

Natural Gas Matters

Delivering ideas and insights from your natural gas service provider.

Energizing Our Communities

You know Oklahoma Natural Gas Company as a trusted supplier of natural gas service to cities and towns across Oklahoma. But you may not know that our commitment to our communities runs deeper than the pipelines that provide clean, reliable energy to homes and businesses.

As a division of ONEOK, Inc., we are part of an extended family that believes our obligation goes beyond business. We believe we have a responsibility to help improve the quality of life in the communities we serve. After all, we live there, too.

\$1,033,603 to support 96 member agencies in 102 communities across our system this year.



Employee contributions are matched dollar-for-dollar by the ONEOK Foundation, doubling the total. In fact, since 1997 ONEOK employees and the ONEOK Foundation have donated more than \$20 million to United Way member agencies in the states we serve.



And our responsibility goes beyond just giving money. Our employee volunteers are active across the entire spectrum of community life, investing their time and effort in everything from mentoring at-risk students to beautifying public places.

One example is our employees' generous support of The United Way. ONEOK employees pledged

At ONEOK and Oklahoma Natural Gas Company, we are "the ONE in energy." But we're also the ones you can rely on to honor our responsibilities to our fellow citizens.

The ONE in Energy.™



**OKLAHOMA
NATURAL GAS**

A DIVISION OF ONEOK

Still the Fuel of the Future

We consume a lot of natural gas in the United States – about 23 trillion cubic feet each year. The growth in the use of natural gas is understandable: Most of it is domestically produced, it can be used efficiently and it is the cleanest carbon-based fuel available. But at this pace, are we in danger of running out anytime soon?



That's not likely, according to a new report from the American Gas Association. In fact, the AGA says that natural gas "is one of the solutions to a sustained, secure energy future for the United States and its natural gas customers." The report cites new sources of supply, improved technology for extraction, investment in pipeline transportation infrastructure and the fact that among fossil fuels natural gas emits the least carbon dioxide when burned in concluding that natural gas will continue to play an important role for many decades to come.

emits the least
CARBON DIOXIDE
when burned

Just a Click Away



If you haven't visited our new Web site yet, surf on over and take a look.

You can access information about your account, pay your bill online and get important money and energy saving ideas when you tour our Virtual Energy House. You'll find us at www.oklahomanaturalgas.com.



Raspberry Marinated Pork Chops with Sauce

- 1/2 cup dry red wine
- 1/4 cup low-sodium soy sauce
- 2 Tablespoons sesame oil
- 1 clove garlic, minced
- 1/2 teaspoon freshly ground pepper
- 4 pork chops

- Sauce:**
- 1/4 cup black raspberry preserves
 - 1/4 cup dry red wine
 - 1 1/2 Tablespoon Dijon mustard
 - 1 Tablespoon low-sodium soy sauce
 - 1 teaspoon lime juice
 - 1/2 teaspoon freshly ground pepper

1. Combine first five ingredients and pour into a heavy-duty zip lock bag; add pork and marinate in refrigerator for at least 2 hours and up to 2 days, turning occasionally.
2. Remove pork from marinade; discard marinade.
3. Heat skillet over medium high and place pork in skillet; cook for about 5 minutes or until side is brown and crispy.
4. Turn pork over and cook about 3 minutes more until done.
5. Slice into 1/4 inch strips and serve with sauce.

Sauce Directions: Combine all ingredients in sauce pan and heat until mixed well and warm enough to serve.

Serves: 4

Nutrition Facts per Serving: Calories: 215; Carbohydrate: 3 grams; Protein: 21 grams; Fat: 13 grams; Sodium: 572 mg; Fiber: 0 grams

Nutrition Facts per 1 Tablespoon Sauce: Calories: 30; Carbohydrate: 6 grams; Protein: trace; Fat: trace; Sodium: 78 mg; Fiber: 0 grams

Menu Suggestion: Raspberry Marinated Pork Chops with Sauce, Tabouli Salad, Roasted Vegetables Prosciutto

This recipe works well with duck.

Recipe provided by:

