

JULY 2018

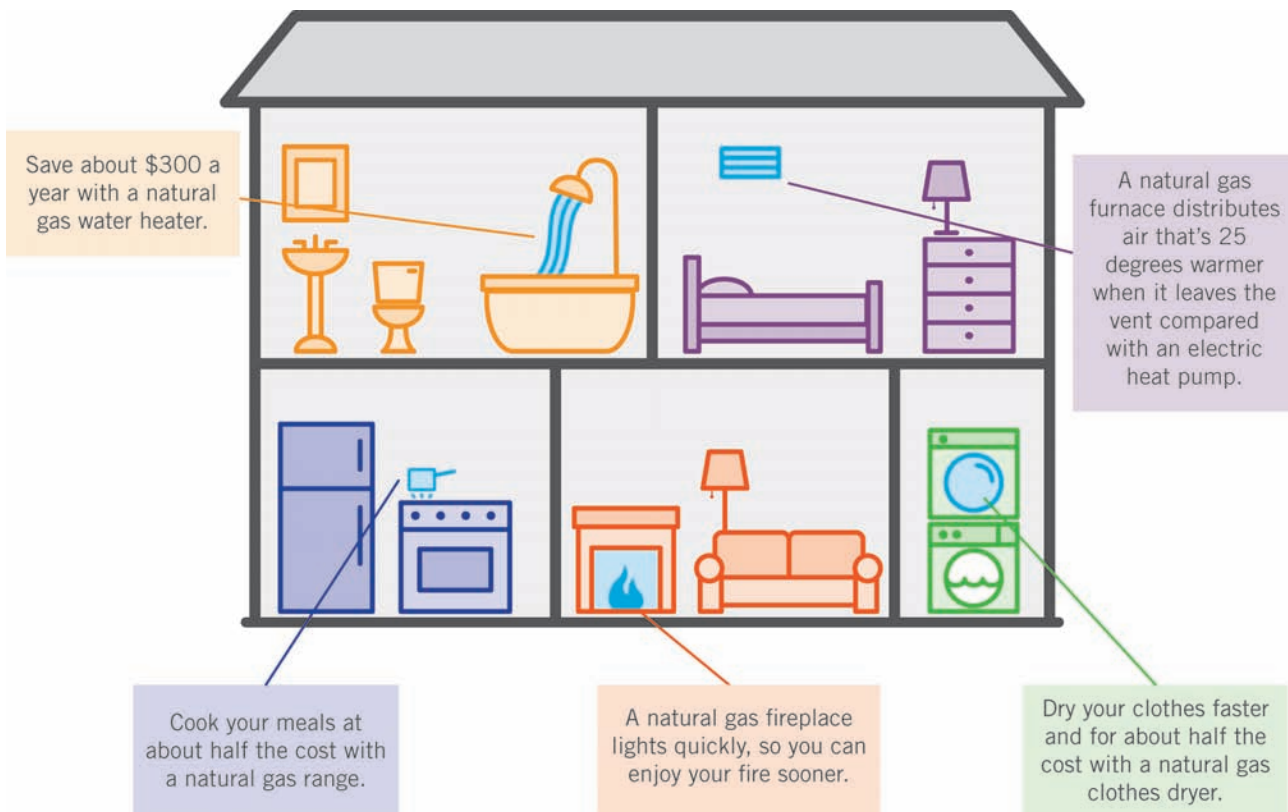
NATURAL GAS MATTERS

A BETTER TOMORROW STARTS TODAY.

NATURAL GAS FOR YOUR ENTIRE HOME



Whether you find comfort from a hot shower, home-cooked meal or the savings that come with lower energy bills, natural gas is the choice for you. From room to room, natural gas helps you feel right at home.



Visit www.oklahomanaturalgas.com to learn more about the benefits of natural gas and see how you can save on natural gas appliances with our Energy-Efficiency Program.

RATE PLAN REMINDER

Oklahoma Natural Gas offers rate plan options A and B for residential and certain nonresidential customers:

Plan A includes a lower monthly service charge coupled with a delivery fee based on the amount of Dekatherms* consumed and is designed for:

- Residential customers with less than 50 Dekatherms of natural gas usage per year.
- Nonresidential customers with less than 40 Dekatherms of natural gas usage per year.

Plan B includes a higher monthly service charge but does not include a delivery fee and is designed for:

- Residential customers with 50 Dekatherms of natural gas usage or more a year.
- Nonresidential customers with 40 Dekatherms or more of natural gas usage per year but less than 150 Dekatherms per year.

As a Plan A or B customer, you have the option to select the plan that you believe will best suit your needs. These plans include a monthly service charge and only affect what Oklahoma Natural Gas charges you for service and the delivery of natural gas.

The cost of fuel – the natural gas you consume – is separate and is based on the amount Oklahoma Natural Gas paid to buy the gas on your behalf. The company makes no profit on the cost-of-fuel component of your bill.

Large commercial and industrial customers also have rates designed for their usage:

- For usage from 150 Dekatherms but less than 5,000 Dekatherms per year.
- For usage from 5,000 Dekatherms but less than or equal to 30,000 Dekatherms per year.

Confirm that you are on the right plan. Details about all rate plans (including specific service and delivery charges) are available in the Rate Information and Tariffs section at www.oklahomanaturalgas.com.

*A Dekatherm (Dth) is a measure of energy content. One Dekatherm is the approximate energy content of 1,000 cubic feet of natural gas.



CILANTRO LIME CHICKEN WITH AVOCADO SAUCE

Ingredients:

- ½ cup minced fresh cilantro, separated
- 5 tablespoons fresh lime juice, separated
- 1 ½ tablespoons olive oil
- 4 skinless, boneless chicken breasts
- 1 avocado, peeled and pitted
- ¾ cup nonfat plain Greek yogurt
- 4-6 tablespoons water or broth
- Salt

Directions:

1. Combine 2 tablespoons cilantro, 2 ½ tablespoons lime juice and olive oil in a small bowl. Pour over chicken breasts and marinate for at least 5 minutes.
2. Remove chicken from marinade and sprinkle with salt to taste. Discard remaining marinade.
3. Heat your natural gas grill, or grill pan, to medium-high heat. Grill chicken for 6 minutes on each side or until done.
4. Combine avocado, yogurt, dash of salt and remaining lime juice and cilantro in a food processor until thick and smooth. If needed, add water or broth to achieve desired thickness.
5. Serve sauce over warm chicken – enjoy!