

Be a Food Hero

Cook together. Eat together. Talk together.

My Recipes



Table of Contents

Fruit Storage and Cooking Tools	3–4
Apple Spice Oatmeal	5
<i>Whole Grains Storage Guide</i>	
Any Berry Sauce	6
Favorite Pancakes	7
<i>Tips for Making Pancakes Ahead of Time</i>	
Smoothies	8
Buttermilk Scones	9
<i>Make Buttermilk at Home</i>	
Whole Wheat Blueberry Muffins	10
<i>Tip for Pouring Batter</i>	
Fruity French Toast Casserole	11
Banana Oatmeal Cookies / Yogurt Fruit Dip	12
<i>Keep Yogurt Fresh</i>	
Blueberry Bling	13
Breakfast Banana Split	14
<i>Fruit Pizza</i>	
Protein Storage and Snack Ideas	15–16
White Chicken Chili	17
<i>Broth or Bouillon</i>	
Vegetable and Beef Skillet Meal	18
Southwestern Stuffed Potatoes	19
<i>Cooking Dry Beans</i>	
Cowboy Salad	20
<i>Tips for Draining Canned Beans</i>	
Chicken Enchilada Soup	21
<i>Baked Tortilla Strips</i>	
Quick Tomato Pasta Sauce	22
<i>Baked Spaghetti Squash</i>	
Quick Lasagna	23
<i>Tips for Draining Beef Fat</i>	
Easy Cheesy Enchiladas	24
Chicken, Broccoli & Cheese Skillet	25
Skillet Mac and Cheese	26
Tomato Pasta Salad	27
<i>Cook Corn on the Cob</i>	
Skillet-Braised Chicken / Baked Tofu	28
Baked Cauliflower Tots	29
Roasted Vegetables	30
<i>Stovetop Rice</i>	
Vegetable Storage and Flavored Water	31–32
Kitchen Measuring Guide	33

All About the Recipes

The recipes used in this book are some of Food Hero's most popular and require a limited set of common ingredients and basic cooking tools. Each recipe provides ideas to make it your own.

Refrigerate or freeze leftovers within 1 to 2 hours.

Nutrition Facts Labels provided are estimates based on federal food data and do not include any “optional” foods listed in the ingredients lists. Your recipe may vary.

Visit www.foodhero.org to:

- view or share recipes in this book, see recipe user comments and find more recipes.
- sign-up to receive the award-winning *Food Hero Monthly* by email—each month a different food ingredient is featured.
- connect with Food Hero on social media.

We would love to hear from you!

Email us at food.hero@oregonstate.edu.

Download this book with extra content at: <https://foodhero.org/cookbook>.



3 | Fruit: Store Well, Waste Less



Apples: Store up to 6 weeks in the refrigerator in a crisper drawer or open plastic bag.



Bananas: Store at room temperature. Once ripe, bananas can be refrigerated for up to 2 weeks; the skin may turn black but the fruit inside will be fine.



Berries: Refrigerate in a covered shallow container with holes for air movement. Use strawberries and raspberries within 3 days, blackberries within 5 days, and blueberries within 10 days.



Kiwi: Store unripe kiwi in a plastic bag in the refrigerator for up to 6 weeks. To ripen, put firm kiwi in a paper bag on the counter away from heat and light. Ripe kiwi will keep for several days at room temperature and up to 4 weeks in the refrigerator.



Peaches: Store at room temperature until ripe. Check daily until soft, then eat or refrigerate in a plastic bag with holes and use within a few days.



Pears: Store at room temperature until ripe. Press gently near the stem. If the neck feels soft, the pear is ready to eat. Once ripe, use within 5 days or refrigerate for longer storage.

Freezing Tips: For longer storage, freeze washed, whole or cut fruit on a baking sheet. When firm, transfer to a freezer container. Label and date. Use within 1 year for best quality.



Cooking Tools

All You Need for Food Hero Recipes



Baking Sheet



Bread Pan



Casserole
or Baking Dish



Liquid Measuring Cup



Dry Measuring Cups



Can Opener



Blender



Silverware



Skillets, Large and Medium
(stovetop or electric, lid helpful)



Vegetable Peeler



Spatula (pancake turner)



Cutting Board



Grater



Pie Pan



Knives (sharp)



Potholders



Muffin Tin

Saucepans with Lids,
Large and Medium



Measuring
Spoons



Strainer
(colander)



Rubber/Silicone
Scraper



Mixing Bowls



Ladle

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer.

