

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

December 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.

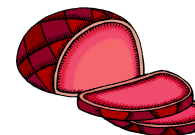
Please feel free to make suggestions and
 provide feedback about the information you receive.



December 2008 Menu

Beef Roast	Rice
Breaded Chicken Tenders	Steak-Cut Fries
Chicken Breasts	2% Shelf Stable Milk
Pork Chops	Mac & Cheese
Lean Beef Patties	Chicken Broth
Salisbury Steak Entrée	Corn Muffin Mix
Hot Dogs	Dozen Eggs
Carrots	Dessert Item
Green Beans	

Green Bean, Potato & Ham Bake



- 1 (16 ounce) package frozen French fries
- 1 (16 ounce) package frozen green beans
- 1 1/2 cups cooked, cubed ham
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 1 (10.75 ounce) can milk
- 1/4 cup mayonnaise
- 1 cup grated Parmesan cheese

1. Preheat oven to 375 degrees F (190 degrees C).
2. Spray a 9x13 inch baking dish with cooking spray. Cover bottom of dish with layer of French fries. Add a layer of broccoli, then sprinkle ham evenly over broccoli. In a small bowl mix together soup, milk and mayonnaise. Pour mixture evenly over ingredients in baking dish and sprinkle with cheese.
3. Bake uncovered in preheated oven for 40 minutes.

5 Servings: Calories 526, Total Fat 33.6g, Cholesterol 50mg, Sodium 1450mg,
 Total Carbs 34.6g, Dietary Fiber 5.6g, Protein 23.7g

Busy Night Chicken Salad

2 chicken tenders per person
 1 bag mixed salad
 1/2 sliced red onion
 1 tomato sliced or quartered

Bake chicken tenders as directed on package. Mix red onion with salad greens and put on serving plates. Add tomato to sides of each plate. When chicken tenders are cooked, cut them into bite-sized pieces and place on top of salad.

Busy Night Chicken Pasta

2-3 chicken tenders per person
 1/2 to 1 pound pasta (depending on number being served)
 Bell pepper, diced
 Onion, diced
 16 ounce jar spaghetti sauce

Bake chicken tenders as directed on package. Boil pasta and drain when tender. Combine spaghetti sauce, bell pepper and onion. When chicken tenders are cooked, cut them into bite-sized pieces place on top of pasta and cover with spaghetti sauce.

Menu Ideas

Quick & Easy Breaded Pork Chops

1 cup crushed butter crackers (Ritz style)
 garlic powder to taste
 ground black pepper to taste
 3 eggs, beaten
 4 pork chops
 1/2 cup butter

1. Preheat oven to 375 degrees F (190 degrees C).
2. In a shallow bowl combine crushed crackers, garlic salt and pepper; mix well. In a separate bowl beat eggs.
3. Dip your pork chops in the egg batter and then in the cracker mixture. Place the pork chops in a casserole dish. Place chunks of the butter around the pork chops. Cover and bake for 45 minutes.

4 Servings: Calories 447, Total Fat 36.1g, Cholesterol 269mg, Sodium 401mg, Total Carbs 10.8g, Dietary Fiber 0g, Protein 19.7g

Green Bean, Ham &
 Potato Bake
 Corn Bread Muffins

Cranberry Chicken
 Rice
 Green Salad

Beef Roast
 Roasted potatoes &
 carrots

**HAPPY
 HOLIDAYS**

Layered Skillet
 Stew
 Green Salad & low
 fat Ranch Dressing

Breaded Pork Chops
 Corn & Peas
 Mac & Cheese

Crispy
 Chicken Salad
 Whole Wheat
 Toast

Chicken Pasta
 Whole Wheat
 Garlic Toast
 Fresh Veggies

Make a Healthy Choice!

Choose to prepare foods using little or no fats & oils. Bread and bake foods for a crispy texture!

Add spices instead of butter to vegetable and side dishes.



Reduce or eliminate sugar by using sweet-tasting **spices**:

Allspice Anise Cardamom Cinnamon Cloves Ginger Mace Nutmeg

Savory flavors and flavors with “bite,” such as black pepper, garlic powder, curry powder, cumin, dill seeds, basil, ginger, coriander and onion, are the most effective in replacing the taste of salt.



**Be Food
 Safe!
 Prepare
 with Care**

Recipes Ideas

Cranberry Chicken

- 6 chicken breasts
- 1 (16 ounce) can cranberry sauce
- 1 (8 ounce) bottle Russian-style salad dressing, low calorie
- 1 packet dry onion soup mix



1. Preheat oven to 350 degrees F (175 degrees C).
2. Place chicken in a lightly greased 9x13 inch baking dish. In a large bowl combine the cranberry sauce, salad dressing and soup mix and mix well. Coat chicken pieces with this mixture.
3. Cover dish and bake at 350 degrees F (175 degrees C) for 1 1/2 to 1 3/4 hours, or until chicken is cooked to 165 degrees. Remove cover for the last 15 minutes of baking time.

6 Servings: Calories 686, Total Fat 29g, Cholesterol 188 mg, Sodium 1115mg, Total Carbs 43g, Dietary Fiber 2g, Protein 62g

3 Ingredient Beef Roast

- 1.5 pounds rump roast
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 1 (10.5 ounce) can condensed beef broth

Place rump roast in a slow cooker. Pour in condensed cream of mushroom soup and condensed beef broth. Cook on LOW for about 8 hours.

Serves 4: Calories 316, Total Fat 16.8g, Cholesterol 88mg, Sodium 679mg, Total Carbs 3.6g, Dietary Fiber 0.1g, Protein 35.4g

Layered Skillet Stew



- 4 extra lean ground beef patties
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 tablespoon Worcestershire sauce
- 1 large onion, sliced
- 3-4 potatoes, peeled and sliced
- 4-5 carrots, sliced or 16 ounce bag of frozen carrots
- 1 (15 ounce) can whole kernel corn, drained
- 2 tablespoons margarine

Place ground beef patties into bottom of skillet. Season meat with salt and pepper and Worcestershire sauce. Layer remaining ingredients in order given. Place margarine chunks on top. Place lid on skillet and cook on medium heat for 25-30 minutes. Serves 4-6.

6 servings: 423calories; 24g total fat; 8g saturated fat; 78mg cholesterol; 29g total carbohydrate; 4g dietary fiber; 25g protein; 493mg sodium; 977mg

Tips to help you eat whole grains

To eat more whole grains, substitute a whole-grain product for a refined product – such as eating whole-wheat bread instead of white bread or brown rice instead of white rice. It's important to *substitute* the whole-grain product for the refined one, rather than *adding* the whole-grain product.

- Try rolled oats or a crushed, unsweetened whole grain cereal as breading for baked chicken, fish, veal cutlets, or eggplant parmesan.
- Try an unsweetened, whole grain ready-to-eat cereal as croutons in salad or in place of crackers with soup.