

Angel Food Menus – Week 2 Of May

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 Mustard Pork Chops

Makes 4 servings

- 1/4 cup honey
- 2 tablespoons Dijon style mustard
- 1 tablespoon orange juice
- 1 teaspoon chopped fresh or 1/4 tsp. dried tarragon leaves
- 1 teaspoon cider vinegar
- 1/2 teaspoon white wine
- Worcestershire sauce
- Dash of onion powder
- 4 pork loin chops, boneless, 1 inch thick (about 1 pound)

Heat coals or gas grill. Mix all ingredients except pork. Cover and grill pork 4 to 6 inches from medium heat 14 to 16 minutes, brushing occasionally with honey mixture and turning once, until pork is slightly pink when centers of thickest pieces are cut. Discard any remaining honey mixture.

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Monday

Carol's Lemonade Chicken

Makes 4 servings

- 1 cup white rice
- 4 chicken breasts chilled
- 2 cloves garlic minced
- 2 tablespoons vegetable oil
- 1 6-fluid ounce can frozen lemonade concentrate thawed
- 1/4 cup water
- 3 teaspoons chicken bouillon
- 1 green bell pepper small, cut in 1-inch strips
- 1 red bell pepper small, cut in 1-inch strips
- 1 yellow pepper small cut in 1-inch strips, or 1 small yellow summer squash, cut in 1/4-inch slices
- 1/4 cup water
- 2 teaspoons cornstarch

Cook rice according to package directions; keep warm if necessary.

Remove skin from chicken breasts. Cut chicken into 2 x 1/2 x 1/2 -inch strips. In a 10-inch skillet over medium-high heat, sauté chicken and garlic in oil until chicken is opaque. Reduce heat to medium.

Add lemonade concentrate, water and bouillon granules. Cook for 10 minutes or until liquid is reduced by half.

Add peppers. Cover and cook for 5 minutes or until peppers are crisp-tender.

In a small bowl, stir water and cornstarch until smooth. Pour into skillet. Bring to a boil and boil for 1 minute. Serve over rice.

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Tuesday

Salisbury Steak with Macaroni and Cheese

Makes 4 servings

- 1 28-ounce package Salisbury steak entree
- 1 7 1/2-ounce container macaroni and cheese

Prepare Salisbury steak entree as directed on package. Prepare macaroni and cheese as directed on package. Serve together.

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Wednesday

Deep Dish Mexican Pizza

Makes 6 servings

- 1 8-ounce can tomato sauce
- 1 4-ounce can green chilies diced, drained
- 1 tablespoon dried minced onion
- 1 to 2 teaspoons chili powder
- 1 teaspoon oregano
- 1 teaspoon garlic salt
- 1 15-ounce package corn bread and muffin mix
- 3/4 cup water cold
- 2 eggs beaten
- 1/2 green bell pepper medium cut in very thin 1 1/2 -inch long slices
- 1 4-ounce can olives sliced, drained
- 1 cup mozzarella cheese shredded (about 4 oz.)
- 1 cup cheddar cheese shredded (about 4 oz.)
- 3 tablespoons parmesan cheese grated

Preheat oven to 450°. Generously grease a 13 x 9 x 2-inch baking pan. In a medium bowl, mix tomato sauce, green chilies, onion, chili powder, oregano and garlic salt; set aside.

In another medium bowl, mix corn bread mix, water and eggs until smooth. Pour into baking pan. Spread sauce over top to within 1/2 inch of edges.

Arrange green pepper and olives on pizza. Top with cheeses. Bake in middle of oven for 20 minutes or until crust is golden brown and edges pull away from sides of pan.

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Thursday

Turkey Jalapeno Quesadillas

Makes 4 servings

- 1/4 cup sour cream
- 1 tablespoon chopped fresh cilantro
- 1 (1 1/4-ounce) packet taco seasoning mix
- 1/2 pound sliced cooked deli turkeys
- 1 cup Mexican multi-cheese shredded cheese (4 ounces)
- 4 medium jalapeno chiles, seeded and coarsely chopped (1/4 cup)
- 4 flour tortillas (10 inches in diameter)
- 2 teaspoons vegetable oil

1. Mix sour cream, cilantro and taco seasoning mix in small container; cover with lid and set aside.
2. Layer turkey, cheese and chilies on 2 of the tortillas. Top with remaining tortillas. Brush top of each quesadilla with about 1/2 teaspoon of the oil.
3. Spray 10-inch nonstick skillet with cooking spray; heat over medium heat. Place 1 quesadilla, oil side down, in skillet; brush top with about 1/2 teaspoon oil. Cook about 2 minutes or until light golden brown. Turn quesadilla; cook 2 minutes longer or until light golden brown.
4. Repeat with remaining quesadilla. Cut into wedges. Serve immediately, or wrap securely with plastic wrap and refrigerate up to 24 hours to grab 'n go with sour cream mixture.

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Friday

Creamy Chicken Pasta Stew

Makes 4 servings

- 1 tablespoon butter or margarine
- 1 pound boneless skinless chicken breast halves, cut into 1-inch pieces
- 1 cup milk
- 1 3-ounce package cream cheese, soften
- 1 (1-pound) bag frozen pasta, broccoli and carrots in creamy cheddar sauce
- 2 tablespoons chopped fresh chives

1. Melt butter in 12-inch nonstick skillet over medium-high heat. Cook chicken in butter 4 to 5 minutes, stirring occasionally, until brown.
2. Stir milk and cream cheese into chicken. Cook about 5 minutes, stirring frequently, until cheese is melted.
3. Stir in frozen pasta and vegetable mixture. Heat to boiling, stirring occasionally; reduce heat. Cover and simmer 3 to 7 minutes or until pasta and vegetables are tender. Sprinkle with chives.

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Saturday

Sloppy Joes Hot Potato Stuffers

Makes 4 servings

- 4 medium baking potatoes
- 2 cups sloppy joe sauce, thawed if frozen or 1 can (15-16 ounces) chili
- 1 cup shredded cheddar cheese (4 ounces)
- Sour cream, if desired
- Bacon bits, if desired
- Chopped onion, if desired
- Chopped green bell pepper, if desired
- Sliced ripe olives, if desired

1. Pierce potatoes with sharp knife. Arrange potatoes in spoke pattern with narrow ends in center on microwavable paper towel in microwave oven. Microwave on High 12 to 14 minutes, turning once, until tender. Cover and let stand 5 minutes.
2. Cut slit in each potato two-thirds of the way to bottom; gently press ends together to create a "well." Place potatoes on microwavable plate. Top potatoes with Sloppy Joes and cheese. Microwave 1 to 2 minutes or until cheese is melted. Serve with remaining ingredients as toppings.