

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

May 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.



May 2008 Menu

4 (6oz) Bacon Wrapped Beef Filet	16 oz. Green Beans
2.5 lb. Breaded Breast Filets	2 lb. Fresh Onion
4 (6oz) Bone-In Pork Steaks	29 oz. Pears
28 oz Salisbury Steak Dinner	32 oz. Borden 2% Reduced Fat
Entrée	Shelf-Stable Milk
10 (4oz) Beef & Bean Burritos	9 oz Breakfast Cereal
2 lb. Popcorn Chicken	8 oz Corn Muffin Mix
9.5 oz. Stouffer's Flat Bread Pizza	16 oz Bean Soup Mix
16 oz. Cauliflower & Carrot	1 Dozen Eggs
Blend	1 Dessert Item
15 oz. Corn Niblets	

USDA Meat & Poultry Hotline

1-800-674-6854

Answers to all your food Safety Questions!

Cauliflower & Carrot Blend Casserole



- 1 (16oz) bag cauliflower and carrot blend
- 1/2 pound processed cheese, finely cubed
- 1/2 cup butter, melted
- 1 sleeve butter-flavored crackers, crushed

Cook vegetables according to package directions; drain. Add cheese, stirring gently until melted. Pour vegetable into lightly greased 2-quart baking dish. Mix butter and crackers; spread over top of casserole. Bake at 350 degrees for 15 minutes. **Yield: 6 servings**

Corn Casserole

- 2 cups corn niblets
- 1 can cream-style corn
- 1 (8oz) container sour cream
- 1 egg, beaten
- 3 tbsp onion, chopped
- 1 small box corn muffin mix
- 1/2 stick margarine
- 1/3 tsp parsley
- 1/2 tsp salt
- 1/2 tsp pepper



Combine all ingredients in a greased 2 1/2 quart casserole dish. Bake at 350 degrees for 45 minutes. **Yield: 8-10 servings.**



Anytime Treats

- 1 package graham crackers
- Mini marshmallows
- Semisweet chocolate chips

Line cookie sheet with graham crackers. Sprinkle crackers with mini marshmallows and chocolate chips. Bake at 350 degrees for 5 minutes or until chocolate chips begin to melt. Cool before serving.
Yield: 4 servings.

Oriental Chicken Salad

4 breaded chicken breast filets
 1 romaine heart or 3 cups lettuce torn
 1 1/2 cups coleslaw mix(or finely shredded cabbage)
 1/2 cup toasted almond slivers or slices (blanched almonds)
 1/2 cup chow mein noodles

Dressing:

1/3 cup vinegar
 1/2 cup sugar
 3/4 tsp salt
 1 tsp. dry mustard
 1 tsp. horseradish
 1/4 cup onion, diced
 1 cup canola oil



Cook chicken fillets as directed. To make dressing, combine everything but oil in a blender or food processor and process until liquefied. Continue to blend and slowly drizzle in the oil until blended. To be really authentic, make coleslaw with the cabbage and the dressing first and top it with the lettuce, almonds and noodles. Then cut up the chicken and add to salads. **Yield: 3-4 salads**

“Disconnect” from the world. Turn off your cell phone, let the answering machine take care of your home phone calls, turn off the TV, and savor the silence. A little peace and quiet will rejuvenate you soul.

A heart at peace gives life to the body.

PROVERBS 14:30

Baked Onions

6 large onions, sliced
 1/3 cup honey
 1/4 cup butter
 1/2 tsp salt



Preheat oven to 425 degrees. In a saucepan at medium heat , heat honey, butter and salt. Grease a baking dish; arrange onions and pour honey mixture over them. Bake 45 minutes until onions are tender and golden brown.

