

Food Ministry Menu

For Angel Food Ministries™ food boxes

by Menus4Moms.com



Make the most of your food box by subscribing to the Menus4Moms' **Food Ministry Menu for food boxes** for only \$4.95/month!

This affordable menu plan will help you to lower your grocery bill by using the items in your food box in creative recipes and menus. The menu will be sent by the 7th of the month in preparation for the food box pickup dates.

What you will receive:

- **Signature menu plan** - menu plan including 7-9 meals for one box
- **Extra menu plans** - for two or more of the specials boxes
- **Bonus recipes** - recipes to use with one or more of the "Special boxes" offered each month

To subscribe:

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We also offer bulk subscriptions for Host Sites; contact webmaster@menus4moms.com for more information.

Note that your subscription includes only a menu plan, not the food box itself. If you are not currently ordering food boxes, you can find more information on how to order them at the Angel Food Ministries website:

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

Menus4Moms is not affiliated with Angel Food Ministries. Menus4Moms cannot be responsible for changing menus when there are substitutions in the food boxes.

If you cannot afford \$4.95/month, we offer a limited number of sponsored basic Food Ministry Menus (with basic recipes for one box of items) for \$.01/month for six months, then \$2.00/month thereafter. We ask that if you can afford the \$4.95/month that you please choose that option. Please contact Menus4Moms at webmaster@menus4moms.com for more information on the sponsored subscriptions.

Sample Menu Plan

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This menu plan is based on a **Signature food box** that includes:

1.5 lb. Ribeye Steaks (4 x 6 oz.)	1 lb. Frozen Corn
3 lb. IQF Split Chicken Breast	1 lb. Frozen Baby Lima Beans
1 lb. Boneless Center Cut Pork Chops	1 ct. Cello-Wrapped Iceberg Lettuce
2 lb. Mac & Beef Dinner Entrée	2 lb. Sweet Potatoes
1.5 lb. Breaded All White Meat Chicken Nuggets	15 oz. Pork & Beans
1 lb. 80/20 Lean Ground Beef	1 lb. Rice
1 lb. Bake or Fry Fish Sticks (32 sticks)	32 oz. 2% Shelf Stable Milk
	Dozen Eggs
	Dessert

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This month's Food Ministry Menu has 7 meals in the Signature Meal Plan derived from one box. In the Special Meal Plans there are 9 meals derived from the special boxes.

Enjoy your Food Ministry Meals!

Signature Meal Plan

Meal 1:

Smothered Steak Strips (uses steaks from the box)
Rice (from the box)
Lettuce Wedges with Dressing (uses lettuce from the box)

Smothered Steak Strips

1 1/2 lbs steak, cut into strips
1/2 C flour
1/2 tsp salt
1/2 tsp pepper
1 large onion
2 large green peppers
1/2 C ketchup
1 C barbecue sauce
1/2 C water
4 oz mushrooms, canned
1 Tbsp. molasses
2 Tbsp. brown sugar
1 Tbsp. soy sauce

Place steak strips, flour, salt, and pepper in slow cooker. Stir well to coat steak. Slice onions and pepper very thin. Add the rest of the ingredients. Cover, cook on high for 1 hour then switch crockpot to low for 8 hours or until done. Serve over rice.

Rice

Lettuce Wedges with Dressing

Cut lettuce into wedges and serve with dressing poured over.

Meal 2:

Sweet and Sour Chicken (uses split chicken breast from the box)
Stir Fry Vegetables
Chow Mein Noodles

Sweet and Sour Chicken

1 c. ketchup
1 c. Cola flavored beverage
3 lbs. split chicken breasts
2 tbsp. butter
2 tbsp. oil

Melt butter and oil in frying pan over medium heat. Brown the chicken breasts on both sides. Add the ketchup and Cola. Reduce heat to low. Cover and simmer 5 minutes. Adjust the lid to leave a small section open. Continue to simmer 35 to 40 minutes until done. Pierce chicken with fork to see if it is done. Juices from chicken should be clear.

Stir Fry Vegetables (frozen)

Chow Mein Noodles

1 pkg. chow mein noodles
Soy sauce, to taste

Prepare noodles according to package directions. Toss in soy sauce if desired.