©2017 Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender identity or expression, genetic information, marital status, national origin, race, religion, sex, sexual orientation, or veteran's status. Oregon State University Extension Service is an Equal Opportunity Employer.



Oregon State
University

5 Apple Spice Oatmeal

Prep time: 5 minutes

Cooking time: 10 minutes

Makes: 2 cups



Ingredients

2 cups nonfat or 1% milk or water
1 cup quick-cooking or old fashioned oats
 $\frac{1}{8}$ teaspoon salt
1 apple, cored and cut into chunks
 $\frac{1}{8}$ teaspoon cinnamon
1 Tablespoon brown sugar
 $\frac{1}{8}$ teaspoon nutmeg, if desired

Directions

1. Bring the milk or water to a boil in a saucepan.
2. Add the oats, salt and apple. Cook over medium heat for 1 minute if using quick-cooking oats or 7 to 10 minutes if using old fashioned oats. Stir a couple of times while cooking.
3. Remove from heat. Stir in cinnamon, brown sugar and nutmeg, if desired.

Variations

- Add bite-sized dried fruit pieces like raisins, apricots or cranberries in step 2, or sprinkle on top when serving.
- Sprinkle chopped nuts on top when serving.



Whole Grains Storage Guide

Heat, air and light can make whole grains taste and smell spoiled. Store whole grains in a cool, dry and dark location or choose a container that keeps light out. Store in airtight containers.

- Intact whole grains will keep for up to 6 months in the cupboard, longer in the refrigerator, and up to a year in the freezer.
- Ground whole grains will keep for 1 to 3 months in the cupboard or 2 to 6 months in the refrigerator or freezer.

Nutrition Facts

2 servings per container
Serving size 1 cup (392g)

Amount per serving

Calories 360

% Daily Value*

Total Fat 6g 8%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 15mg 5%

Sodium 280mg 12%

Total Carbohydrate 61g 22%

Dietary Fiber 7g 25%

Total Sugars 29g

Includes 7g Added Sugars 14%

Protein 16g

Vitamin D 3mcg 15% Calcium 333mg 25%

Iron 2mg 10% Potassium 107mg 2%

Vitamin A 2mcg 0% Vitamin C 5mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

6 Any Berry Sauce

Prep time: 5 minutes

Cooking time: 15 minutes

Makes: 2½ cups



Ingredients

- ¼ cup cold **water**
- 1 Tablespoon **cornstarch**
- ½ cup **sugar**
- 4 cups **berries**, fresh or frozen (blackberries, raspberries, blueberries, sliced strawberries or a mixture)

Directions

- In a medium saucepan, mix together the water, cornstarch, sugar and 2 cups of the berries. Mash the berries, if desired.
- Heat over medium heat, stirring frequently, until the sauce starts to thicken.
- Remove from heat and stir in the remaining berries.
- Serve over pancakes, waffles or plain yogurt—any time you want a little sweetness.

Note

- Store sauce in the refrigerator for up to a week.
- To freeze the sauce, replace the cornstarch in the recipe with Clearjel or Clear Jel, a special type of cornstarch.

Tastes great on these Food Hero recipes:

- Apple Spiced Baked Oatmeal
- Applesauce French Toast
- Favorite Pancakes
- Gingerbread Pancakes
- Oven French Toast (pictured)

Any Berry Sauce

Nutrition Facts

9 servings per container

Serving size 1/4 cup (77g)

Amount per serving	% Daily Value*
Calories 60	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 16g	6%
Dietary Fiber 2g	7%
Total Sugars 12g	
Includes 7g Added Sugars 14%	
Protein 0g	

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Favorite Pancakes

Nutrition Facts

4 servings per container

Serving size 2 (4-in) pancakes (134g)

Amount per serving	% Daily Value*
Calories 270	
Total Fat 9g	12%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 560mg	24%
Total Carbohydrate 37g	13%
Dietary Fiber 1g	4%
Total Sugars 7g	
Includes 3g Added Sugars 6%	
Protein 8g	

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

7 Favorite Pancakes

Prep time: 10 minutes

Cooking time: 5 minutes

Makes: 8 pancakes (4-inch)



