

Taco Chicken Tortilla Wraps

- 4 flour tortillas
- 1 pound chicken breast tenders
- 1 Tablespoon chili powder
- Vegetable cooking spray
- 1 cup thin onion wedges
- 2 cups shredded iceberg lettuce
- 1 medium-sized tomato, chopped
- 1/2 cup fat free or low-fat sour cream



- Warm tortillas by placing between two damp paper towels and microwave for 15 seconds or until warm and pliable.
- Combine chicken and seasoning in a heavy-duty, zip-top plastic bag. Seal bag and shake well.
- Coat a large non-stick skillet with cooking spray; place over medium-high heat until hot. Add chicken and onion; sauté 6 minutes or until chicken is done.
- Spoon chicken mixture onto tortilla; top evenly with lettuce, tomato, and sour cream. Roll up tortillas, and wrap if desired. Serve immediately. **Yields 4 servings**

Nutritional Information: Calories-299; fat 1.8g; protein 32g; carbohydrate 36.3g; fiber 2.1g; cholesterol 66mg; sodium 770mg
Source: Cooking Light, 5 Ingredient, 15 Minute Meals, pg 185

Succotash Salad

6 servings

- 2 cups lima beans
 - 1 cup mixed frozen vegetables
 - 1/2 cup chopped green pepper
 - 1/4 cup chopped onion
 - 1/3 cup vegetable salad marinade (from front page)
- Thaw frozen vegetables by running under cool water.
Cover and marinate vegetables for at least 4 hours in the refrigerator.
Serve with a slotted spoon.

Angel Food

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Autumn October 2009 Menu

Pork & Cabbage Supper
Slicked Whole Wheat Bread
Apple Quesadilla



The Community Nutrition Education Program (CNEP) provides free weekly nutrition education for limited income families. The weekly visits are one-to-one in homes or small learning groups. These visits provide ideas in improving diets & making the most of food dollars CNEP is offered by the Oklahoma Cooperative Extension Service. For more information, contact: Debbie Walters: 918.423.4120 debra.walters@okstate.edu

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PORK AND CABBAGE SUPPER

INGREDIENTS

- 2 Pork Center Cut Ham Steaks
- Spray vegetable oil
- 1 can (10-3/4 ounces) condensed cream of mushroom soup, undiluted
- 1/2 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 3 cups shredded cabbage

DIRECTIONS

Spray a medium skillet with vegetable oil. Brown steaks on both sides; remove and set aside. To drippings, add soup and seasonings; bring to a boil. Return steaks to skillet; add cabbage. Cover and simmer 15-20 minutes or until meat is tender. Yield: 2 servings.

Nutrition Facts:

1 serving (1 each) equals 287 calories, 18 g fat (5 g saturated fat), 33 mg cholesterol, 1,399 mg sodium, 19 g carbohydrate, 4 g fiber, 15 g protein.

Adapted from: Pork and Cabbage Supper published in Reminisce November/December 1996, Taste of Home

Sloppy Joes

- 1 pound lean ground beef
- 1/4 cup chopped onion
- 1 Tablespoon chopped celery
- 1 cup tomato sauce
- 1 Tablespoon Worcestershire sauce
- 1 Tablespoon prepared mustard



Using a non-stick skillet, brown ground beef, onion, and celery. Stir in tomato sauce, Worcestershire sauce and mustard. Cook on medium heat until desired consistency is reached. Serve on burger buns. To complete the meal add sliced vegetable sticks and sliced fruit.

Apple Quesadilla

Ingredients:

- Vegetable spray
- 2 apples, thinly sliced (you may peel if you wish)
- 1/4 cup brown sugar
- 1 teaspoon cinnamon
- 2 Tablespoon butter or margarine
- 1/2 cup pecans (optional)
- 2 flour tortilla wraps
- 1 8 oz package low-fat soft cream cheese spread

Directions:

- Spray skillet with vegetable spray. Toss apples, sugar and cinnamon together. Cook mixture in a skillet on medium heat until apples are tender.
- Spread one side of each tortilla with 1 tablespoon margarine.
- Spread cream cheese product evenly on the opposite side of the tortilla; top 1/2 the tortilla evenly with the cooked apple mixture.
- Fold in half and cook in a skillet on medium high heat for 1 1/2 to 2 minutes and then turn.

Mixed Vegetable Salad

Ingredients:

- 2 cups mixed frozen vegetables
 - 1/3 cup vegetable salad marinade
- Thaw frozen vegetables by running under cool water. Cover and refrigerate ingredients for at least 4 hours.



Vegetable Salad Marinade

- 1/2 cup sugar
- 1 cup cider vinegar
- 1 teaspoon salt
- 1 teaspoon garlic powder
- 1 teaspoon pepper

Combine ingredients in a saucepan. Bring mixture to a boil, stirring constantly until sugar dissolves. Let cool. Cover; store in refrigerator up to two weeks. Stir before adding to vegetables.