Meal 3:

Tex Mex Chops (uses pork chops from the box)
Orange Lime Sweet Potatoes (uses sweet potatoes from the box)
Green Beans
Dessert (uses dessert item from box)

Tex Mex Chops

4 boneless pork chops ---about 1 lb
1 tsp oil
1 1/2 C bottled salsa, chunky style
1 can (4oz) diced green chilies
1/2 tsp. ground cumin
grated cheddar cheese to taste

Heat oil in non stick pan over medium high heat. Brown chops on one side about 3 minutes. Turn chops. Add salsa, chilies and cumin to skillet mix well. Lower heat; cover and simmer for 8 minutes or until cooked through. Uncover and top each chop with cheese to taste. Cover and simmer 2 to 3 minutes more until cheese is melted.

Orange Lime Sweet Potatoes

Non stick cooking spray
1 chopped onion
1 tsp minced garlic
1 lb. sweet potatoes, peeled, cut into 1-inch pieces
1 C orange juice
1/4 C lime juice
Salt and pepper, to taste

Spray a medium skillet with cooking spray; heat over medium heat until hot. Sauté onion and garlic 3 to 4 minutes. Add sweet potatoes and juices to skillet; heat to boiling. Reduce heat and simmer, covered, until potatoes are tender, about 10 minutes. Cook, uncovered, until sauce is thickened, 8 to 10 minutes. Season to taste with salt and pepper.

Green Beans (frozen)

Dessert Item

Meal 4:

Mac and Beef Dinner Entree (from the box)
Mixed Vegetables

Mac and Beef Dinner Entree

Mixed Vegetables (frozen)

Meal 5:

Chicken Nuggets (from the box)
Succotash (uses corn and lima beans from the box)
Parsley Buttered Rice

Chicken Nuggets

Succotash

1 C corn
1 C lima beans
1/2 tsp salt
2 Tbsp. margarine
Dash of pepper to taste

Combine corn and lima beans in pot. Add salt, pepper and margarine. Heat slowly over low heat for 10 minutes.

Parsley Buttered Rice

1 C. rice, uncooked
3-4 Tbsp. margarine
Parsley to taste, I use about 1/2 Tbsp. or so because we really love it.

Cook rice on stove top following package directions. When done toss with margarine and parsley before serving.

Meal 6:

Three Bean Casserole (uses ground beef and pork and beans from box)
Cornbread

Three Bean Casserole

1 lb ground beef
1 chopped onion
1 (15 oz) can lima beans, drained
1 (15 oz) can red kidney beans, do not drain
1 (15 oz) can pork and beans, do not drain
1/2 C brown sugar
1/2 C ketchup
1 Tbsp. vinegar

Brown the ground beef then add the onions and cook until tender. Mix in the other ingredients and bake at 350 degrees for 40 minutes or until heated through.

Cornbread

1 C onion chopped
1 1/2 C. grated cheddar cheese
4 eggs (from box)
1 (15 oz) can creamed corn
1 (16 oz) carton of sour cream
1 C oil
1 (4oz) can of diced green chilies
1 C yellow corn meal
1 C flour
1 Tbsp. baking powder
1 tsp. salt

Chop onion and grate cheese. In large mixing bowl: beat eggs, stir in creamed corn, sour cream and oil. Fold in onion and grated cheese. In another bowl combine the cornmeal, flour, baking powder, and salt. Add to egg mixture and mix well. Pour batter into greased 9 x 13 baking pan and bake at 350 degrees for 55 to 60 minutes.

Meal 7:

Fish Sticks (from the box)
Homemade Tarter Sauce
Coleslaw
Potato Wedges

Fish Sticks

Homemade Tartar Sauce

½ C. mayonnaise
Sweet pickle relish to taste, I use a couple Tbsp. because we love pickles
1 Tbsp. lemon juice

Mix together and serve with fish

Coleslaw

1 1/3 cups mayonnaise
3 tablespoons white vinegar
2 tablespoons plus 2 teaspoons granulated sugar
2 tablespoons milk (from box)
dash salt
1 head chopped cabbage
1/2 cup shredded carrot
1/2 cup raisins

Combine all ingredients except the cabbage and carrots in a large bowl and blend until smooth with an electric mixer. Add cabbage and carrots and toss well. **Cover and chill overnight in the refrigerator.**

Potato Wedges

6 medium potatoes, scrubbed with skins intact
3 Tbsp. oil
1 tsp. garlic powder
1 tsp. paprika
Parsley to taste
Salt and pepper to taste

Heat oven to 450 degrees. Place oil in a 9 x 13 inch baking dish and swirl around to coat the bottom. Cut potatoes into wedges. Place in a resealable plastic bag with the spices and shake to coat. Arrange potatoes skin side down in dish. Bake for 45 minutes or until cooked through.