Ingredients

- 1½ cups **all-purpose flour**
- 1 Tablespoon **baking powder**
- 1 Tablespoon **sugar**
- ¼ teaspoon **salt**
- ¼ teaspoon **spice** such as cinnamon, nutmeg or allspice, if desired
- 1 **egg**
- 1 cup nonfat or 1% **milk** (add 2 more Tablespoons for thinner pancakes)
- 2 Tablespoons **vegetable oil**
- 1 teaspoon **vanilla**, if desired

Directions

1. Mix together the flour, baking powder, sugar and salt in a medium bowl. Add the spice, if desired.
2. In a separate bowl, beat the egg until well blended. Add the milk and oil. Add the vanilla, if desired.
3. Add the dry ingredients to the liquids and stir just until the lumps disappear.
4. Lightly grease and preheat a large skillet over medium-high heat. The skillet is hot enough when a few drops of water sprinkled on it skitter and bounce around.
5. Pour ¼ cup of batter per pancake onto the hot skillet. Cook until bubbles come to the surface of the pancake and the edges start to look dry. Turn over. Cook until cooked through and the bottom is golden brown.

Variations

- ➊ This batter also works great in waffle makers!
- ➋ No eggs? Replace them with 2 Tablespoons water.
- ➌ Replace the milk with buttermilk. Also reduce the baking powder to 2 teaspoons and add ½ teaspoon baking soda.
- ➍ Add ½ cup of fruits or vegetables to the liquid ingredients. Try grated or minced fresh apples, berries, mashed bananas, canned pumpkin, grated carrots or zucchini.
- ➎ Replace up to half of the flour with whole-wheat flour.
- ➏ For oatcakes, replace ½ cup of the flour with oats. Soak the oats in the milk for 5 minutes before mixing them into the batter.
- ➐ For corncakes, omit the sugar, replace up to half the flour with cornmeal and add ½ to 1 cup of cooked corn.

Tips for Making Pancakes Ahead of Time

- Cook and refrigerate pancakes. Enjoy them reheated for up to 2 days.
- Combine the wet ingredients ahead of time. Store them refrigerated up to 2 days.
- Mix the dry ingredients ahead of time and store in a sealed container.

8 | Popeye Power Smoothie

Prep time: 10 minutes

Makes: 4 cups



Ingredients

1 cup **orange juice**
½ cup **pineapple juice**
½ cup low-fat **yogurt** (or a 5.3-ounce container)
1 **banana**, peeled and sliced
2 cups fresh **spinach leaves**
2 cups **ice**, if desired

Directions

1. Combine all ingredients in a blender.
2. Blend until smooth and serve.

Variations

- For a thicker smoothie, use frozen fruit or vegetables or ice.
- Use any type of juice, even juice from canned pineapple.
- Try plain or vanilla yogurt.

Pumpkin Smoothie in a Cup

Prep time: 5 minutes

Makes: 1 cup

Ingredients

¾ cup low-fat vanilla **yogurt** (or a 5.3-ounce container)
¼ cup canned **pumpkin**
2 teaspoons **brown sugar**
¼ teaspoon **cinnamon**
⅛ teaspoon **nutmeg**, if desired

Directions

1. Combine all ingredients in a bowl or blender.
2. Mix until smooth and serve.

Variation

- Tastes great as a dip with cut fruit or graham crackers.

The recipe for the Un-beet-able Berry Smoothie shown in the photo is at www.foodhero.org.

Pumpkin Smoothie

Nutrition Facts

1 serving per container
Serving size 1 cup (241g)

Amount per serving

Calories 200

% Daily Value*

Total Fat 2.5g 3%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 10mg 3%

Sodium 120mg 5%

Total Carbohydrate 38g 14%

Dietary Fiber 2g 7%

Total Sugars 34g

Includes 20g Added Sugars 40%

Protein 9g

Vitamin D 0mcg 0% Calcium 321mg 25%

Iron 1mg 6% Potassium 514mg 10%

Vitamin A 497mcg 55% Vitamin C 4mg 4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Popeye Power Smoothie

Nutrition Facts

4 servings per container
Serving size 1 cup (166g)

