

Angel Food Menus – Week 3 Of June

By www.HillbillyHousewife.com

These menus are based on the food provided by Angel Food Ministries in their monthly boxes. For more information on ordering these food boxes visit

<http://www.angelfoodministries.com/>

Sunday

Honey-Glazed Chicken Breasts

Makes 6 servings

6 boneless skinless chicken breast halves (about 1 3/4 pounds)

1/2 cup orange juice

1/2 cup honey

2 tablespoons lemon juice

1/4 teaspoon salt

Chopped fresh parsley, if desired

Heat oven to 375°. Grease rectangular pan, 13 x 9 x 2 inches. Place chicken in pan. Mix remaining ingredients; pour over chicken.

Cover and bake 20 minutes; turn chicken. Bake uncovered 20 to 30 minutes longer or until juice of chicken is no longer pink when centers of thickest pieces are cut. Sprinkle with parsley.

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Monday

Maple-Apple Party Ribslets

Makes 8 servings

2 pounds pork baby back ribs, cut across bones to form ribslets
1/2 cup real maple syrup
1/4 cup apple jelly
1 tablespoon soy sauce
1/4 cup chopped fresh chives
1/2 teaspoon dry mustard

Heat oven to 450°F. Line 15x10x1-inch baking pan with foil. Cut ribs into individual ribslets. Place, meaty side down, in foil-lined pan; cover with foil. Bake at 450°F. for 30 minutes.

Meanwhile, in small saucepan, combine syrup, jelly, soy sauce, chives and dry mustard; mix well. Cook over low heat for 8 to 10 minutes or until hot and well blended, stirring occasionally. Remove from heat.

Reduce oven temperature to 350°F. Remove ribs from oven. Uncover; drain liquid from ribs. Turn ribs meaty side up; brush with syrup mixture.

Bake, uncovered, at 350°F. for 30 minutes. Brush with syrup mixture; bake an additional 10 to 15 minutes or until ribs are tender and glazed.

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Tuesday

Baked Mostaccioli

Makes 6 servings

- 1 cup onions chopped
- 1 tablespoon vegetable oil
- 2 1/2 tablespoons parsley dried flakes, crushed*
- 1 teaspoon garlic minced
- 1 28-ounce can tomatoes undrained
- 2 teaspoons oregano dried leaves, crushed*
- 1 teaspoon sugar
- 1/2 teaspoon basil leaves dried, crushed*
- 1 cup petite peas thawed
- 1 8-ounce package mostaccioli (about 2 1/4 cups)
- 3/4 pound ground beef
- 1/4 teaspoon salt
- 1 cup ricotta cheese
- 1/4 cup parmesan cheese grated
- 4 ounces mozzarella cheese shredded (about 1 cup)

Preheat oven to 350°. Grease a 2-quart oblong baking dish.

In a 10-inch skillet over medium-high heat, saute onion in oil until almost tender. Add parsley and garlic. Cook for 3 minutes.

Meanwhile, place tomatoes with juice in a blender container. Cover and blend until tomatoes are chopped. Add to sautéed vegetables along with oregano, sugar and basil. Cook and stir for 12 minutes.

Stir in peas. Cook 3 to 5 minutes longer or until mixture is reduced and thickened.

Meanwhile, cook pasta according to package directions; drain and set aside.

Meanwhile, in a second skillet over medium-high heat, brown ground beef until no longer pink. Drain off fat. Sprinkle with salt.

In a large bowl, stir together pasta, meat and one-half of the sauce. In a medium bowl, mix ricotta and Parmesan cheese.

To assemble, place half of the pasta mixture in baking dish. Spread with ricotta mixture. Add remaining pasta mixture and top with remaining sauce.

Bake for 20 to 25 minutes or until very bubbly.

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Sprinkle top with mozzarella cheese. Bake 3 to 5 minutes longer or until mozzarella melts.

*If using fresh, use three times the amount of dried herb or to taste. Fresh herbs should be chopped or minced.