Menus4Moms Food Ministry Menu

Shopping List for items not included in the food box for Signature Meal Plan

Vegetables

Cabbage, Green 1@ 1.00
 Carrots 1@ 1.00
 Garlic Cloves 1@ 0.33
 Green Peppers 2@ 0.33
 Potatoes, 3 Lb Bag 1@ 1.00
 White Onions (each) 4@ 0.25

Cheese

Cheddar, Shredded, 2 Cups 1@ 2.50

Ethnic Food

Chow Mein Noodles 1@ 2.00
 Green Chiles, 4 Oz Can, Diced 2@ 0.69
 Salsa, 11 Oz. 1@ 1.00

Drinks

Cola 1@ 1.00
 Orange Juice 1@ 3.99

Canned Vegetables

Creamed Corn, Canned 1@ 0.50
 Mushrooms, Sliced 4 Oz 1@ 1.00

Frozen Vegetables

Green Beans 16 Oz 1@ 2.00
 Mixed Vegetables 16 Oz 1@ 1.15
 Stir Fry Vegetables, 16 Oz 1@ 1.20

Beans

Kidney Beans, 15 Oz, Can 1@ 1.00
 Lima Beans, 15 Oz Can 1@ 1.00

Snacks

Raisins 1@ 3.50

Pasta / Rice

Rice, White, 1 Lb. 1@ 1.00

Dairy/spreads

Sour Cream, 16 Oz 1@ 1.99

Pantry

Baking Powder
 Barbecue Sauce
 Brown Sugar
 Cornmeal
 Cumin
 Flour
 Garlic Powder, Dry
 Ketchup
 Lemon Juice
 Lime Juice
 Margarine
 Mayonnaise
 Molasses
 Nonstick Cooking Spray
 Oil, Cooking
 Paprika
 Parsley
 Pepper, Black
 Salad Dressing
 Salt
 Soy Sauce
 Sugar
 Sweet Pickle Relish
 Vinegar, White

Approximate Total: \$31.00

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SPECIAL #1 (6.5 lb. Assorted Meat Grill Box) is scheduled to include:

1.5 lb. Bone-In New York Strip Steaks (2 x 12 oz.)

2 lb. Boston Butt Pork Chops (4 x 8 oz.)

2 lb. Lean Hamburger Steaks (4 x 8 oz.)

1 lb. Italian Sausage with Cheese

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Special Box # 1 Meal Plan

Meal 1:

Chili con Carne (uses steaks from box)
Green Salad

Chili Con Carne

1 ½ lbs. steak
2 tsp salt
4 Tbsp flour
4 Tbsp oil
1 clove garlic, minced
1 onion, chopped
2 tsp chili powder (more if desired)
2 C tomatoes, chopped
3 C hot water
2 C cooked red kidney beans

Chop meat fine and sprinkle with salt. Dredge with Flour. Heat oil in a saucepan and brown meat, garlic and onion. Add chili powder, tomatoes and water. Cover and cook on high until it comes to a boil. Turn to simmer and cook 45 minutes. Add kidney beans with their liquid and cook uncovered 15-20 minutes, or until proper consistency

Green Salad

Meal 2:

Peking Pork Chops (uses pork chops from box)
Red Pepper Pilaf
Oriental Style Vegetables

Peking Pork Chops

4 pork chops
1/4 C brown sugar
1 tsp ground ginger
1/2 C soy sauce
1/4 C ketchup
1 clove garlic, minced
salt and pepper to taste

Trim any excess fat from pork chops and place in a crockpot. Mix brown sugar, ginger, soy sauce, ketchup, garlic, salt and pepper in small bowl and pour over meat. Cover and cook 4 to 6 hours on low or until tender.

Red Pepper Pilaf

1 Tbsp butter
1 C long grain white rice, divided
1 medium onion, chopped
1 can (14 oz.) chicken broth
1/4 C water
1/2 of a medium red bell pepper, finely chopped

In a large skillet, melt the butter over high heat. Add 1/2 cup rice and brown, stirring constantly. Add the remaining rice, the onion, chicken broth, and water and bring to a boil. Reduce the heat to medium low, cover, and simmer for 15 minutes. Stir in the red pepper and cook until heated through.