Amount per serving

Calories 90

% Daily Value*

Total Fat 0.5g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 35mg 2%

Total Carbohydrate 20g 7%

Dietary Fiber 1g 4%

Total Sugars 15g

Includes 0g Added Sugars 0%

Protein 3g

Vitamin D 0mcg 0% Calcium 77mg 6%

Iron 1mg 6% Potassium 355mg 8%

Vitamin A 81mcg 9% Vitamin C 42mg 46%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

9 Buttermilk Scones

Prep time: 20 minutes

Cooking time: 20 minutes

Makes: 9 scones



Ingredients

- 1 cup **whole-wheat flour** or use **all-purpose flour**
- $\frac{3}{4}$ cup **all-purpose flour**
- $\frac{1}{2}$ cup **sugar**
- 1 teaspoon **baking powder**
- $\frac{1}{2}$ teaspoon **baking soda**
- $\frac{1}{4}$ teaspoon **salt**
- 1 cup **dried fruit** like raisins, cranberries or bits of apricot or mango
- $\frac{1}{4}$ cup **margarine or butter**, melted
- $\frac{3}{4}$ cup **buttermilk**

Directions

1. Preheat oven to 400 degrees F.
2. Combine the flours, sugar, baking powder, baking soda and salt in a medium bowl. Mix well.
3. Add the dried fruit and mix lightly.
4. In a small bowl, combine the melted margarine or butter and buttermilk.
5. Add the liquids to the dry ingredients and mix gently.
6. On a greased baking sheet, spoon the dough into 9 equal mounds.
7. Bake until golden brown, 18 to 20 minutes.
8. Serve hot or at room temperature.

Make Buttermilk at Home

Put 1 Tablespoon of lemon juice or vinegar in a liquid measuring cup. Fill to the 1-cup line with milk. Stir and let sit to thicken slightly.

Variations

- ★ Sprinkle with cinnamon before baking.
- ★ Add 1½ teaspoons of grated lemon or orange zest (grate the outer colored part of the peel).



Nutrition Facts

9 servings per container
Serving size 1 scone (79g)

Amount per serving	
Calories	230
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 270mg	12%
Total Carbohydrate 42g	15%
Dietary Fiber 3g	11%
Total Sugars 20g	
Includes 5g Added Sugars	10%
Protein 5g	

Vitamin D 0mcg	0%	Calcium 58mg	4%
Iron 2mg	10%	Potassium 180mg	4%
Vitamin A 46mcg	5%	Vitamin C 0mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

10 Whole Wheat Blueberry Muffins

Prep time: 15 minutes

Cooking time: 20 minutes

Makes: 12 muffins



Ingredients

1½ cups **whole-wheat flour**
½ cup **sugar**
½ teaspoon **salt**
2 teaspoons **baking powder**
1 **egg**, slightly beaten
½ cup **vegetable oil**
½ cup nonfat or 1% **milk**
½ cup **applesauce**
1 to 2 cups **blueberries** (fresh or frozen)

Directions

1. Preheat oven to 400 degrees F. Lightly grease the bottom of 12 muffin cups.
2. Mix the flour, sugar, salt and baking powder in a large bowl.
3. In a separate bowl, blend the beaten egg, oil, milk and applesauce until smooth.
4. Stir the liquids into the dry ingredients until just moistened. Lightly stir in the blueberries.
5. Fill each muffin cup about ¾ full.
6. Bake about 20 minutes, or until the muffin tops are golden brown. A toothpick inserted into the center of the muffin should come out moist but without batter.

Tip for Pouring Batter

A gravy ladle or large liquid measuring cup are great tools for pouring muffin batter into tins and pancake batter onto the skillet.



Variations

- ★ To bake as bread, use an 8- or 9-inch bread pan and bake at 350 degrees F for 45 to 50 minutes.
- ★ No whole-wheat flour? Replace with all-purpose flour.
- ★ Replace the blueberries with another fruit. Try diced apples with 1 teaspoon cinnamon, fresh or frozen cranberries with 1½ teaspoons orange zest, or diced bananas.