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Wednesday

Turkey Tetrazzini

Makes 6 servings

- 1 (7-ounce) package spaghetti
- 2 cups chicken or turkey broth
- 2 cups half and half or milk
- 1/2 cup all-purpose flour
- 1/4 cup margarine or butter
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 cups cut-up cooked turkeys or chicken
- 1 cup sliced ripe olives
- 1/2 cup slivered almonds
- 1 cup shredded cheddar cheese (4 ounces)

Heat oven to 350°. Cook and drain spaghetti as directed on package.

Mix broth, half-and-half, flour, margarine, salt and pepper in 3-quart saucepan. Heat to boiling over medium heat, stirring constantly. Boil and stir 1 minute.

Stir in spaghetti, turkey, olives and almonds. Spread in ungreased 2-quart casserole. Sprinkle with cheese.

Bake uncovered 25 to 30 minutes or until hot and bubbly.

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Thursday

The Ultimate Chicken Casserole

Makes 10 servings

- 1 tablespoon vegetable oil
- 2 pounds chicken breasts tenders (not breaded)
- 2 packages (10 ounces each) frozen broccoli spears, thawed and drained
- 1 can (8 ounces) sliced water chestnuts, drained
- 1 can (10 3/4 ounces) condensed cream of chicken soup
- 1/2 cup reduced-fat mayonnaise
- 1 teaspoon lemon juice
- 1/2 cup milk
- 1/2 teaspoon curry powder, if desired
- 1/2 cup shredded reduced-fat cheddar cheese (2 ounces)
- 1/2 cup dry bread crumbs
- 1 can (2.8 ounces) French-fried onions
- 1/4 cup slivered almonds

Heat oven to 350°. Heat oil in 12-inch skillet over medium-high heat. Cook chicken in oil 5 to 6 minutes, stirring occasionally, until chicken is no longer pink in center. Layer broccoli spears, water chestnuts and chicken in ungreased rectangular baking dish, 13 x 9 x 2 inches.

Mix soup, mayonnaise, lemon juice, milk and curry powder; pour over chicken and broccoli. Sprinkle with cheese, bread crumbs, onions and almonds.

Cover and bake 30 minutes. Uncover and bake about 15 minutes longer or until broccoli is tender.

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Friday

Family-Favorite Taco Salad

Makes 6 servings

- 1 pound ground beef
- 1 large onion, chopped
- 1 envelope (about 1 1/4 ounces) taco seasoning mix
- 1 cup water
- 1 (12-ounce) package tortilla chips
- 1/2 head lettuce, shredded
- 2 medium tomatoes, chopped
- 1 (2 1/4-ounce) can sliced ripe olives, drained
- 1 cup shredded Cheddar or Monterey Jack cheese (4 ounces)
- 2/3 cup dairy sour cream

Cook and stir ground beef and onion in 10-inch skillet until beef is brown; drain. Stir in seasoning mix (dry) and water.

Heat to boiling; reduce heat. Simmer uncovered 10 minutes, stirring occasionally. Spoon beef mixture onto chips. Top with remaining ingredients.

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Saturday

Pork Chop and New Potato Skillet

Makes 6 servings

- 6 pork loin or rib chops, 1/2 inch thick (about 1 1/2 pounds)
- 1 (10 3/4-ounce) can condensed cream of mushroom soup
- 1 (4-ounce) can mushrooms, stems and pieces, undrained
- 1/4 cup water
- 2 tablespoons dry white wine or apple juice
- 3/4 teaspoon chopped fresh or 1/4 teaspoon dried thyme leaves
- 1/2 teaspoon garlic powder
- 1/2 teaspoon Worcestershire sauce
- 6 medium new potatoes (about 1 1/2 pounds), cut into fourths
- 1 tablespoon chopped pimiento
- 1 (10-ounce) package frozen green peas, rinsed and drained

Spray 10-inch nonstick skillet with nonstick cooking spray; heat skillet over medium-high heat. Cook pork in skillet until brown on both sides.

Mix soup, mushrooms, water, wine, thyme, garlic powder and Worcestershire sauce; pour over pork. Heat to boiling, stirring occasionally; reduce heat. Cover and simmer 15 minutes.

Add potatoes. Cover and simmer 15 minutes. Stir in pimiento and peas. Cover and simmer about 10 minutes, stirring occasionally, until pork is tender and slightly pink when centers of thickest pieces are cut and peas are tender.