Oriental Style Vegetables (frozen)

Meal 3:

Mushroom and Cheese Hamburger Steaks (uses hamburger steaks from box)
Green Beans
Mashed Potatoes

Mushroom and Cheese Hamburger Steaks

4 Hamburger Steaks
2 jars brown gravy
1 medium onion
1 (4 oz) can sliced mushrooms
4 slices Provolone Cheese
Salt and Pepper
2 Tbsp. butter

Sauté sliced onions and mushrooms in buttered skillet. Fry hamburger steaks. When meat is fully cooked in skillet, place cheese on patties to melt. Remove patties from skillet. Return skillet to stove on medium heat and combine the sautéed onion, mushrooms, and 2 jars of brown gravy. Heat until bubbly and then add removed patties back into the skillet.

Green Beans (frozen)

Mashed Potatoes

6 potatoes
4 Tbsp. butter
milk
Adobo seasoning to taste

Peel potatoes and quarter. Boil in enough water to cover potatoes until potatoes are tender. Drain. Mix all ingredients except milk and mash with a potato masher or large fork. Add enough milk to make potatoes creamy.

Meal 4:

Baked Ziti (uses Italian Sausage from the box)

Garlic Bread

Baked Ziti

Salt and pepper

1 lb. Italian sausage

1 large onion, diced

1 Tbsp. minced garlic, optional

1 can (28 oz.) whole tomatoes, chopped up and undrained

1 lb. ziti or other large cut pasta

1 lb. mozzarella, shredded

oil, as needed

1/2 C grated Parmesan cheese

Nonstick cooking spray

Cook pasta according to package directions. Heat oven to 400 degrees. Sauté Italian sausage in a large skillet over medium high heat until browned on one side, about 5 minutes. Stir, and cook another 2 minutes. Turn heat to low and add the onion and garlic. Sauté, stirring occasionally, until vegetables are soft. Add tomatoes and bring to a boil. Simmer while cooking pasta, stirring and seasoning with salt and pepper to taste. Add water if necessary, do not let sauce become too thick. When pasta is cooked toss it with the sauce and half the mozzarella. Spray a 9 x 13 inch baking dish with nonstick cooking spray. Spoon mixture into baking dish. Top with remaining mozzarella and the Parmesan cheese. Bake until top is browned and cheese bubbly, about 20 to 30 minutes.

Garlic Bread

1/2 C. margarine, softened

2-3 Tbsp. minced garlic

Dry Parsley to taste

Combine all ingredients. I usually keep a container of this in the refrigerator to have on hand.

To make garlic toast: Spread on your choice of bread and toast under the broiler or in a toaster oven for a couple minutes until toasted to your family's preference.

Menus4Moms Food Ministry Menu

Shopping List for items not included in the food box for Special #1 Meal Plan

Sauces

Brown Gravy, Can or Jar 2@ 1.00

Soup

Chicken Broth 1@ 1.00

Vegetables

Garlic Cloves 1@ 0.33
Lettuce Salad Mix, 10 Oz 1@ 1.00
Potatoes, 3 Lb Bag 1@ 1.00
Red Bell Pepper 1@ 0.33
Tomatoes (each) 2@ 1.00
White Onions (1) 4@ 0.25

Frozen Vegetables

Green Beans 16 Oz 1@ 2.00
Stir Fry Vegetables, 16 Oz 1@ 1.20

Beans

Kidney Beans - Can 1@ 1.25

Cheese

Mozzarella, Shredded 16 Oz 1@ 3.99
Parmesan Cheese, Grated 1@ 3.00
Provolone, 1 Lb. 1@ 4.00

Canned Vegetables

Mushrooms, Sliced 4 Oz 1@ 1.00
Whole Tomatoes, 28 Oz, Canned 1@ 2.09

Pasta / Rice

Rice, White, 1 Lb. 1@ 1.00
Ziti, 16 Oz 1@ 1.00

Pantry

Adobo
Bread
Brown Sugar
Chili Powder
Flour
Ginger, Ground
Ketchup
Margarine
Milk
Nonstick Cooking Spray
Oil, Cooking
Parsley
Pepper, Black
Salt
Soy Sauce

Approximate Total: \$29.00

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SPECIAL #2 (4.5 lb. Steak Combo Box) is scheduled to include:

2.5 lb. Ribeye Steaks (4 x 10 oz.)