Menu Ideas

Egg Drop Soup
 Sweet & Sour Popcorn Chicken
 Rice

Oriental Chicken Salad
 Corn Muffins
 Fresh Fruit

Peppercorn Seasoned Steaks w/
 Mustard Wine Sauce
 Green Salad
 Dessert

Shepherd's
 Pie
 Pretty Pear
 Salad

Maple-Pecan Pork
 Steaks
 Green Beans
 Baked Onions

Salisbury Steak Entrée
 Cauliflower & Carrot Casserole
 Fresh Fruit

Beef & Bean Burritos
 Corn Casserole
 Green Salad Milk

Shepherd's Pie

1 lb. Ground Beef
 1 Small Onion, Chopped
 1 Cup Frozen Green beans
 1 Cup Corn Nibbles
 1 Can Condensed Cream of Mushroom Soup
 1 Cups Mashed Potatoes, Prepared and Refrigerated

In a large skillet, brown ground beef with onion; drain. Stir in vegetables and soup; cook until hot, approximately 5 minutes. Place mixture in a 9-inch pie plate, then spoon mashed potatoes over top. Bake at 375 degrees for 45 minutes or until potatoes are golden brown and pie is bubbling. **Yield: 6 servings.**



Recipes Ideas

Peppercorn-Seasoned Steaks with Mustard-Wine Sauce

- 4 Bacon wrapped beef filets
- 2 tsp crushed seasoned pepper blend or freshly ground black pepper
- 3 tbsp chopped shallots or chopped garlic
- 1 cup beef broth
- 1-2 cup dry red wine or apple juice
- 2 tbsp Dijon-style mustard
- 1 tbsp butter
- Chopped fresh parsley



Season steaks with pepper. Spray nonstick skillet with cooking spray and heat over medium high heat for 1 minute. Add steaks and cook until desired doneness, turning once. Remove steaks and keep warm. Add shallots to skillet and cook and stir until tender. Add broth, wine and mustard. Bring to a boil. Cook over medium heat 10 minutes or until sauce is reduced to about 1 cup. Stir in butter. Serve sauce with steaks. Sprinkle with parsley.

Yield: 4 Servings

Maple-Pecan Pork Steaks

- 2 tbsp spicy brown mustard
- 1/2 tsp pepper
- 1/2 cup maple syrup, divided
- 4 bone in pork steaks
- 1 tbsp butter
- 1/2 cup unsweetened apple juice
- 1 cup pecan halves



In a small bowl, combine the mustard, pepper and 2 tsp syrup. Brush over both sides of pork steaks. In a large nonstick skillet, brown pork in butter over medium heat for 2-3 minutes on each side. Add apple juice. Reduce heat; cover and simmer for 15-20 minutes or until meat is tender. Remove steaks and keep warm.

Add pecans and remaining syrup to the skillet; cook and stir for 1-2 minutes or until blended. Serve over the pork steaks. **Yield: 4 servings.**

Sweet & Sour Popcorn Chicken

- 1 medium sweet red pepper, cut into 1 inch pieces
- 1 small onion, thinly sliced
- 1 tbsp vegetable oil
- 1 (20 oz.) can pineapple chunks in juice
- 3 tbsp white vinegar
- 2 tbsp low sodium soy sauce
- 2 tbsp ketchup
- 1/3 cup packed brown sugar
- 2 tbsp cornstarch
- 3 cups popcorn chicken

In a large skillet or wok, heat oil. Stir-fry pepper and onion for 3-4 minutes or until crisp-tender. Drain pineapple, reserving juice in a 2-cup measuring cup; set pineapple aside. Add enough water to the juice to make 1 1/3 cups. Stir in the vinegar, soy sauce and ketchup. In a bowl, combine brown sugar and cornstarch. Stir in pineapple juice mixture and mix until smooth. Gradually add to skillet. Bring to a boil; cook and stir for 2 minutes or until thickened. Add pineapple. Reduce heat and simmer, uncovered, for 4-5 minutes or until heated through. Meanwhile, microwave chicken according to package instructions. Stir into pineapple mixture. Serve immediately.



Pretty Pear Salad

- 1 can (29 oz.) Pear halves
- 1/2 package cream cheese, softened
- 1/2 tbsp sugar
- 1/2 cup seedless grapes, halved
- Leaf Lettuce

Drain the pear halves, reserving 1 tbsp of syrup. In a small bowl, beat the cream cheese, sugar and reserved syrup until smooth. Fill pear halves; top with grapes. Serve on lettuce leaves. **Yield: 8 servings.**