Nutrition Facts

12 servings per container	
Serving size	1 muffin (76g)
<hr/>	
Amount per serving	
Calories	160
<hr/>	
% Daily Value*	
Total Fat	7g 9%
Saturated Fat	1g 5%
Trans Fat	0g
Cholesterol	15mg 5%
Sodium	190mg 8%
Total Carbohydrate	24g 9%
Dietary Fiber	3g 11%
Total Sugars	12g
Includes 8g Added Sugars	16%
Protein	3g
<hr/>	
Vitamin D 0mcg	0% Calcium 58mg 4%
Iron 1mg	6% Potassium 68mg 2%
Vitamin A 7mcg	1% Vitamin C 7mg 8%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

11 Fruity French Toast Casserole

Prep time: 10 minutes

Cooking time: 40 to 60 minutes Makes: 8 cups



Ingredients

- 8 cups **bread cubes**; try whole-grain bread
- 2 cups **fruit**, sliced or chopped—fresh, frozen or canned
- 4 **eggs**, slightly beaten
- 1 cup nonfat or 1% **milk**
- 2 teaspoons **vanilla**
- ¼ cup **sugar**

Topping

- ½ cup **margarine** or **butter**, softened
- ¼ cup **sugar**
- ½ cup **flour**, all purpose or whole wheat

Directions

1. Grease an 8 x 8-inch baking dish or 2-quart casserole dish. Add bread cubes and fruit.
2. In a medium bowl, blend the eggs, milk, vanilla and sugar. Pour over the bread cubes and fruit. Stir gently to wet all of the bread with the egg mixture.
3. Cover and refrigerate until all of the liquid is absorbed (30 minutes), or overnight.
4. Just before baking, remove the casserole from the refrigerator. Preheat oven to 350 degrees F.
5. Make the topping: In a small bowl, combine the margarine or butter, sugar and flour with a fork until crumbly.
6. Uncover the casserole and sprinkle the topping over the fruit. Bake until completely set and starting to brown (160 degrees F in the center), about 35 to 40 minutes. A longer baking time is needed when the dish is chilled overnight. Serve warm.

Note

- This is a great recipe for using up extra bread.

Variations

- For the fruit, try peaches, pears, berries, or diced apples.
- Lightly sprinkle with cinnamon or other spices such as nutmeg, ground cloves, allspice or cardamom at the end of step 2.
- Try topping with a spoonful of yogurt.

Nutrition Facts

8 servings per container
Serving size 1 cup (168g)

Amount per serving
Calories 290

% Daily Value*	
Total Fat 9g	12%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 95mg	32%
Sodium 270mg	12%
Total Carbohydrate 44g	16%
Dietary Fiber 1g	4%
Total Sugars 22g	
Includes 13g Added Sugars 26%	
Protein 8g	

Vitamin D 1mcg	6%	Calcium 70mg	6%
Iron 2mg	10%	Potassium 173mg	4%
Vitamin A 130mcg	14%	Vitamin C 1mg	2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Prep time: 10 minutes

Cooking time: 15 minutes

Makes: 14 cookies

**Ingredients**

- 2 ripe **bananas**
- 1 cup quick-cooking or old fashioned **oats**
- $\frac{1}{2}$ teaspoon **cinnamon**
- $\frac{1}{2}$ teaspoon **vanilla**
- $\frac{1}{2}$ cup **raisins**

Directions

1. Preheat oven to 350 degrees F.
2. In a medium bowl, mash the bananas with a fork until mostly smooth.
3. Add the remaining ingredients. Mix well.

4. Drop spoonfuls of dough onto a lightly greased baking sheet. Flatten each cookie with the back of the fork.
5. Bake 10 to 15 minutes until the edges of the cookies are set. Remove from the oven and let cool before serving. Texture will be best when freshly made.

Variations

- Try dried cranberries, apricots or chopped nuts instead of raisins.

Yogurt Fruit Dip

Prep time: 15 minutes

Makes: 1 cup

Ingredients

- 1 cup nonfat **plain yogurt**
- $\frac{1}{2}$ teaspoon **vanilla**
- $\frac{1}{2}$ teaspoon **cinnamon**
- $\frac{1}{2}$ teaspoon **brown sugar**

Directions

1. In a bowl, combine the yogurt, vanilla, cinnamon and brown sugar. Mix well.
2. Serve with sliced apples, pears or other fruit.

Keep Yogurt Fresh

Keep yogurt in the refrigerator. Cover tightly to keep it from drying out, spoiling or taking on the flavors of other foods. Discard the entire container if any mold has appeared. Freezing yogurt is safe, but the texture will not be the same after thawing.