2 lb. Sirloin Steak (4 x 8 oz.)

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Special Box # 2 Meal Plan

Meal 1:

Beef Stroganoff over Egg Noodles (uses Ribeye Steaks from box)
Asparagus

Beef Stroganoff

2 ½ lbs steak sliced into thin strips about 3" long
1 finely chopped onion
1/2 tsp chili powder
1/2 tsp cumin
1/2 tsp garlic powder
Salt and pepper to taste
16 oz. sour cream
2 Tbsp corn starch
Egg noodles, cooked and kept warm

Season the meat with garlic powder, black pepper, and salt. Brown meat in a saucepan. After the meat is browned 1 cup of water. Lower heat to simmer. Add onion, chili powder, and cumin to mixture. Simmer for about 1 hour adding small amounts of water to keep meat half immersed in liquid. Mix corn starch with a small amount of cold water and stir into meat. Just before serving, blend in sour cream. Serve over cooked egg noodles.

Asparagus

Meal 2:

Teriyaki Sandwiches (uses Sirloin Steak from box)
Potato Salad
Tropical Fruit Salad

Teriyaki Sandwiches

2 lbs steak, sliced into thin strips
1/4 C soy sauce
1 Tbsp. brown sugar
1 tsp ground ginger
1 clove garlic, minced
4-6 French or Hoagie style rolls, split

In a crockpot, mix soy sauce, brown sugar, ginger and garlic. Stir in meat to coat. Cover crockpot and set on low; cook for 7 to 9 hours or until done. Remove meat with a slotted spoon and divide among rolls.

Potato Salad

1/3 cup sugar
1 tbsp corn starch
1/2 cup milk
1/4 cup vinegar
1 egg
4 tbsp butter/margarine
3/4 tsp celery seed
1/4 tsp dry mustard
1/4 cup chopped onion
1/4 cup mayo or salad dressing
7 med potatoes, cooked peeled and diced
3 hard cooked eggs, chopped
Paprika

In sauce pan, combine sugar and corn starch. Add next 6 ingredients and 3/4 tsp salt. Cook and stir over low heat until bubbly. Remove from heat. Add onion and mayo and cool. Combine potatoes and hard cooked eggs. Gently fold in dressing. Chill. Just before serving sprinkle with paprika.

Tropical Fruit Salad (canned)

Menus4Moms Food Ministry Menu

Shopping List for items not included in the food box for Special #2 Meal Plan

Vegetables

Asparagus 1 Bunch	1 @ 1.00
Garlic Cloves	1 @ 0.33
Potatoes, 3 Lb Bag	1 @ 1.00
White Onions (1)	2 @ 0.25

Pasta / Rice

Egg Noodles, 16 Oz	1 @ 1.50
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Bread

French Rolls	1 @ 3.00
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Dairy/spreads

Sour Cream, 16 Oz	1 @ 1.99
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Canned Fruit

Tropical Fruit Salad	1 @ 1.00
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Pantry

Brown Sugar
Celery Seed
Chili Powder
Cornstarch
Cumin
Eggs
Garlic Powder, Dry
Ginger, Ground
Margarine
Mayonnaise
Milk
Mustard Powder
Paprika
Pepper, Black
Salt
Soy Sauce
Sugar
Vinegar, White

Approximate Total: \$10.00

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SPECIAL #3 (10 lb. Assorted Chicken Grill Box) is scheduled to include:

5 lb. IQF Boneless Skinless Chicken Breast

4 lb. Leg Quarters

17 oz. Ready to Cook Cornbread Dressing

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Special Box # 3 Meal Plan

Meal 1:

Cranberry Chicken (uses chicken breasts from the box)
Green Beans
Cornbread Dressing (from box)

Cranberry Chicken

4 chicken breasts
1 small onion, chopped
1 can (16 oz.) whole berry cranberry sauce
1/4 C water
1 tsp dried basil
Nonstick cooking spray

Spray large skillet with cooking spray, heat on medium high heat. Add chicken and let cook 4 - 5 minutes on each side or until browned and cooked through. Transfer the chicken to a platter and cover with aluminum foil to keep warm. Add the chopped onion to the skillet with a little butter if desired and cook until tender, stirring often. Stir in cranberry sauce, water and basil. Cook uncovered until the sauce thickens and reduces. Reduce heat to low and return the chicken to the skillet. Cook about 5 minutes more or until heated through.

