

Angel Food Menus – Week 1 Of October

By www.HillbillyHousewife.com

Sunday

Ribeye Pepper Onion Steak Sauté

Makes 4 servings

Spoon on top of grilled ribeye steaks right before serving.

- 1 onion, sliced
- 1 green pepper, sliced
- 1 (8-ounce) package sliced mushrooms
- 2 tablespoons butter
- Minced garlic to taste

Sauté ingredients together until tender.

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Monday

Crispy Baked Chicken

Makes 4 servings

4 boneless skinless chicken breast halves

1/2 cup skim milk

1/2 cup cornflakes crumbs

1/2 teaspoon rosemary or coriander

Freshly ground pepper

1. Rinse and dry chicken pieces thoroughly. Dip in milk.
2. Mix cornflake crumbs with rosemary or coriander and pepper. Roll chicken in the seasoned crumbs.
3. Place in a baking dish
4. Bake at 350 degrees for 45-60 minutes.

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Tuesday

Tamale Corn Bread Pie

Makes 2 servings

- 2 onions medium, chopped
- 1 tablespoon vegetable oil
- 2 pounds ground beef
- 2 16-ounce cans chili beans chili beans in gravy
- 1 15 1/4-ounce can corn whole kernel corn, drained
- 1 16-ounce can stewed tomatoes
- 2 4-ounce cans green chilies chopped
- 2 to 3 teaspoons chili powder
- 1/2 teaspoon salt
- 1 15-ounce box corn bread and muffin mix

1. In a large skillet over medium-high heat, sauté onions in oil until limp.
2. Add beef and cook just until brown. Drain off liquid. Place meat mixture in a large bowl.
3. Add beans in gravy, corn, tomatoes, green chilies, chili powder and salt. Mix well. Divide mixture evenly between two 2-quart oblong baking dishes. Cover and refrigerate up to 24 hours or freeze up to 3 months.
4. About 1 hour before serving, uncover and bake in a preheated 400° oven for 20 minutes (45 minutes if frozen) or until mixture is bubbly. Meanwhile prepare corn bread mix according to package directions.* Spread half the batter evenly on top of each baking dish. Return to oven for 10 minutes; reduce heat to 350° and bake 20 to 25 minutes longer or until corn bread is golden brown.

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Wednesday

Turkey and Noodles with Poppy Seeds

Makes 12 servings

1 (8-ounce) package wide noodles (or use the homemade noodles in the BREAD section)

- 1 1/2 pounds turkeys, ground
- 1 medium onion, chopped
- 1 small green pepper, chopped
- 1 (15-ounce) can tomato sauce
- 1/4 teaspoon pepper
- 1/2 teaspoon salt (optional)
- 1/2t pound soft tofu, mashed
- 1 cup nonfat ricotta cheese
- 1/2 cup low-fat plain yogurt
- 1 tablespoon poppy seeds

1. Start cooking the noodles. While they are cooking, cook the turkey, onions, and green pepper in large skillet, until turkey is no longer pink.
2. Stir in tomato sauce, salt and pepper.
3. Combine cheeses, yogurt, poppy seed, and noodles.
4. Spread 3/4 of the noodle mixture in a 13x9x2 inch baking dish. Top with meat mixture, leaving a 1-inch border of uncovered noodles.
5. Spread the rest of the noodle mixture in the center of the pan leaving a 1-inch meat border.
6. Bake covered at 375 degrees for 30 minutes. Uncover and bake 10-15 minutes longer or until the casserole is heated through.

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Thursday

Skillet Mostaccioli

Makes 4 servings

- 1 pound ground beef
- 2 cups mostaccioli uncooked or ziti
- 1 15 1/2-ounce jar marinara sauce or spaghetti sauce
- 1 1/2 cups water
- 1/4 teaspoon salt
- Black pepper
- 4 ounces mozzarella cheese shredded (1 cup)
- Parmesan cheese Grated

1. In a 10-inch skillet over medium-high heat, cook and stir beef until meat loses its pink color. Stir in mostaccioli or ziti, marinara or spaghetti sauce, water and salt. Sprinkle with pepper. Reduce heat to low, cover and simmer for 30 minutes or until pasta is tender, stirring every 10 minutes to prevent sticking.

2. Transfer ground beef and pasta mixture to a warm serving plate, sprinkle with mozzarella and cover loosely with foil for 1 to 2 minutes or until cheese melts.

3. Serve with Parmesan cheese.

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Friday

No Fuss Chicken

Makes 6 servings

- 1 (8-ounce) bottle Russian salad dressing
- 1/3 cup apricot preserves
- 1 (1 1/2-ounce) box dry onion soup mix
- 6 to 8 boneless, skinless chicken breasts

1. In a medium mixing bowl, blend together dressing, preserves and soup mix; set aside.
2. Place chicken in an ungreased 13" x 9" baking dish; pour preserve mixture over chicken.
3. Bake, covered, at 350 degrees for 20 minutes. Uncover and baste chicken with sauce. Cook an additional 20 minutes.

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Saturday

Roast Pork Tenderloin with Apple Stuffing

Makes 6 servings

1/2 cup celery chopped
1 tablespoon onions minced
1 clove garlic minced
1/3 cup butter or margarine
2/3 cup hot water
2 cups seasoned stuffing mix
2 cups apples peeled, cored and chopped tart baking
2 pork tenderloin (3/4 lb. each)
4 strips bacon
Parsley sprigs

1. Preheat oven to 325°.
2. Grease a 2-quart oblong baking dish.
3. In a large saucepan over medium-high heat, sauté celery, onion and garlic in butter or margarine for 3 minutes or until celery is crisp-tender. Add water; stir in stuffing mix and apples. Spread stuffing in baking dish. Cover with foil.
4. In a 1 1/2 -quart oblong baking dish, place tenderloins; arrange bacon over top. Bake with stuffing for 45 to 60 minutes or until a meat thermometer registers 170°. Uncover stuffing for last 10 minutes of baking.
5. To serve, discard bacon from tenderloins. Slice tenderloins and arrange over stuffing. Garnish with parsley.