

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.



For more information on the FCS Division of the Oklahoma Cooperative Extension Service visit our web sit at <http://www.fcs.okstate.edu/>

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Angel Food

Menu Suggestions & Recipes

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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.



April 2008 Menu

Fully cooked Meatloaf	Refried beans
Beef Fajita Strips	Tortillas
Breaded Frying Chicken	Pasta sauce
St. Louis Style Ribs	Pasta
Lasagna Dinner Entrée	Pancake mix
Gourmet Sausage	Fresh carrots
Fully Cooked Meatballs	Golden Yukon Potatoes
Broccoli	Chicken Noodle Soup
	California Oranges
	Dessert

Here is something to think about:

An average of four strangers handled your
apple before you chose it
and up to 20 may have handled your tomato!

What can you do to protect
yourself and your family?

The answer is simple: Give produce a
thorough washing in cold, drinkable water.



Orange Salad

3 oranges, peeled and sectioned
2 cups cauliflowerets
1/4 cup chopped green pepper
2 cups torn fresh spinach

DRESSING:

1 (12 fluid ounce) can evaporated skim milk
1 (6 ounce) can frozen orange juice concentrate, thawed

1. In a large salad bowl, combine orange segments, cauliflower, green pepper and spinach. Place dressing ingredients in a jar with a tight-fitting lid; shake until well mixed. Add desired amount of dressing to salad and toss. Refrigerate leftover dressing.

Diabetic Exchanges: One serving (with 1 tablespoon of dressing) equals 1 vegetable, 1/2 fruit; also, 62 calories, 47 mg sodium, trace cholesterol, 13 gm carbohydrate, 3 gm protein, trace fat.

Fajita Casserole

1 lb. beef fajita strips, cooked
2 cups refried beans
12 corn tostados
1 medium green bell pepper, chopped
1 medium onion, chopped
1/3 bunch cilantro, chopped
1 (16 ounce) package shredded American cheese
Garnish with sour cream, 2 large tomatoes, chopped
4 pickled jalapeno peppers, sliced (optional), Guacamole

Pre-heat oven to 350 degrees and spray a 9x13 inch baking dish with non-stick cooking spray. Cook fajita meat with onions and bell pepper in a skillet over medium-high heat. Once meat is fully cooked add cilantro. Heat refried beans. Spread tostados on the bottom of the baking dish, top with refried beans. Add a layer of cheese, then top with fajita meat, onions and bell peppers. Bake in preheated oven until cheese and beans are bubbly, about 20 minutes. Remove from oven, and drop sour cream and guacamole by tablespoonfuls in various places across the top. Sprinkle tomatoes and jalapenos on top.

Marinade Carrot Salad

2 pounds carrots, peeled and sliced into rounds
1 (10.75 ounce) can condensed tomato soup
1 cup white sugar
1 cup vegetable oil
3/4 cup white vinegar
1/2 teaspoon cayenne pepper
1 teaspoon salt
1 teaspoon mustard powder
1 green bell pepper, seeded and diced
1 red bell pepper, seeded and diced
1 yellow bell pepper, seeded and diced
1 large onion, chopped



1. Place the carrots in a large pot and fill with enough water to cover. Bring to a boil and cook until carrots are tender. Do not over cook, the carrots should be firm but easy to bite into. Drain and rinse under cold water to stop the cooking.
2. In the container of a food processor or blender, combine the tomato soup, sugar, oil, vinegar, cayenne pepper, salt and mustard powder. Blend for about 3 minutes or until creamy.
3. In a large bowl, mix together the carrots, green, red and yellow bell peppers and onion. Toss with the dressing, cover and refrigerate overnight. The longer this salad is allowed to sit, the better it is.

Servings: 12—Calories: 291, Total Fat: 18.9g, Cholesterol: 0mg, Sodium: 386mg, Total Carbs: 31g, Dietary Fiber: 3.3g, Protein: 1.8g

Easy Dessert Crepes

1 cup pancake mix (just add water kind)
2 tablespoons sugar
1 cup water
2 large eggs
Any flavor of jam or preserves

1. COMBINE pancake mix, sugar, water and eggs in a small bowl until batter is smooth.
2. HEAT 8-inch skillet or crepe pan. Spray with no-stick cooking spray between each crepe. Pour 2 tablespoons batter into preheated skillet, immediately tilting pan until batter covers bottom. Cook until edges start to dry and center is set. Turn to brown second side.
3. FILL each crepe with desired filling such as preserves, jam, fruit, pudding or ice cream. Roll up or fold over.