Green Beans (frozen)

Corn bread Dressing

Meal 2:

Chicken with Fresh Tomatoes and Basil (uses chicken leg quarters from box)
Quick and Easy Risotto
Asparagus

Chicken with Fresh Tomatoes and Basil

4 chicken leg quarters
1/4 C. flour
Salt and pepper to taste
2 T. oil, divided
4 garlic cloves, minced
3-4 ripe tomatoes, seeded and chopped
10-15 fresh basil leaves, chopped
1 C. chicken broth
1 C. dry white wine

Heat 1 Tbsp oil in skillet over medium high heat. Coat chicken with flour, salt and pepper and sauté for 5 minutes on each side or until lightly brown. Remove chicken and set aside. In same pan, add remaining oil and sauté garlic for 30 seconds. Add tomatoes, basil, broth and wine and bring to a boil. Lower heat, add chicken and simmer for another 20 minutes or until juice runs clear, turning occasionally.

Quick and Easy Risotto

2 Tbsp. oil
1 C. chopped mushrooms
1/3 C. chopped onion
1 C. rice, uncooked
2 1/2 C. chicken broth
3/4 C. parmesan cheese, divided
1/4 C. milk

Heat oil in skillet on medium heat. Add mushrooms and onion. Cook and stir 5 minutes or until tender. Stir in rice and water. Bring to a boil, cover. Reduce heat to low. Simmer 20 minutes or until rice is tender. Stir in 1/2 C. of the cheese and milk. Serve with remaining cheese.

Asparagus

Meal 3:

Honey Dijon Chicken (uses chicken breasts from box)
Baked Mashed Potatoes
Corn

Honey Dijon Chicken

2 Tbsp. honey
2 Tbsp Dijon mustard
4 boneless, skinless chicken breast halves
1/2 tsp pepper
2 tsp fresh parsley
Nonstick cooking spray

Heat oven to 400 degrees. Line baking sheet with foil; lightly coat with nonstick cooking spray. Combine honey and mustard in small bowl. Place chicken on prepared baking sheet; sprinkle with pepper. Bake for 15 minutes. Brush with honey-mustard mixture. Bake, brushing twice with additional glaze, for 15 to 20 minutes or until chicken is no longer pink in center and it is cooked through. Sprinkle with parsley.

Baked Mashed Potatoes

6 medium potatoes, peeled and cut into 1/4-inch slices
1/2 C Italian flavored bread crumbs
1/2 C butter, softened
1/4 C sour cream
2 eggs, beaten
2 Tbsp chopped fresh parsley
1 1/4 tsp salt
1/2 tsp black pepper
Nonstick cooking spray

Heat the oven to 450 degrees. Coat a large baking sheet with nonstick cooking spray. Place the potatoes in a large pot and add just enough water to cover them. Bring to a boil over high heat and boil for 12 to 15 minutes, or until fork-tender; drain and place in a large bowl. Mash the potatoes slightly and add the remaining ingredients; mix well. Shape into 12 balls and place on the baking sheet. Bake for 15 to 18 minutes, or until light golden.

Corn (frozen)

Menus4Moms Food Ministry Menu

Shopping List for items not included in the food box for Special #3 Meal Plan

Vegetables

Asparagus 1 Bunch	1@ 1.00
Basil, Fresh	1@ 1.99
Garlic Cloves	1@ 0.33
Mushrooms, Whole	1@ 3.49
Parsley, Fresh	1@ 0.89
Potatoes, 3 Lb Bag	1@ 1.00
Tomatoes, 6 Pack	1@ 3.49
White Onions (1)	2@ 0.25

Soup

Chicken Broth	2@ 1.00
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Canned Fruit

Cranberry Sauce, Whole	1@ 1.00
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Frozen Vegetables

Cut Corn 16 Oz	1@ 1.15
Green Beans 16 Oz	1@ 2.00

Cheese

Parmesan Cheese, Grated	1@ 3.00
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Dairy/spreads

Sour Cream, 16 Oz	1@ 1.99
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Pantry

Basil
Bread Crumbs, Italian
Eggs
Flour
Honey
Margarine
Milk
Mustard, Dijon
Nonstick Cooking Spray
Oil, Cooking
Pepper, Black
Rice, White, 1 Pound
Salt
White Wine

