

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

January 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.



January 2008 Menu

Bacon Wrapped Beef Filets	Frozen Green Beans
Chicken Leg Quarters	Onion Rings
Lean Hamburger Steaks	Ketchup
Boneless Pork Roast	Pasta Sauce
Meaty Beef Short Ribs	Pasta
Supreme Pizza	Pinto Beans
Deli Sliced Turkey Breast	Macaroni and Cheese
Fresh Apples	Dessert Item
Crinkle Cut French Fries	

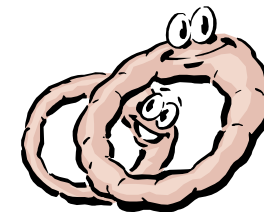
Would you like more information about Angel Food?

For more information on Angel Food, take a tour of our website. If you have
any questions, please feel free to contact us.

Angel Food Ministries
1620 South Broad Street
Monroe, Georgia 30655
1-770-267-7015
1-888-819-3745
Fax: 1-770-267-8031

Or call our Angel Food hotline at **1-877-FOOD-MINISTRY** for answers any-
time!

Onion Ring Casserole



- 1 1/2 lbs. lean ground beef
- 10 oz. corn kernels, thawed if frozen
- 1 can condensed cheddar cheese soup
- 1 can low fat condensed cream of mushroom soup
- 1 lb. frozen hash brown rounds
- 1 red bell pepper, seeded and cut into 1/2 inch pieces
- 1 lb. bag frozen onion rings

1. Preheat oven 350°F.
2. Season beef with salt and pepper to taste and press into the bot-
tom of a large greased casserole dish.
3. Sprinkle corn evenly over meat.
4. Combine cheese and mushroom soups in a bowl and mix thor-
oughly. Spread 1/2 of the mixture on top of meat.
5. Place a generous layer of tater tots over soup.
6. Sprinkle with bell pepper over potatoes
7. Cover with remaining soup mixture.
8. Arrange onion rings over top and bake 1 hour and 15 minutes un-
til golden brown and bubbly.

Fabulous Frozen Green Beans

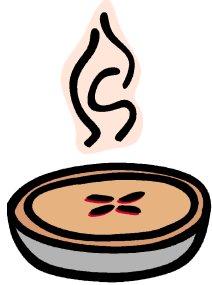
- 1 (1lb) bag frozen green beans
- 2 Tablespoons butter
- 1/2 cup chopped onion
- 1/4 cup plain breadcrumbs
- 1/2 teaspoon Italian seasoning mix
- Garlic salt



1. Microwave beans according to package directions and drain.
2. Melt butter in a large skillet, add onions and sauté over me-
dium heat until they begin to yellow.
3. Add bread crumbs and seasonings and sauté 1 minute.
4. Add green beans and sauté 3 to 4 minutes.

Hearty Chicken Pot Pie

- 1 package (16 oz) frozen mixed vegetables, thawed
- 1 cup cut-up cooked chicken
- 1 can (10 3/4 oz) condensed cream of chicken soup
- 1 cup Biscuit Mix
- 1/2 cup milk
- 1 egg



1. Heat over to 400°F. Mix vegetables, chicken and soup in ungreased 2-quart casserole.
2. Stir remaining ingredients in small bowl with fork until blended. Pour into casserole.
3. Bake 30 minutes or until golden brown.

Taco Bake

- 1 (14 oz pkgs.) Macaroni & Cheese dinner
- 1 lb. ground beef
- 1 pkg. taco seasoning mix
- 3/4 cup water
- 3/4 cup sour cream
- 1 1/2 cup shredded cheddar cheese, divided
- 1 cup salsa



Preheat oven 400°F. Prepare Macaroni & Cheese as directed on package. While Macaroni is cooking, brown meat; drain. Add taco seasoning mix and water to meat; simmer 5 minutes. Stir sour cream into prepared macaroni & cheese. Spoon half of the dish; top with layers of the meat mixture, 1 cup of the cheese and remaining macaroni & cheese mixture. Cover. Bake 15 minutes. Top with salsa and remaining 1/2 cup cheese. Bake, uncovered, as additional 5 minutes or until cheese is melted. For extra crunch, prepare and bake as directed, topping with 1/2 cup coarsely crushed tortilla chips along with the salsa and cheese.