Menu Ideas

Beef Fajita Casserole
Salad

Meatloaf
Mashed Potatoes
Broccoli

Pancakes
Sausage
Oranges

Lasagna Dinner
Salad
Dessert

Pasta & Meatballs
w/ pasta sauce
Carrots

Oven Fried Chicken
Oven roasted potatoes &
Carrots

St. Louis Style Ribs
Broccoli & Potato Bake

Berries are one of nature's fast foods
and they come in lots of colors!



Red—raspberries, strawberries, cranberries, red grapes
Black or dark purple—blackberries, mulberries, dark grapes
Blue—blueberries
Green—green grapes

The sweet and sometimes tart taste of berries reminds us of summer – all year long. Many grocery stores carry berries in a variety of forms – fresh, frozen, dried and canned. Look for fresh berries in the late spring and summer months at farmers' markets, roadside stands and grocery stores. Plant strawberries, blackberries or raspberries in your yard or garden for next year's harvest! Children (of all ages) love to eat what they grow!

The pigment that gives the dark blue, red and purple colors to some berries slows down, or prevents, damage to the body's cells. This pigment may help to: Slow the aging process, reduce the risk of certain types of cancer, maintain a healthy heart, maintain brain function as we age, lower the risk of common kinds of blindness, reduce risk of infection, promote urinary health.

Recipes Ideas

Sausage Tortellini



- 2 Tbsp. olive oil
- 1 cup chopped carrots
- 1 cup chopped sweet onion
- 1 lb. sausage, removed from casing and crumbled
- 1 cup chicken broth
- 10 oz. prepared pasta sauce
- 1 package (12 oz.) frozen or fresh tortellini pasta, cooked and drained

In 5-quart saucepot, heat olive oil over medium-high heat and cook carrots and onions, stirring occasionally, 5 minutes. Add sausage and cook, stirring occasionally, until browned. Stir in 1/4 cup chicken broth and cook 1 minute, scraping up brown bits from bottom of pan. Add remaining 3/4 cup broth and pasta sauce. Bring to a boil over high heat. Reduce heat to low and simmer uncovered, stirring occasionally, 15 minutes. Toss with hot tortellini and garnish, if desired, with grated Parmesan cheese and ground black pepper.

Potato & Broccoli Bake

- 1 head fresh broccoli, cut into florets
 - 6 large potatoes, cubed & cooked
 - 2 (10.75 ounce) cans condensed cream of broccoli soup
 - 2 1/2 cups shredded Cheddar cheese
 - 1 cup light sour cream
 - 1 teaspoon Dijon-style prepared mustard
 - 1 cup dried stuffing mix (prepared)
1. Preheat oven to 325 degrees F (165 degrees C). Lightly grease a 3 quart casserole dish.
 2. In a large bowl, mix together cream soups, cheddar cheese, sour cream, and mustard. Stir in potatoes and broccoli. Spoon into prepared casserole dish. Top with prepared stuffing mix.
 3. Bake for 45 minutes to 1 hour, or until broccoli is tender.

Fruits and vegetables can be cheaper than a candy bar and a soda.

Eating 1/2 cup each of the five lowest-cost vegetables and 1/2 cup each of the four lowest-cost fruits would cost about \$1.00.



This would meet the amount recommended by the Dietary Guidelines for Americans 2005 for adults.

Oven Style Ribs

- 2 pounds beef ribs
- 1/3 cup soy sauce
- 3/4 cup red wine
- 1/2 cup olive oil
- 2 tablespoons all-purpose flour
- 1/4 cup brown sugar
- 4 cloves garlic, minced
- 1 pinch curry powder

1. Place the ribs in a large pot, and fill with enough water to cover. Bring to a boil, and cook until the meat is no longer pink, about 20 minutes.
2. Meanwhile, preheat the oven to 425 degrees F (220 degrees C). In a medium bowl, stir together the soy sauce, red wine, olive oil, flour, brown sugar, garlic and curry powder.
3. Drain the ribs, and coat generously with the sauce. Arrange them on a baking sheet.
4. Roast for about 30 minutes in the preheated oven, or until fork tender. Pour the remainder of the sauce over the ribs about halfway through.

Servings: 3—Calories: 760, Total Fat: 53.6g, Cholesterol: 107mg, Sodium: 1731mg, Total Carbs: 20.7g, Dietary Fiber: 0.6g, Protein: 38.8g