Approximate Total: \$24.00

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SPECIAL #4 (Premium Fresh Fruit and Veggie Box) is scheduled to include:

- 3 lb. Fresh Idaho Baking Potatoes
- 2 lb. New Crop Large-Medium Yellow Onions
- 1 head Fresh California Sleeve Romaine Lettuce
- 1 bag Fresh Gourmet Caesar Salad Croutons (5 oz.)
- 1 pint Fresh Vine-Ripened Grape Tomatoes
- 1 head Fresh Green Cabbage
- 1 lb. Sweet Cello-Pack Carrots
- 6 Tree-Ripened Peaches
- 1 lb. Fresh California White Seedless Grapes
- 1 Fresh California Vine-Ripened Honeydew Melon
- 1 Fresh California Vine-Ripened Cantaloupe
- 4 California Valencia Oranges
- 4 California Large Juicy Lemons

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Bonus Recipes for Special #4

The following recipes are not included on any of the above menus or shopping lists but are provided as further help to utilize items from the fruit and vegetable special box.

Potato Soup (uses potatoes from box)

4 large potatoes
2/3 C. butter
2/3 C. flour
6 C. milk
3/4 tsp. salt
1/2 tsp. black pepper
4 green onions, chopped and divided
12 slices bacon, cooked and crumbled
1 1/4 C. cheddar cheese, shredded and divided
8 oz. sour cream

Wash, dry and prick potatoes with fork. Bake in 400 degree oven for 1 hour or until done. Let cool. Cut into half lengthwise and scoop out pulp; set aside. Use skins for something else, such as stuffed potato skins. Melt butter in a heavy saucepan over low heat; add flour, stirring until smooth. Cook 1 minute, stirring constantly. Gradually add milk, cook over medium heat, stirring constantly until mixture is thickened and bubbly. Add potato pulp, salt, pepper, 2 Tbsp. green onion, half the bacon and 1 cup cheese. Cook until thoroughly heated. Stir in sour cream. Add extra milk if necessary for desired consistency. Serve with remaining green onions, bacon and cheese.

Chicken Caesar Salad (uses romaine lettuce and croutons from the box)

1 lb. grilled chicken
1 head Romaine lettuce, torn into pieces
3/4 C. shredded Parmesan cheese
Croutons
Caesar Salad Dressing

Mix and pass the dressing.

Confetti Coleslaw (uses cabbage and carrots from the box)

4 C. shredded cabbage
1/2 C. shredded carrot
1 tsp. salt
1 tsp. sugar
1/2 C. mayonnaise
1 Tbsp. vinegar
1 Tbsp. milk
1 small red apple, chopped

Combine cabbage and carrot in bowl. Sprinkle with salt and sugar. Mix mayonnaise, vinegar and milk in small bowl. Add to cabbage mixture; mix well. Chill in refrigerator. Stir in apple just before serving.

Teriyaki Kebabs (uses onion and grape tomatoes from the box)

1/3 C. soy sauce
2 Tbsp. oil
1 Tbsp. brown sugar
1 garlic clove, minced
1 tsp. ground ginger
1 1/2 lb. steak, cut into cubes
12 whole fresh mushrooms
1 large green pepper, cut into pieces
1 large onion, cut into wedges
12 cherry tomatoes or grape tomatoes
hot cooked rice

Combine soy sauce, oil, brown sugar, garlic, and ginger. Pour half of the marinade into a large resealable plastic bag or shallow glass container; add beef and turn to coat. Refrigerate for 4 to 8 hours, turning occasionally. Drain meat; discard marinade. On metal or soaked bamboo skewers, alternate meat and vegetables. Grill, uncovered, over medium heat for 3 min. on each side. Baste with reserved marinade. Continue turning and basting for 8-10 min. or until meat is cooked through. Serve over rice.