Menu Ideas

Hearty Chicken Pot Pie
Tossed Salad

Slow Cooker Glazed Pork
Roast
Vegetables

Onion Ring Casserole
Tossed Salad
Dessert

Maple-Mustard Glazed
Chicken
Green Beans

Pinto Beans
Oven Baked French Fries
Baked Sliced Apples

Supreme Pizza
Tossed Salad
Dessert

Get Physical in 2008!

Physical activity simply means movement of the body that uses energy. Walking, gardening, briskly pushing a baby stroller, climbing the stairs, playing soccer, or dancing the night away are all good examples of being active. For health benefits, physical activity should be **moderate** or **vigorous** and add up to at least 30 minutes a day.

Moderate physical activities include:

- Walking briskly (about 3 1/2 miles per hour)
- Hiking
- Gardening/yard work
- Dancing
- Golf (walking and carrying clubs)
- Bicycling (less than 10 miles per hour)
- Weight training (general light workout)



Recipes Ideas

Slow Cooker Glazed Pork Roast with Carrots and Corn

- 1 boneless pork shoulder roast
- 1 (1lb bag) ready to eat baby carrots frozen
- 1/2 cup barbecue sauce
- 1/4 cup honey
- 3 tablespoons balsamic vinegar
- 1 teaspoon seasoned salt
- 2/3 cup barbecue sauce
- 1/4 cup all purpose flour
- 1 cup frozen whole kernel corn



1. Remove fat from pork. In 3 to 4 quart slow cooker, place pork. Arrange carrots around and on top of pork. In small bowl, mix 1/2 cup barbecue sauce, the honey, vinegar and seasoned salt; pour over pork and carrots.
2. Cover; cook on Low heat setting 8 to 10 hours.
3. Remove pork and vegetables from cooker; place on serving platter. Cover and keep warm.
4. In small bowl, mix 2/3 cup barbecue sauce and the flour; gradually stir into juices in cooker. Increase heat setting to High. Cover; cook about 15 minutes, stirring occasionally, until thickened. Stir in corn. Cover; cook 5 minutes longer. Serve sauce over pork and vegetables.

Keep Food Safety in mind when eating Fresh Fruits

Keep it safe:

- Wash fruits before preparing or eating them. Under clean, running water, rub fruits briskly with your hands to remove dirt and surface microorganisms. Dry after washing.
- Keep fruits separate from raw meat, poultry and seafood while shopping, preparing, or storing.



Maple-Mustard Glazed Chicken

- 3/4 cup maple-flavored syrup
- 1/2 cup Dijon mustard
- 2 tablespoons chopped fresh chives
- 4 frozen chicken leg quarters (thawed)
- 1 teaspoon seasoned salt
- 1/4 teaspoon coarse ground black pepper



1. Heat coals or gas grill for direct heat. In 1 quart saucepan, mix maple syrup, mustard and chives.
2. Sprinkle both sides of chicken pieces with seasoned salt and pepper. Cover and grill chicken over medium heat, skin side up, 15 minutes; turn chicken. Cover and grill 20 to 40 minutes longer, turning occasionally and brushing 2 to 3 times with mustard mixture, until juice of chicken is clear when thickest piece is cut to bone (180° on a meat thermometer)
3. Heat remaining mustard mixture to boiling; boil 1 minute. Serve sauce with chicken.

Baked Sliced Apples

- 4 cups sliced apples
- 1 cup sugar
- 3/4 cup flour
- 1 stick butter
- 1/2 cup water
- Pinch of salt
- Dash of Cinnamon



Place apples in a 9 X 13 inch baking dish. Mix sugar, flour and butter until crumbly; sprinkle over apples. Add water, salt and cinnamon. Bake at 350° until done and slightly brown.

Variation: When apples are almost done, top with marshmallows and chopped nuts.