Prep time: 5 minutes

Cooking time: 25 minutes

Makes: 2 cups



Ingredients

- 3 cups frozen or fresh blueberries
- 2 teaspoons **margarine** or **butter**, softened
- 1 Tablespoon **all-purpose flour**
- 1 Tablespoon **brown sugar**
- ½ teaspoon **cinnamon**
- ½ cup **old fashioned oats**

Directions

1. Preheat oven to 375 degrees F.
2. If using fresh blueberries, wash and drain them. Put the fresh or frozen blueberries in a 9-inch pie plate or an 8" x 8" baking dish.
3. In a small bowl, use a fork to mix the remaining ingredients.
4. Sprinkle the oat mixture over the blueberries.
5. Bake about 25 minutes. Enjoy while warm!

Variation

- For a different taste, try replacing the blueberries with blackberries or diced peaches (drained if canned).

Banana Oatmeal Cookies

Nutrition Facts

7 servings per container

Serving size 2 cookies (58g)

Amount per serving

Calories 120

% Daily Value*

Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 25g	9%
Dietary Fiber 2g	7%
Total Sugars 13g	
Includes 0g Added Sugars	0%
Protein 3g	

Vitamin D 0mcg	0%	Calcium 15mg	2%
Iron 1mg	6%	Potassium 211mg	4%
Vitamin A 1mcg	0%	Vitamin C 3mg	3%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Yogurt Fruit Dip

Nutrition Facts

8 servings per container

Serving size 2 Tbsp (30g)

Amount per serving

Calories 20

% Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Total Sugars 3g	
Includes 1g Added Sugars	2%
Protein 1g	

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Blueberry Bling

Nutrition Facts

4 servings per container

Serving size 1/2 cup (131g)

Amount per serving

Calories 150

% Daily Value*

Total Fat 3g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 30g	11%
Dietary Fiber 4g	14%
Total Sugars 15g	
Includes 3g Added Sugars	6%
Protein 3g	

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Prep time: 5 minutes

Makes: 2 banana splits



Ingredients

- 1 small **banana**
- ½ cup **oat, corn, or granola cereal**
- ½ cup low-fat vanilla or strawberry **yogurt**
- ½ teaspoon **honey**, if desired (skip for children under the age of one)
- ½ cup canned **pineapple** tidbits or chunks

Directions

1. Peel the banana and split it lengthwise. Place the halves in two separate cereal bowls.
2. Over each banana spoon yogurt, sprinkle cereal and drizzle honey, if desired.
3. Top with pineapple and serve.

Fruit Pizza

Ingredients

- 1 **English muffin** (try whole grain)
- 2 Tablespoons **spread** (try reduced fat cream cheese, peanut butter, or sunflower seed butter)
- ½ cup bite-sized **fruit** (try strawberries, crushed and drained pineapple, raisins, chopped apples, pears or peaches)
- 1 Tablespoon **chopped nuts or seeds**, if desired



Directions

1. Split open the English muffin and toast the halves until lightly browned.
2. Divide the spread and place on both halves.
3. Arrange the fruit on top, and nuts or seeds, if desired. Enjoy right away.

Variations

- ★ Try other flavors of low-fat yogurt or cottage cheese.
- ★ Try other fresh, frozen or canned fruits with or in place of the pineapple.
- ★ Add nuts or seeds for more protein.

Nutrition Facts

2 servings per container
Serving size 1/2 banana split (177g)

Amount per serving
Calories **230**

% Daily Value*

Total Fat 4.5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 44g	16%
Dietary Fiber 3g	11%
Total Sugars 28g	
Includes 3g Added Sugars	6%

Protein 6g

Vitamin D 0mcg	0%	Calcium 127mg	10%
Iron 1mg	6%	Potassium 477mg	10%
Vitamin A 4mcg	0%	Vitamin C 9mg	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

15 | Keeping Protein Foods Fresh



Beans and Lentils (legumes): Store dry legumes in an airtight container in a cool, dark, dry place. Use within 1 year for best flavor and less cooking time. Canned beans keep for 2 or more years. Refrigerate cooked beans and lentils within 2 hours and use them within 5 days. For longer storage, freeze for up to 3 months.



Chicken: Refrigerate raw chicken as soon as you get it home and cook within 2 days for best quality, or freeze for up to 1 year. Refrigerate cooked chicken within 2 hours and use within 4 days, or freeze for up to 2 months.



