

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

October 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.



October 2008 Menu

Ribeye Steak
Chicken Breasts
Meatloaf
Chicken Breast Fajita Strips
Center-cut Pork Chops
Fully Cooked Meatballs
All Meat Hot Dogs
Frozen sliced carrots
California blend vegetables

Pasta
Marinara Sauce
Hawaiian Punch
Shelf Stable Milk
Corn Tortillas
Dozen Eggs
Dessert Item

Easy Cheese Hot Dog Dinner

1 pkg. (12 oz.) Shells & Cheese Dinner
3 Wieners, sliced
1 cup frozen California Blend Vegetables

Cook Shell Pasta by bring to a boil for 8 minutes. Add wieners
and vegetables to cooking water; cover. Cook 5 minutes;
drain. Do not rinse. Stir in packaged Cheese Sauce until well
blended.

Calories 530, total fat 26 g, Saturated fat 9 g, Cholesterol 50 mg, Sodium 1460 mg, Carbohy-
drate 54 g, Dietary Fiber 3 g, Sugars 7 g, Protein 21 g

Source: www.KraftFoods.com

Chicken Cacciatore

1 full chicken breast boneless & skinless
1 medium onion, chopped
1 medium yellow or orange pepper, sliced
2 cloves of garlic, crushed or diced
1 lg can of diced tomatoes
1/2 tsp extra virgin olive oil
1 1/2 tsp dried oregano
1/2 tsp dried basil
1/4 tsp dried thyme
1/2 tsp salt
1/4 tsp black pepper
1 tsp cornstarch

*Add Dark Green
Vegetables to your diet
at least 3 times a week.*

Cut raw chicken into chunks approximately 1.5" square. Heat oil in non-
stick skillet and add chicken pieces. Cook until all sides have changed
color. Add onions, pepper slices and garlic. Saute until onions become
transparent. Add the entire can of tomatoes and salt, pepper, oregano,
basil and thyme and bring to a boil. Let simmer covered for 15 minutes
and then uncover and simmer for 15 minutes more to reduce the liquid.
Add the cornstarch to 2 tsp of cold water and stir into chicken mixture
until liquid thickens. Serve over spaghetti noodles.

Number of Servings: 4

4 Servings: Calories: 140.8, Total Fat: 2.9 g, Cholesterol: 34.2 mg, So-
dium: 561.7 mg, Total Carbs: 14.0 g, Dietary Fiber: 2.9 g, Protein: 16.0 g

Menu Ideas

Zesty Meatball Sandwiches

- 1/2 onion, cut into thin strips
- 1/2 green bell pepper, cut into thin strips
- 1-1/4 cups prepared spaghetti sauce
- 1/2 tsp. dried basil
- 4 hoagie rolls, split
- 1/4 cup shredded mozzarella cheese



Heat 2 Tbsp. water in large nonstick skillet over medium heat until hot. Add onion and bell pepper; cook and stir 4 minutes or until vegetables are tender.

Add spaghetti sauce, basil and meatballs; heat through, stirring occasionally. Serve in rolls; sprinkle with cheese.
Source: Texas Beef Council

Spicy Carrot Salad

- 1 1/2 lbs carrots, peeled and cut diagonally into 1/4-inch thick ovals
- 3 Tbs. freshly squeezed lemon juice
- 2 to 3 Tbs. granulated sugar
- 1 tsp. olive oil
- 1 clove garlic, crushed
- 1/4 tsp. ground cumin
- 1/4 tsp. cinnamon
- 1/4 tsp. ground ginger
- 1/8 tsp. salt
- dash ground cayenne pepper
- 1/2 cup raisins or chopped apples



In a 4-quart saucepan, bring 2 quarts water to a boil. Add carrots and cook until crisp-tender, about 2 minutes. Drain well and let cool slightly. In a large bowl, whisk together the juice, sugar, oil, garlic, cumin, cinnamon, ginger, salt and pepper. Toss with carrots and raisins or apples. Refrigerate until thoroughly chilled, about 3 hours.

