

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

November 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.



November 2008 Menu

- | | |
|---|--|
| 1.5 lb. New York Strip Steak
(4 x 6 oz.) | 1 lb. Diced Sweet Potatoes |
| 3 lb. IQF Split Chicken
Breast | 10 oz. Peanut Butter |
| 2 lb. Baby Back Pork Ribs | 15 oz. Cranberry Sauce |
| 2 lb. Chicken Chunks | 7 oz. Beef-Flavored Rice &
Vermicelli |
| 28 oz. Jumbo Charbroiled
Beef Patties with Gravy | 20 oz. Shoestring Fries |
| 1 lb. Smoked Sausage | 32 oz. 2% Reduced Fat Shelf
Stable Milk |
| 1 lb. Ground Turkey | 6 oz. Pancake Mix |
| 1 lb. Green Beans | 1 Dozen Eggs |

BBQ Baby Back Ribs



- Pork ribs (any variety)
- 1 bottle barbeque sauce
- 1 cup orange juice

Mix together Barbeque Sauce and orange juice. Lay ribs
in a baking pan and pour BBQ mixture over the top. The
ribs should be nearly submerged in the BBQ mix.

Cover pan with foil and set oven to 250.

Option 1: Cook for aprox. 3 hrs (depending on amount of
meat). Remove from pan and serve. The meat will be juicy
and delicious and it should literally fall right off the bone. If
you cook them this way they are EXCELLENT but its
nearly impossible to eat them with your hands.

Option 2: Cook meat for about 2 hrs, remove from oven
and transfer to hot grill. While on grill, continue to brush
with BBQ mix from pan. They should only need a few min-
utes on each side. The BBQ sauce should get a bit crispy,
and although the meat isn't quite as tender this way, will
still be quite tasty and much easier to serve and eat.

Turkey Talk

How do you know when the turkey is done?

Turkey is done when the meat thermometer reaches the following
temperatures:

180 - 185 degrees F deep in the thigh also, juices should be clear, not
pink when thigh muscle is pierced deeply.

170—175 degrees F in the thickest part of the breast, just above the
rib bones.

160—165 degrees F in the center of the stuffing, if turkey is stuffed.

Green Bean Salad

- 4 to 5 cups frozen French cut green beans, about 20 ounces
- 1/2 cup vegetable oil
- 1/4 cup red wine vinegar
- salt and pepper
- salad greens
- 4 to 6 slices bacon, cooked and crumbled

Preparation:

Cook green beans; drain and let cool. Combine green beans with oil, vinegar, and seasonings. Serve green bean salad on salad greens and sprinkle with crumbled bacon. This green bean salad serves 6 to 8.



Sweet Potato Bake

- 1 can (16 to 20 ounces) whole sweet potatoes, halved lengthwise
- 1 1/4 cups brown sugar
- 1 tablespoon plus 1 1/2 teaspoons cornstarch
- 1/4 teaspoon salt
- 1/4 teaspoon cinnamon
- 1 teaspoon shredded orange peel
- 1 can (approx. 16 ounces) apricot halves
- 2 tablespoons butter
- 1/2 cup pecan halves

Preparation:

Place sweet potato halves in a buttered 11x7-inch baking dish. In a saucepan, combine brown sugar, cornstarch, salt, cinnamon, and orange peel. Drain apricots, reserving syrup. Stir 1 cup of the reserved syrup into the cornstarch mixture. Continue cooking and stirring over medium heat until mixture comes to a boil; boil for 2 minutes. Add apricots, butter, and pecan halves; pour over sweet potatoes in baking dish. Bake, uncovered, at 375° for 25 minutes. Sweet potato recipe serves 6.

Menu Ideas

Breakfast Casserole
Fresh Fruit
Milk

Ground Turkey Casserole
Green Bean Salad
Sweet Potato Bake

BBQ Baby Back Ribs
Tossed Salad
Corn on the Cob

**HAPPY
TURKEY
DAY**

Pancakes
Scrambled Eggs
Orange Juice

Grilled New York Strip Steak
Beef Rice & Vermicelli
Tossed Salad

Beef Patties with Gravy
Baked Shoestring Potatoes
Tossed Salad

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

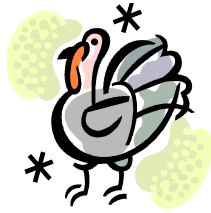
**These are great, balanced meals
for only \$2.80 each.**

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



Recipes Ideas

Ground Turkey Casserole



- 1 lb. ground turkey
- 1 (15 oz) can tomato sauce
- 1 teaspoon white sugar
- 1 (8 oz) container sour cream
- 1 (8 oz) package cream cheese
- 1 (12 oz) package uncooked egg noodles
- 2 cups shredded cheddar cheese

1. Preheat oven to 350 degrees F.
2. In a large skillet over medium-high heat, sauté the ground turkey for 5 to 10 minutes or until browned. Drain the turkey, stir in the tomato sauce and sugar, and set aside. In a medium bowl, combine the sour cream and cream cheese. Mix well and set aside.
3. Cook noodles according to package directions. Place them into a 9 x 13 inch baking dish, then layer the turkey mixture over the noodles. Then layer the sour cream mixture over the turkey, and top with cheese.
4. Bake at 350 degrees for 20 to 30 minutes, or until cheese is melted and bubbly.

Turkey Talk

What is the best way to thaw a turkey?

Refrigerator Thawing:

- Thaw breast side up in its unopened wrapper on a tray in the refrigerator.
- Allow at least one day of thawing for every four pounds of turkey.

Hence: 20 lbs turkey, 5 days thaw.

Water Thawing:

Place breast down in its unopened wrapper in cold water to cover. Change the water every 30 minutes to keep surface cold.

Estimate minimum thawing to be 30 minutes per pound for whole turkey.

Hence: 20 lbs turkey, 10 hours to thaw.

Breakfast Casserole



- 8 slices stale bread, cubed
- 2 c. shredded Cheddar cheese
- 1 1/2 lbs. ham, smoked sausage, or mixture of both, cubed
- 8 eggs
- 1 (6 oz.) can mushrooms, drained and chopped
- 1 green pepper, chopped
- 1 med. onion, chopped
- 2 1/4 c. milk
- 3/4 tsp. prepared mustard
- 3/4 tsp. salt
- 3/4 tsp. pepper
- 1 can cream of mushroom soup
- 1 (5 oz.) can evaporated milk

Spray a 9 x 13 inch metal baking pan with Pam. Spread bread cubes over bottom of pan. Spread half the cheese over the bread, then spread meat over cheese. In separate large bowl, beat eggs, then add vegetables, milk, salt, and pepper. Pour mixture over top of meat. Sprinkle remaining cheese over top. Cover with foil and chill overnight. In morning, preheat oven to 350 degrees. Bake casserole for 1 hour to 1 hour 15 minutes (until top is golden brown and eggs are set). In saucepan, combine undiluted soup with evaporated milk. Warm over medium heat. Serve wedges of casserole with mushroom sauce ladled over.

