

# Angel Food Menus – Week 1 Of September

By [www.HillbillyHousewife.com](http://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

### Ribeye Steaks

Makes 4 servings

- 4 8 ounce ribeye steaks
- 3 tbsp soy sauce
- 1 tbsp minced garlic
- 1 tsp ground cumin
- 1/8 tsp pepper
- 1/2 cup butter
- 1 pound fresh, sliced mushrooms
- 2 tbsp white wine

Season steaks in soy sauce, garlic, cumin and pepper. Set aside. Sauté mushrooms in 1/4 cup butter. Add wine and sprinkle with seasonings. Sauté seasoned steaks in 1/4 cup butter (or grill) to desired doneness. Top with mushroom sauce!

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## Monday

### Chicken Piccata

Makes 4 servings

- 2 to 3 slices bread torn in large pieces
- 4 chicken breasts large boneless, skin removed
- 1/2 teaspoon salt
- 1/8 teaspoon black pepper
- 1 egg large
- 1 tablespoon milk
- 1 garlic large, crushed
- 2 tablespoons butter or margarine
- 2 tablespoons vegetable oil
- 1/4 cup water
- 2 tablespoons lemon juice
- 1 teaspoon chicken bouillon
- Lemon slices
- 1 tablespoon capers (optional), drained

Preheat oven to 250°. Place bread in a blender container, one slice at a time. Cover and blend at high speed to make soft bread crumbs; set aside. You will need about 1 1/2 cups.

Place one chicken breast half at a time, shiny-side down, between two pieces of waxed paper. With a wooden mallet or a rolling pin, flatten to 1/8 -inch thickness. Peel off waxed paper. Sprinkle one side of each with salt and pepper.

In a pie plate or shallow dish with a whisk or fork, beat egg and milk until blended. With tongs, dip both sides of chicken in egg mixture, then in bread crumbs to coat; set aside. In a 10-inch skillet over medium heat, sauté garlic in butter or margarine and oil until brown; discard garlic. Sauté chicken breasts, two at a time, for 2 to 3 minutes on each side or until well browned. Transfer to an ovenproof platter in a single layer; place in oven to keep warm. Remove skillet from heat.

To skillet, add water, lemon juice and bouillon granules. Cook and stir over low heat to loosen particles from bottom of skillet. Simmer for 2 minutes or until reduced slightly.

Garnish chicken with lemon slices. Stir capers into skillet and spoon liquid over chicken and serve.

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**Tuesday**

## **Ham and Broccoli Dinner**

Makes 6 servings

- 1 10-ounce package frozen broccoli spears cooked crisp-tender and drained
- 3 eggs hard-cooked, cut in wedges
- 1 10 1/2-ounce can cream of mushroom soup condensed
- 1/2 cup milk
- 3 tablespoons mayonnaise
- 1 cup ham diced cooked
- 4 ounces American cheese diced
- 1/4 cup celery chopped
- 1/4 cup onions chopped
- 1/2 cup bread crumbs plain dry
- 2 tablespoons butter or margarine, melted

At least 1 1/4 hours or up to 24 hours before serving:

Grease a 1 1/2 -quart shallow baking dish. Cut broccoli into bite-size pieces and place in baking dish. Arrange egg wedges over top.

In a large bowl, stir soup, milk and mayonnaise until blended. Stir in ham, cheese, celery and onion. Spoon over broccoli and eggs. If making ahead, cover and refrigerate up to 24 hours, letting stand at room temperature for 1 hour before baking.

In a small bowl, mix crumbs and butter or margarine until blended. Spoon over ham mixture. Cover tightly and bake in a preheated 350° oven for 15 minutes. Uncover and bake 25 to 30 minutes longer or until center is very hot and crumbs are browned. If not serving immediately, cover loosely with foil to retain heat. Garnish with a Tomato Rose if desired.

