

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

February 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.



February 2008 Menu

Sirloin Strip Steaks	Frosted Corn Flakes
Salisbury Steak Dinner	Frozen fresh corn
Split Chicken Breast	Frozen fresh carrots
Breaded Chicken Breasts	Fresh Onions
Meaty Beef Ribs	Fresh potatoes
Pork Chops	Sliced pears
Philly Steak Portions	Black Eyed Peas
Peanut Butter	Dessert Item
Chicken Noodle Soup	

Be Food Safe!

Check—Make sure items were handled properly at the store.

Clean—Wash hands, counter-tops, produce and utensils.

Separate—Keep raw meats and vegetables separated.

Cook—Cook foods to proper temperatures.

Chill—Keep cold foods refrigerated and leftovers stored promptly.

Throw Away—When in doubt, throw it out!

www.fightBAC.org

Easy Hoppin' John Recipe

1 1/2 cups dry black-eyed peas
 1 pound ham hocks
 1 onion, chopped
 1/2 teaspoon crushed red pepper flakes
 salt and pepper to taste
 4 cups water
 1 1/2 cups long-grain white rice
 1 cup shredded smoked Cheddar cheese

4 Servings: Calories: 887, Total Fat: 34.6g, Cholesterol: 107mg, Sodium: 259mg, Total Carbs: 96g, Dietary Fiber: 8.1g, Protein: 46.4g

1. In a large pan place the peas, ham hock, onion, red pepper, salt and pepper. Cover with water and bring to a boil. Reduce heat to medium-low and cook for 1 1/2 hours.
2. Remove ham hock and cut meat into pieces. Return meat to pot. Stir in the rice, cover and cook until rice is tender, about 20 to 25 minutes. Season to taste with salt and pepper. Sprinkle shredded cheese over top, if desired. Serve

Cooking Black Eyed Peas

Sorting

Sort peas to remove foreign matter, such as small stones, and rinse in cold water.

Soaking

Overnight method: Add dry beans to cold water. Cover. Let stand in refrigerator overnight. Drain and discard soaking water. Replace water and cook immediately after soaking period. Longer periods of soaking are not recommended.

Quick Soak method: Pour dry peas into boiling water and boil for 2 minutes. Remove from heat and allow to stand in water for 1 hour. Discard soaking water and proceed with cooking.

Soaking the peas not only makes them cook faster, but by discarding the soaking water gas-forming properties of the peas are lessened.

Cooking

Use approximately 1 3/4 quarts (4 3/4 cups) of boiling water for each pound of peas to be cooked. Cook for approximately 1/2 hour. Add additional boiling water if peas become dry. Drain, if desired. Serve tossed with butter (or margarine) and/or seasoning, or use in recipes. One 1/2 teaspoon of salt per pound of peas may be added, after cooking, if desired.

Source: USDA

Pork Chop & Potato Casserole

3 cups 2% low-fat milk
2 pounds potatoes, thinly sliced
2 garlic cloves, thinly sliced
2 bay leaves
8 oz. fresh frozen carrots
Cooking spray
4 (6 oz.) pork chops
1 cup (4 ounces) shredded Gruyère cheese
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
1/8 teaspoon ground nutmeg
Preheat oven to 400°.

Combine first 4 ingredients in a large saucepan over medium heat; bring to a boil, stirring constantly. Reduce heat; simmer 10 minutes, stirring frequently. Remove from heat, and let stand 10 minutes. Drain potatoes in a colander over a bowl, reserving 1 cup milk mixture. Discard bay leaves.

Cook carrots in boiling water for 2 minutes or until crisp-tender. Rinse in cold water; drain.

Arrange half of potatoes in bottom of a 13 x 9-inch baking dish coated with cooking spray. Arrange carrots and pork chops over potatoes. Sprinkle with half of cheese, salt, and pepper. Top with remaining potatoes. Sprinkle with remaining cheese, salt, and pepper. Stir nutmeg into reserved milk mixture; pour over potatoes.

Cover with foil; cut 3 (1-inch) slits in foil. Bake at 400° for 20 minutes. Uncover and bake an additional 20 minutes or until cheese begins to brown. Let stand 10 minutes before serving.

