



Natural Gas Matters

IDEAS AND INSIGHTS FROM YOUR NATURAL GAS SERVICE PROVIDER



**OKLAHOMA
NATURAL GAS**

A DIVISION OF ONEOK

Energizing Our Communities

As the state's largest natural gas distribution company, Oklahoma Natural Gas provides safe, reliable natural gas to more than 829,000 customers in Oklahoma. But providing energy to homes and businesses isn't all we do – we also support programs and organizations that improve the quality of life and economic well-being in the communities we serve. And our investments in these programs reach as far as our pipelines.



Oklahoma Natural Gas is a division of ONEOK, Inc. and, together with the ONEOK Foundation, invests in helping and improving our communities. In 2012, Oklahoma Natural Gas, other ONEOK business divisions and the ONEOK Foundation contributed \$5.3 million to charitable causes in ONEOK's service areas.

In addition, our employees generously supported the United Way, and ONEOK matched their pledges dollar for dollar, to contribute more than \$1.4 million to help maintain the good work of United Way member agencies in Oklahoma. And our commitment extends to more than just financial assistance. Our employees volunteered their time, devoting more than 4,600 hours of hands-on work to a variety of worthwhile community projects.

We are proud to be part of a company that is committed to giving back to our communities, and we are happy that, through this commitment, we can help make a meaningful impact in the lives of others.

To learn more about ONEOK's commitment to corporate responsibility, go to www.oneok.com. ONEOK's Corporate Responsibility Report is at the bottom of the page beneath the "Reports & Filings" heading.



Compressed Natural Gas – Clean, Green and Economical



Did you know that the same fuel you use to heat your home can be used to power your car? Compressed natural gas (CNG) is an environmentally friendly transportation fuel that is used by more than 120,000 people in the United States.

CNG is the cleanest burning fossil fuel in use today and, on average, costs about half the price of gasoline. At many public fueling stations in Oklahoma, CNG is selling for less than \$1 per gasoline gallon equivalent— saving smart consumers even more at the pump!

Clean-burning CNG has always been a great choice for the environment, and at such a low cost, it's a smart choice for your budget, too. Find out more about CNG at www.oklahomanaturalgas.com.

Melting Pot Chicken

Ingredients:

- 4 chicken breasts, boned, skinned
- $\frac{3}{4}$ C salsa, separated
- $\frac{3}{4}$ C Italian dressing, separated
- 4 slices mozzarella cheese

Directions:

Place the chicken breasts in a shallow dish. Pour $\frac{1}{4}$ cup of the salsa and $\frac{1}{4}$ cup of the Italian dressing over the chicken. Marinate in the refrigerator for 1 to 2 hours. Drain and discard the marinade. Preheat the natural gas grill or broiler. Place the chicken on a grill rack or broiler pan. Grill until cooked through. Top each chicken breast with 1 piece of cheese. Combine the remaining salsa and Italian dressing in a saucepan and bring to a boil, stirring occasionally. Simmer for 1 minute. Pour the sauce over the chicken. Serve over hot cooked pasta or rice or wrapped in a flour tortilla.



We welcome back recipes provided by the Oklahoma Natural Gas "Blue Flame Favorites" cookbook