

*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

September 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.



## September 2008 Menu

Top Sirloin Strip Steaks	Crinkle Cut Fries
Boneless Skinless Chicken Breast	Borden 2% Reduced Fat Shelf
Breaded Chicken Chunks	Stable Milk
Boneless Pork Filet	Macaroni & Cheese
Supreme Pizza	Pork & Beans
Ground Turkey	Chicken-Flavored Rice & Vermicelli
Cheddar Cheese Bratwurst Sausage	Pinto Beans
Green Beans	1 dozen eggs
Stir fry Vegetables (Broccoli & Bell Peppers)	Dessert Item

### Ground Turkey Soup

- 1 pound ground turkey
  - 8 cups water
  - 8 cubes beef bouillon cube
  - 4 potatoes, peeled and cubed
  - 2 carrots, sliced
  - 1 small head cabbage, shredded
  - 1 cup pearl barley
1. In a large pot, combine water, bouillon, potatoes, carrots, and cabbage. Bring to a boil. Lower temperature, and simmer.
  2. In a separate saucepan, brown the turkey. Put in pot with other ingredients. Slowly simmer for 1 hour.
  3. Add barley for last 15 minutes of cooking time. Serve.

Note: Try substituting 4 cans of reduced sodium beef broth for the bouillon cubes and water.

### Ranch Baked Quesadillas

#### Ingredients

1 cup shredded cooked chicken (cook chicken breast and shred)  
1 cup shredded Monterey Jack cheese  
1/2 cup Ranch dressing  
1/4 cup diced green chilies, rinsed and drained  
4 9-inch flour tortillas, warmed  
Salsa, and guacamole, optional

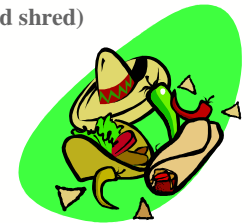
#### Preparation

Prep Time: 20 min.  
Bake Time: 15 min.

Preheat oven to 350°F.

Combine chicken, cheese, Ranch and chilies in medium bowl. Divide chicken mixture evenly between each tortilla; fold in half to seal. Place quesadillas on baking sheet. Bake for 15 minutes or until cheese is melted. Garnish with salsa, Ranch and guacamole, if desired.

Serves: 4



### Tips on Shelf Stable Milk

Must refrigerate after opening  
Use the same as you would in any recipe calling for milk  
**Tastes Great and is REAL milk!**



### **Almond Green Beans**

- 1 lb bag frozen green beans
- 1 (14 ounce) can canned stewed tomatoes
- Italian seasoning to taste
- 1/3 cup sliced almonds



In a pot over medium heat, cook the green beans and tomatoes until heated through. Season with Italian seasoning. Stir in the almonds just before serving.

### **Salsa Turkey and Rice Skillet**

1 6.9-ounce) package Chicken Flavored Rice and Vermicelli  
2 tablespoons margarine, butter or spread  
1 cup salsa  
2 cups chopped cooked turkey (you can substitute chicken)  
1 cup frozen or canned corn, drained  
1 cup (4 ounces) shredded Cheddar cheese  
1 medium tomato, chopped (optional)

1. In large skillet over medium heat, sauté rice-vermicelli mix with margarine until vermicelli is golden brown.
2. Slowly stir in 2 cups water, salsa and special seasonings. Bring to a boil. Reduce heat to low. Cover; simmer 15 minutes.  
Stir in cooked turkey and corn. Cover; simmer 5 minutes or until rice is tender. Top with cheese and tomato, if desired. Cover, let stand 5 minutes for cheese to melt.

### **Food Safety: Ground Turkey**

Ground poultry and ground poultry dishes should always be cooked to 165 °F internal temperature as measured with a food thermometer; leftovers should also be reheated to 165 °F. Always wash hands with warm water and soap. Wash, utensils, counters, cutting boards and sink with soap and hot water to prevent cross-contamination of cooked food with raw products.