Eggs: Refrigerate eggs in their original carton as soon as you get them home. Place them on the refrigerator shelf, not on the door. Use within 5 weeks. Egg whites and blended whole eggs can be frozen for up to 1 year. Thaw in the refrigerator. Yolks alone do not freeze well.



Fish: Refrigerate raw fish as soon as you get it home and cook or freeze within 1 day. Frozen fish is best used within 6 months. Refrigerate leftover cooked fish in an airtight container within 2 hours. Use within 3 days, or freeze.



Ground Beef: Refrigerate raw ground beef as soon as you get it home and use within 2 days, or freeze for longer storage and use within 4 months. Refrigerate cooked ground beef for up to 4 days, or freeze for longer storage and use within 3 months.

Freezing Tips: Divide food into recipe-sized portions for quick use. Package in freezer-quality bags or containers and remove as much air as possible. Label the container with the date, using a marker and tape.



Snack Ideas

Give Them More
of the
Good Stuff!

For tasty, healthy snack recipes that fit your budget, visit www.foodhero.org/recipes/snacks



Apples



Bananas



Bell Peppers



Berries



Carrots



Cereal Bars



Cheese



Crackers



Fruit Cups



Melon



Oranges



Pears



Tomatoes



Trail Mix



Vegetables
with Salsa



Yogurt

Prep time: 20 minutes

Cooking time: 35 minutes

Makes: 8 cups



Ingredients

- 1 Tablespoon oil
- 1 pound boneless, skinless **chicken breasts**, cut bite-sized
- 1 **onion**, chopped
- 1½ teaspoons of **garlic powder** or 6 cloves **garlic**, minced
- 3 cups cooked **white beans** (or two 15-ounce cans, drained and rinsed)
- 2 cups **chicken or vegetable broth**
- 1 cup (two 4-ounce cans) chopped **mild green chiles**
- 1 teaspoon ground **cumin**
- 1 teaspoon dried **oregano**
- ½ teaspoon **pepper**
- ¼ teaspoon **cayenne pepper** or **chili powder**, if desired
- 1 cup (8 ounces) **sour cream** or **plain yogurt**
- ½ cup nonfat or 1% **milk**

Directions

1. Heat oil in a large saucepan; sauté the chicken, onion and garlic until the chicken is no longer pink.
2. Add the beans, broth, green chiles and seasonings.
3. Bring to a boil. Reduce the heat and simmer uncovered for 30 minutes.
4. Remove from the heat; stir in sour cream or yogurt and milk.

Broth or Bouillon

Broth can be canned or made using bouillon. For each cup of broth use 1 cup very hot water and 1 teaspoon or cube of bouillon.

Variations

- ★ Use turkey or 2 cups of beans instead of the chicken.
- ★ Serve with hot sauce or black pepper.

Nutrition Facts

8 servings per container
Serving size about 1 cup (307g)

Amount per serving	Calories	300
% Daily Value*		
Total Fat 10g		13%
Saturated Fat 3.5g		18%
Trans Fat 0g		
Cholesterol 60mg		20%
Sodium 580mg		25%
Total Carbohydrate 30g		11%
Dietary Fiber 6g		21%
Total Sugars 5g		
Includes 0g Added Sugars		0%
Protein 23g		
Vitamin D 0mcg	0%	Calcium 119mg 10%
Iron 2mg	10%	Potassium 710mg 15%
Vitamin A 56mcg	6%	Vitamin C 11mg 12%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

18 | Vegetable and Beef Skillet Meal

Prep time: 10 minutes

Cooking time: 40 minutes

Makes: 8 cups



Ingredients

½ pound lean **ground beef** (15% fat)
¾ cup chopped **onion** (⅓ medium onion)
1 cup uncooked white **rice**
1 can (15 ounces) diced **tomatoes** (about 2 medium fresh tomatoes)
1½ cups **vegetables**, fresh, frozen, or canned and drained (try one or more of the following: zucchini, bell pepper, broccoli, corn, cauliflower)
1¾ cups **water**
1½ teaspoons **chili powder**
1 Tablespoon **oregano**
1 teaspoon **salt**
½ cup (2 ounces) shredded **cheese**

Directions

1. Cook beef in a large skillet over medium-high heat until no longer pink. Drain fat.
2. Add onion and cook until soft, about 3 to 5 minutes.
3. Add rice, tomatoes, vegetables, water and spices. Stir and bring to a boil.
4. Reduce heat to medium low. Cover, and simmer for 20 minutes or until rice is cooked. Add more water if needed.
5. Remove from heat. Sprinkle with cheese and cover for 1 to 2 minutes to allow cheese to melt. Serve warm.

