghetti
- 1 (28 ounce) jar meatless spaghetti sauce, divided
- 1 1/2 cups sliced zucchini (1/2 inch pieces)
- 1 cup sliced celery
- 1 cup thinly sliced carrots
- 1 cup sliced fresh mushrooms
- 1 medium onion, chopped
- 1 tablespoon olive or canola oil
- 2 cups fat-free cottage cheese
- 2 cups shredded part-skim mozzarella cheese
- 2 tablespoons grated Parmesan cheese

1. Cook spaghetti according to package directions; drain and place in a large bowl. Add 1-1/2 cups spaghetti sauce; set aside. In a large nonstick skillet, saute the zucchini, celery, carrots, mushrooms and onion in oil until tender.
2. Spread 1/2 cup spaghetti sauce in a 13-in. x 9-in. x 2-in. baking dish coated with nonstick cooking spray. Layer with half each of the spaghetti mixture, cottage cheese, vegetables and mozzarella cheese. Repeat layers. Cover with remaining sauce; sprinkle with Parmesan cheese. Cover and bake at 350 degrees F for 30 minutes. Uncover; bake 10-15 minutes longer or until bubbly. Let stand for 10 minutes before serving.

Nutritional Analysis: One serving (3/4 cup) equals 290 calories, 7 g fat (3 g saturated fat), 20 mg cholesterol, 645 mg sodium, 36 g carbohydrate, 4 g fiber, 18 g protein. Diabetic Exchanges: 2-1/2 starch, 2 lean meat.

Fruity Fried Chicken Salad

1 pound Breaded Chicken Chunks
1 mango, peeled and sliced
1 avocado, peeled and sliced
1 red onion, sliced thin
2/3 cup light raspberry vinaigrette salad dressing
1 (10 oz) bag baby spinach

Prepare chicken in the oven, baking at 400 degrees until golden brown and 165 degrees. Mix spinach leaves, mango, avocado, and red onion. Toss with salad dressing. Put on plates and top with cooked chicken chunks.

Grilled Pork Filet

1 1/2 pounds pork filet
1 teaspoon garlic powder
1 teaspoon salt
1 teaspoon ground black pepper
1 cup barbeque sauce



1. Prepare grill for indirect heat. Indirect heat comes from the perimeter of the grill or higher racks; not directly over flame or coals.
2. Season meat with garlic powder, salt, and pepper.
3. Lightly oil grate. Place tenderloin on grate, and position drip pan under meat. Cook over indirect heat for 30 minutes.
4. Brush tenderloin with barbeque sauce. Continue cooking for 15 minutes, or to an internal temperature of at least 160 degrees. Slice pork, and serve.



Avoid fire flare ups on the Grill by trimming excess fat from meats and keeping a water squirt bottle near by.

Menu Ideas

Grilled Pork Filet
Broccoli
Fresh Fruit

Vegetable Spaghetti
Toasted Garlic Bread

Beef Fajita Quesadillas
Corn Tortillas
Salad

Blueberry Muffins
Scrambled eggs

Grilled Hot Dogs
Peas and Carrots
Fresh Apple wedges

Fruity Fried Chicken Salad
Cheese Toast

Sweet & Sour Meatballs
Stir Fry Vegetables
Rice



Choose Low-Fat Products

Too much of the wrong kinds of fat may contribute to heart disease and cancer. Try to limit your calories from fat, both for a healthy heart and to help control your weight.

How Do Saturated Fat, Trans Fat, and Cholesterol Fit In?

Saturated fat, trans fat and cholesterol are also important pieces in the heart disease puzzle. Saturated fat and trans fat are key players in raising your level of harmful blood cholesterol and your risk of heart disease. Eat less!

Choose: Low-fat milk products, like 1% milk, low-fat yogurt, and reduced-fat cheeses. Avoid frying food; bake, broil, steam or grill food instead.

Recipes Ideas

Easy Sweet & Sour Meatballs

3/4 pound Fully Cooked Meatballs
16 oz. Frozen Stir Fry Vegetables
1/4 cup apricot jam
1/4 Catalina Salad Dressing
2 Tablespoons Soy Sauce

Mix all ingredients in skillet. Cook on medium-high heat until meatballs reach 165 degrees and vegetables are tender. Serve over rice or pasta.

4 Servings: 400 Calories, 25g Total Fat, 9g Saturated Fat, 40mg Cholesterol, 1350mg Sodium, 30g Carbohydrates, 2g Fiber, 15g Protein

Grilled Hot Dogs

6 all meat hot dogs
1/2 cup pickle relish
1/4 cup creamy poppyseed dressing
6 toasted hot dog buns
1/2 of a tomato, diced
Shredded lettuce



Preheat grill. Add hot dogs and cook 7-8 minutes until 165 degrees. Meanwhile mix dressing and pickle relish in a small bowl. Place lettuce and tomato on buns, add hot dog and top with relish mixture.

6 Servings: 270 Calories, 12g Total Fat, 4g Saturated Fat, 20mg Cholesterol, 900mg Sodium, 30g Carbohydrates, 1g Fiber, 9g Protein

Beef Fajita Quesadillas

Beef Fajita meat
1 bell pepper, cut into strips
1/2 cup onion, cut into strips
1/2 cup prepared salsa
1/2 cup drained and rinsed canned black beans
6 corn tortillas
1 1/2 cups low-fat shredded cheddar cheese

- Spray a large skillet with cooking spray. Add beef fajita meat on medium-high heat for about 5 minutes, stirring frequently.
- Add pepper and onion; cook 4-5 minutes longer. Stir in salsa and beans; cook an additional 3 minutes, or until heated through.
- Spoon 1/4 of the beef mixture onto 3 tortillas. Sprinkle evenly with cheese. Top each tortilla with another corn tortilla. Spray second large skillet with cooking spray.
- Add quesadillas to skillet (may need to cook one at a time); cook 2 minutes on each side or until golden brown.

Keep Food Safe this Summer

Keep Cold Foods Cold - Below 40 degrees

Keep Hot Foods Hot - Above 140 degrees

Don't Cross Contaminate - Use clean utensils, cutting boards and trays & **WASH YOUR HANDS OFTEN**

Cook it Right— The only way to tell if a food has reach a safe temperature is to use a food thermometer.

- Steak/Roasts 145, Ground beef 165, Poultry 165, Pork 160.
- All leftovers or precooked foods 165

During Summer foods should not be in the DANGER ZONE between 40-140 degrees longer than 1 hour