Peach Cobbler

Filling:

6 large ripe peaches, peeled and pitted, thickly sliced
2/3 C firmly packed brown sugar
1 Tbsp cornstarch
1 tsp. lemon juice
1/2 tsp cinnamon
1/2 tsp nutmeg

Biscuit Topping:

1 1/2 C flour
1/4 C plus 1 Tbsp sugar
1 1/2 tsp baking powder
1/2 tsp salt
1/4 C unsalted butter, chilled
2/3 C milk
1/2 tsp vanilla extract

Heat the oven to 375 degrees. Grease a 2 quart baking dish. Combine the peaches, brown sugar, corn starch, lemon juice, cinnamon, and nutmeg in a large saucepan. Mix gently, and cook over low heat until the peaches are just tender and the syrup has thickened, about 10 minutes. Pour the filling into the prepared baking dish. Stir together the flour, 1/4 cup sugar, baking powder, and salt in a large bowl. Using two knives or a pastry blender, cut into the butter until the mixture resembles coarse crumbs. Add the milk and vanilla, and quickly blend together with a spatula. Drop heaping tablespoons of the biscuit mixture on the top of the peaches, covering them completely. Sprinkle with the remaining tablespoon sugar. Bake for 25 to 30 minutes, until the top is golden and the biscuits are cooked through. Let the cobbler stand for 5 minutes before serving.

Crab Salad in Croissants (uses grapes from the box)

1 (6 oz) can crabmeat
1/2 C seedless grapes, halved
1/2 C Monterey jack cheese, shredded
1/3 C sour cream
2 Tbsp mayonnaise
1/8 tsp onion powder
4 croissants
lettuce leaves
paprika
1/4 C cashews, chopped

In a colander drain the crabmeat. Break crabmeat in chunks. In a medium mixing bowl combine crabmeat, grapes, celery, and cheese, then set aside. For dressing, in a small mixing bowl combine sour cream, mayonnaise, and onion powder. Add dressing to crabmeat mixture, then toss. To serve, split croissants in half horizontally. Cover bottoms of croissants with lettuce. Spoon crabmeat mixture over lettuce. Sprinkle with paprika and cashews. Replace croissant tops.

Honey Orange Chicken (uses oranges from the box)

2 lb. bone in chicken thighs, skin removed
1/2 tsp. salt
1/4 tsp. freshly ground pepper
1/3 C. orange juice
2 Tbsp. honey
2 tsp. soy sauce
1/2 tsp. ginger
2 oranges, halved and sliced
Cooked long grain white and wild rice mixture

Preheat oven to 375 degrees. Arrange chicken in 9 x 13 inch baking dish and sprinkle with salt and pepper. Combine orange juice, honey, soy sauce and ginger in a small bowl until blended; pour over chicken. Bake 40 minutes, turning chicken twice. Arrange the oranges over chicken; bake 10 to 15 minutes more. Serve with rice.

Rosemary Lemon Chicken (uses lemons from the box)

1 (5-6 lb.) whole chicken
2 large lemons
1 bunch fresh rosemary (or use dried leaves)
oil
salt and pepper to taste
2 lbs small red potatoes
2 pkgs. (9 oz) frozen green beans, thawed and drained

Heat oven to 350 degrees. Remove giblets and neck from chicken, reserve for something else. Rinse chicken, drain and pat dry. Working with chicken breast side up, fold wings toward neck, then fold up and under back of chicken so they stay in place. Cut lemon in half, squeeze enough juice from one half of lemon to make one tablespoon, cut remaining lemons into large chunks. Place lemon chunks and 2 sprigs of fresh rosemary (or 1 tsp. dried) inside body cavity of chicken. With string, tie legs and tail together. Insert meat thermometer into thickest part of meat between breast and thigh being careful not to touch thermometer to bone. Place chicken, breast side up, on rack just large enough to hold chicken in large open roasting pan. In a cup, mix 2 tbs. fresh minced rosemary (or 2 tsp. dried), 2 tbs. olive oil, 1 tsp. salt, and 1/4 tsp. pepper. With a pastry brush, brush chicken with mixture. Cut each potato in half. Place potatoes around rack in roasting pan, drizzle with the 1 tbs. lemon juice and 3 tbs. oil and sprinkle with 3/4 tsp. salt and 3/4 tsp. pepper. Toss to coat well. Roast chicken in 350 degree oven for 1 hour and 15 minutes, basting chicken and potatoes with pan drippings occasionally. When chicken turns golden, cover loosely with a tent of foil. Add green beans to roasting pan, toss with potatoes. Roast 1 hour longer, basting chicken and veggies occasionally with pan drippings, or until meat thermometer reaches 175 to 180 degrees. Remove foil during last of roasting and brush chicken again with pan drippings for browning. To serve, place chicken on large platter, remove string. Arrange potatoes and green beans around chicken. Garnish with rosemary before serving.