# Menu Ideas

Sirloin Steak with Garlic Butter  
Spicy Maple Baked Beans  
Tossed Salad

Ground Turkey Soup  
Cornbread Muffins  
Dessert

Salsa Turkey and Rice  
Green Beans  
Bread

Grilled Pork Filets  
Baked Beans  
Tossed Salad

Chicken and Bow Tie  
Pasta  
Tossed Salad  
Tea

Bratwurst Potato Skillet  
Almond Green Beans  
Dessert

Ranch Baked Quesadillas  
Baked French Fries  
Salad

### **Six Steps to a Successful Family Mealtime Experiment**

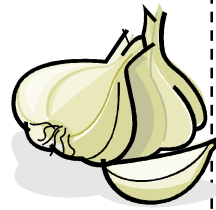
- Commit to eating five meals together (breakfast, lunch or dinner) each week for five weeks. It's not easy but well worth the effort! Your meal together will be the best meal of the day!
- Prepare your meals with a family moment as your goal. Everyone in the family can get involved in the preparation.
- Before beginning your meal, say a word of thanks, a prayer, or allow for a moment of silence. Gratitude is good for the soul.
- Turn off the television. It's important to tune in to each other rather than the TV, video games, or Internet.
- Eat your meal together along with positive family conversation and other family-building activities that make your mealtime family time.
- Clean up together!



# Recipes Ideas

## Sirloin Steaks with Garlic Butter

- 1/4 cup butter
- 1 teaspoon garlic powder
- 2 cloves garlic, minced
- 2 pounds beef top sirloin steaks
- salt and pepper to taste



1. Preheat an outdoor grill for high heat.
2. In a small saucepan, melt butter over medium-low heat with garlic powder and minced garlic. Set aside.
3. Sprinkle both sides of each steak with salt and pepper.
4. Grill steaks 4 to 5 minutes per side, or to desired doneness. When done, transfer to warmed plates. Brush tops liberally with garlic butter, and allow to rest for 2 to 3 minutes before serving.

## Spicy Maple Baked Beans

- 1 tablespoon vegetable oil
- 1 medium onion, chopped
- 12 ounces ham steak, trimmed and diced
- 1 tablespoon minced garlic
- 3/4 cup maple syrup
- 2 tablespoons tomato paste
- 1 tablespoon Worcestershire sauce
- 1 tablespoon chili powder
- 1/4 teaspoon cayenne pepper
- 3 (15 ounce) cans baked beans with pork
- 1 tablespoon yellow mustard
- kosher salt and ground black pepper to taste



1. Heat the oil in a large Dutch oven over medium-low heat. Add the onion, and cook until soft. Mix in the ham and garlic; cook and stir for 2 more minutes. Mix in the maple syrup, tomato paste, Worcestershire sauce, chili powder, cayenne pepper, and baked beans. Bring to a boil, then simmer over low heat for 45 minutes.
2. Just before serving, stir in the mustard, and season with salt and pepper.

## Chicken and Bow Tie Pasta

- 4 boneless, skinless chicken breast halves
- 1 (12 ounce) package farfalle (bow tie) pasta
- 1 (14 ounce) can chicken broth
- 1 pk. Stir Fry Vegetables (broccoli & bell peppers)
- 2 cloves garlic, minced
- salt and pepper to taste
- 2 (8 ounce) containers chive and onion cream cheese
- 1/4 cup freshly grated Parmesan cheese



1. Place chicken in a saucepan, and add water to cover. Boil 20 minutes. Allow to cool, then pull meat into shreds.
2. Bring a large pot of lightly salted water to a boil. Add pasta, and cook for 8 to 10 minutes, or until al dente; drain.
3. In a large skillet over medium-high heat, combine chicken broth, broccoli and bell pepper stir fry vegetables, garlic, salt and pepper. Cover, and simmer for 8 to 10 minutes, until broccoli is crisp-tender. Stir in cream cheese until smooth. Mix in chicken and pasta until evenly coated. Garnish with Parmesan cheese.

## Bratwurst Potato Skillet

- 2 tablespoons vegetable oil
- 2 medium red potatoes, cut into 1/4 inch slices
- 2 fully cooked bratwurst, cut into 1 inch pieces
- 1 small onion, chopped
- 1/3 cup chopped green pepper
- 2 tablespoons soy sauce
- 1 tablespoon orange juice
- 1/2 teaspoon dried basil
- 1/4 teaspoon salt
- Dash pepper



1. In a heavy skillet, heat oil over medium-high heat. Add the potatoes; cover and cook for 6 minutes or until browned and crisp-tender, stirring occasionally.
2. Add bratwurst, onion and green pepper. Cook and stir for 5 minutes or until meat is heated through and vegetables are crisp-tender.
3. Combine the soy sauce, orange juice, basil, salt and pepper; add to the skillet. Cook and stir 1-2 minutes longer or until meat and vegetables are evenly coated.