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**Wednesday**

## **Turkey and Swiss Calzone**

Makes 8 servings

- 4 cups flour divided
- 4 1/2 teaspoons quick rise yeast
- 2 teaspoons brown sugar
- 1/4 teaspoon salt
- 1 1/2 cups water
- 3 tablespoons olive oil
- 3 1/2 cups cubed cooked turkeys (or use boiled or canned chicken)
- 1 1/2 cups shredded Swiss cheese
- 3 tablespoons Dijon style mustard
- 1 egg beaten

1. (You can skip this step and use thawed frozen bread dough if you prefer) In a mixing bowl, combine 3 c. flour, yeast, brown sugar and salt. In a saucepan, heat the water and oil to 120-130 degrees. Add to dry ingredients and beat until smooth. Stir in enough remaining flour to make a soft dough. Turn onto a floured surface; knead until smooth and elastic. (about 4 minutes) Cover and let rise in a warm place for 15 minutes.
2. Meanwhile, in a bowl, combine the turkey, cheese and mustard.
3. Divide dough into eight pieces. On a floured surface, roll each piece into a 7" circle. Place filling on half of each circle. Fold dough over filling; pinch seams to seal. Place on greased baking sheets. Brush with egg. Bake at 375 degrees for 25-30 minutes or until golden brown.

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**Thursday**

## **Cheesy Beef Spirals**

Makes 8 servings

- 2 cups spiral pasta
- 1 1/2 pounds ground beef
- 1 onion chopped
- 1 clove garlic minced
- 1 26-ounce jar spaghetti sauce
- 1 4 1/2-ounce can sliced mushrooms drained
- 1/2 cup sour cream
- 1/2 pound process American cheese cubed (such as Velveeta)
- 2 cups shredded mozzarella cheese

1. Cook pasta according to package directions.
2. Meanwhile, in a large saucepan, cook the beef, onions and garlic over medium heat until meat is no longer pink; drain.
3. Stir in spaghetti sauce and mushrooms; bring to a boil. Reduce heat; cover and simmer for 20 minutes.
4. Place 1/2 C. meat sauce in a greased shallow 2 1/2 quart baking dish.
5. Drain Pasta; place half over sauce. Top with half the remaining meat sauce; spread with sour cream. Top with the American cheese, remaining pasta and meat sauce. Sprinkle with Mozzarella Cheese.
6. Cover and bake at 350 degrees for 25-30 minutes. Uncover, bake 5-10 minutes longer or until bubbly.

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**Friday**

**Vegetable Chicken Stir-Fry**

Makes 4 servings

2 tablespoons vegetable oil

1 pound boneless skinless chicken breast halves or thighs, cut into 1-inch pieces

3 cups cut-up assorted vegetables (bell peppers, broccoli flowerets, shredded carrots)

1 clove garlic, finely chopped

1/2 cup stir fry sauce

Heat 1 tablespoon of the oil in 12-inch skillet or wok over high heat. Add chicken; stir-fry about 3 minutes or until no longer pink in center. Remove from skillet.

Heat remaining 1 tablespoon oil in skillet. Add vegetables and garlic; stir-fry about 2 minutes or until vegetables are crisp-tender. Add chicken and stir-fry sauce. Cook and stir about 2 minutes or until hot.

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**Saturday**

## **Pineapple Pork Chops**

Makes 4 servings

4 pork chops 1/2 -inch thick  
1/4 teaspoon salt  
Dash black pepper  
2 to 3 tablespoons chili sauce  
4 onions 1/8 -inch thick  
1 tablespoon vegetable oil  
1 8-ounce can pineapple slices in own juice  
Vegetable oil Additional

Adjust oven rack 6 inches from heat source. Preheat broiler. Coat a broiler pan and rack with non-stick spray.

Slash fat on chops at 1-inch intervals to prevent curling. Brush both sides of chops with 1 tablespoon oil.

Broil for 8 minutes. Turn over. Sprinkle with salt and pepper. Brush with part of the chili sauce. Top each with an onion slice. Brush onion lightly with additional oil.

Drain pineapple, reserving juice. Place pineapple slices on broiler rack around chops. Broil chops and pineapple for 6 to 8 minutes or until pork is no longer pink along bone and is a light grey.

Place one pineapple slice on each onion slice. Baste with a small amount of reserved pineapple juice. Brush with chili sauce and serve.

Serve with seasoned rice or canned sweet potatoes and broccoli spears.