Ribeye Steak
Baked Sweet Potato
Seasoned Green Beans

Pork Chop on a Stick
Fresh broccoli and Celery
Brown Rice

Chicken Fajita Stew
Corn Tortillas
Green Salad

Hot Dog Dinner
Fruit Cup
Milk

Meatball Sandwich
Spicy Carrot Salad
Apple
Whole wheat bun

Meat Loaf
Mashed Potatoes
Peas & Carrots

Chicken Cacciatore
Noodles
Green Salad

Encourage Seniors you know to take advantage of the new Seniors Box!

These are great, balanced meals for only \$2.80 each.

Consider trying the Fresh Fruit & Veggie Box Adding fresh fruits and vegetables to more of your meals helps to prevent diseases like heart diseases and diabetes.



Recipes Ideas

Balance your Meal

Make sure you include a variety of items from MyPyramid food group when planning your meals.



Focus on Fruits
Vary Your Veggies
Go Lean with Protein

Chicken Fajita Stew

1 pound Chicken Breast Fajita Meat
1 (14.5 oz.) can chicken broth
2 cups chopped onions
1 red pepper, seeded and chopped
1 green pepper, seeded and chopped
1 cup frozen white shoepeg corn (or regular corn)
1 (16 oz.) jar mild cilantro salsa, or 2 cans diced tomatoes
2 cloves garlic, minced, or to taste
1 teaspoon onion powder
1 tablespoon cilantro, minced
1 can black beans, rinsed and drained
1 chicken bouillon cube (optional)
1 bay leaf
1/2 cup rice (optional), uncooked

Suggested Garnish:

Shredded Cheddar cheese
Sour cream
Corn tortillas

COMBINE all stew ingredients in a slow cooker; cook on LOW 8 to 10 hours, or on HIGH 4 to 6 hours. Remove bay leaf; stir to break up chicken before serving.

SERVE topped with cheddar cheese and sour cream, if desired. Serve with warm tortillas.

Ribeye Steak with Horseradish Dipping Sauce

2 rib-eye steaks (12 oz each)
2 cloves garlic, minced
3 tablespoons Worcestershire sauce
1 teaspoon dried oregano flakes
1 tablespoon vegetable oil
1/3 cup sour cream
2 tablespoons prepared horseradish
1 dash Tabasco sauce
oil (to cover bottom of pan)
salt and pepper (to taste)

Combine garlic, two tablespoons of the Worcestershire sauce, oregano, and oil in a small bowl. Rub mixture onto steaks and refrigerate for one hour.

Heat a small amount of oil in a large heavy-duty skillet over high heat. When the oil is hot, add steaks and sear on one side until well browned. Flip the steaks over and sear until meat is cooked to desired doneness. Combine sour cream, horseradish, one tablespoon Worcestershire sauce, and Tabasco.

Place steak on plate and spoon horseradish sauce over steak. Salt and pepper to taste.

Pork Chops on a Stick

Boneless pork loin chops, about 1 inch thick
1/2 cup bottled Italian salad dressing
Peanut oil
8 wooden skewers, soaked
Prepared Honey mustard or bottled barbecue sauce

Cut chops in half. Place chops in a resealable plastic bag set in a shallow dish. Pour salad dressing over chops; seal bag. Marinate in the refrigerator for 1 hour, turning bag occasionally.

Meanwhile, preheat oil to 350 degrees F. Drain chops, discarding marinade. Insert a wooden skewer into a short side of each chop. Fry the chops, half at a time, for 5 to 8 minutes or until 160 degrees F. (To test for doneness, carefully remove one chop from the hot oil. Insert an instant-read thermometer into side of chop.) Be cautious of splattering oil. Maintain oil temperature around 350 degrees F. Remove chops from hot oil and drain on wire racks. Serve chops with honey mustard. Makes 8 chops.

Source: www.bhg.com

Calories 344, Total Fat (g) 19, Saturated Fat (g) 5, Monounsaturated Fat (g) 8, Cholesterol (mg) 93, Sodium (mg) 243, Carbohydrate (g) 3, Fiber (g) 0, Protein (g) 37