CALORIES 208(29% from fat); FAT 6.8g (sat 3.9g, mono 1.9g, poly 0.4g); PROTEIN 11.5g; CHOLESTEROL 27mg; CALCIUM 270mg; SODIUM 352mg; FIBER 2.3g; IRON 1.2mg; CARBOHYDRATE 26.2g

Menu Ideas

Sirloin Strip Steak
Baked Potato
Green Salad

Beef Ribs
Rice
Carrots

Chicken Noodle Soup
Crackers
Fruit Cup

Pork Chop & Potato Casserole
Sliced Pears
Juice

Corn Flakes
Orange Juice
Toast

Baked Breaded Chicken
Breast Filets
Corn and Mashed Potatoes

Hoppin' John
Corn Bread
Steamed Okra

Be Food Safe—Clean Fruit & Vegetable Safety



- ★ Wash hands with warm water and soap for at least 20 seconds before and after handling fresh fruits and vegetables.
- ★ Clean all surfaces and utensils with hot water and soap, including cutting boards, counter tops, peelers and knives that will touch fresh fruits or vegetables before and after food preparation.
- ★ Rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten. Packaged fruits and vegetables labeled “ready-to-eat”, “washed” or “triple washed” need not be washed.
- ★ Rub firm-skin fruits and vegetables under running tap water or scrub with a clean vegetable brush while rinsing with running tap water.
- ★ Dry fruits and vegetables with a clean cloth towel or paper towel.
- ★ Never use detergent or bleach to wash fresh fruits or vegetables. These products are not intended for consumption.

Source: FightBAC.org Check, Clean, Separate, Cook, Chill, Throw Away

Recipes Ideas

Easy Skillet Strip Steak

4 (5 ounce) Sirloin strip steaks
1 garlic clove, halved
1/4 teaspoon salt
1/4 teaspoon pepper
1 tablespoon butter
1/4 cup sherry or beef broth
1/4 teaspoon Worcestershire sauce
2 tablespoons chopped green onion

1. Rub steaks with garlic and sprinkle with salt and pepper; set aside. Melt butter in a large skillet. Add the sherry or broth, Worcestershire sauce and onion. Bring to a boil. Reduce heat; simmer, uncovered, for 4-5 minutes.
2. Add the steaks and cook over medium heat for 3-7 minutes on each side or until the meat reaches desired doneness (for medium-rare, a meat thermometer should read 145 degrees F, medium, 160 degrees F, well-done, 170 degrees F).

Nutritional Analysis: One steak equals 389 calories, 23 g fat (11 g saturated fat), 113 mg cholesterol, 461 mg sodium, 2 g carbohydrate, trace fiber, 36 g protein.

Spice up your Side Dishes!

Here are some great spice and herb ideas to add a little change from butter & salt

Carrots: Ginger, dry mustard, dill weed, chives, & lemon pepper

Corn: Chili powder, onion powder, chives, & cumin.

Potatoes: Dill weed, paprika, parsley, white pepper, & thyme

Slow Cooked Beef Ribs

2 teaspoons all-purpose flour
1/4 teaspoon salt
1/8 teaspoon ground black pepper
1 pound beef short ribs
2 teaspoons olive oil
1/3 onion, sliced
2 tablespoons and 2 teaspoons dry red wine
2 tablespoons and 2 teaspoons chili sauce
1 tablespoon packed brown sugar
1 tablespoon vinegar
1 teaspoon Worcestershire sauce
1/8 teaspoon dry mustard
1/8 teaspoon chili powder
2 teaspoons all-purpose flour
1 tablespoon and 1 teaspoon water

1. In a small bowl, combine 2 tablespoons flour, salt, and pepper. Coat the short ribs with the flour mixture.
2. In a large skillet, heat the olive oil over medium-high heat. Brown short ribs in olive oil.
3. In a slow cooker, combine onions, wine, chili sauce, brown sugar, vinegar, Worcestershire sauce, mustard, and chili powder. Mix thoroughly. Transfer the short ribs from the skillet to the slow cooker.
4. Cover, and cook on low for 6 to 8 hours. Remove ribs, and turn the slow cooker control to high. Mix the remaining 2 tablespoons of flour with 1/4 cup water, and stir into the sauce. Cook for 10 minutes, or until slightly thickened.

2 Servings:Calories: 461, Total Fat: 32.7g, Cholesterol: 84mg, Sodium: 486mg, Total Carbs: 13.2g, Dietary Fiber: 0.3g, Protein: 24.1g