Variations

- ★ Try brown rice and simmer for 15 more minutes.
- ★ Try ground turkey or 1½ cups of beans (a 15-ounce can, drained and rinsed) in place of beef.
- ★ For extra flavor, in step 3 add ¼ teaspoon pepper and 1 teaspoon garlic powder or 4 cloves minced garlic.

Nutrition Facts

8 servings per container

Serving size 1 cup (190g)

Amount per serving

Calories

210

% Daily Value*

Total Fat 7g	9%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 390mg	17%
Total Carbohydrate 25g	9%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 11g	

Vitamin D 0mcg 0% Calcium 90mg 6%

Iron 2mg 10% Potassium 310mg 6%

Vitamin A 101mcg 11% Vitamin C 15mg 17%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

19 | Southwestern Stuffed Potatoes

Prep time: 5 minutes

Cooking time: 15 minutes

Makes: 4 potato halves



Ingredients

- 2 medium **potatoes** (each about 5 x 2½ inches)
- 1 cup cooked **black beans** (or any type), drained and rinsed
- ¾ cup **salsa**
- 1 cup **corn** (canned and drained, frozen or fresh cooked)
- ½ cup shredded **cheese** (try cheddar, pepper jack)

Directions

1. Scrub the potatoes well. Poke each with a fork 2 or 3 times. Microwave on high for 5 minutes, turn potatoes over, and microwave another 3 to 5 minutes, or until easily pierced with a fork. Set aside.
2. In a microwave-safe bowl, combine the beans, salsa and corn. Cover and cook on high for 2 to 3 minutes, stirring halfway through cooking time, until heated through.
3. Cut the potatoes lengthwise and flatten them with a fork. Divide the bean mixture among the halves. Sprinkle with cheese and serve.

Note

- Topping ideas: hot sauce, avocado, black olives, green onion, cooked meat or tofu, or plain low-fat yogurt or sour cream.



Cooking Dry Beans

1. **Sort and rinse** to remove stones, seeds, damaged beans and dust.
2. **Soak**—Cover the beans with plenty of water (8 cups of water for every 2 cups of beans). Soak for 6 hours or overnight.
3. **Drain and rinse** the beans.
4. **Cook**—In a large saucepan, add fresh water to cover the beans by at least 1 inch, and bring to a boil. Reduce heat, cover and simmer until the beans are tender. Add water if needed to keep the beans covered with liquid during cooking. Cooking time varies for different beans, but is usually from 1 to 2 hours. The beans are done when you can easily mash them with a fork.
5. **Add flavoring!**

Nutrition Facts

4 servings per container
Serving size 1 potato half (250g)

Amount per serving		
Calories	240	% Daily Value*
Total Fat 5g	6%	
Saturated Fat 3g	15%	
Trans Fat 0g		
Cholesterol 15mg	5%	
Sodium 450mg	20%	
Total Carbohydrate 40g	15%	
Dietary Fiber 8g	29%	
Total Sugars 4g		
Includes 0g Added Sugars	0%	
Protein 10g		
Vitamin D 0mcg	0%	Calcium 125g 10%
Iron 2mg	10%	Potassium 720mg 15%
Vitamin A 54mcg	6%	Vitamin C 24mg 27%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Prep time: 20 minutes

Makes: 8 cups

**Ingredients**

- 3 cups cooked **black-eyed peas** or **black beans** (or two 15-ounce cans, drained and rinsed; try a mix or any type)
- 1½ cups cooked **corn** (fresh or frozen, or a 15-ounce can drained and rinsed)
- 1 bunch **cilantro**
- 1 bunch **green onions** (5 green onions)
- 3 medium **tomatoes** (or a 15-ounce can diced tomatoes, drained)
- 1 **avocado**, if desired
- 1 Tablespoon **oil**
- 2 Tablespoons **vinegar** or **lime juice**
- ½ teaspoon each **salt** and **pepper**

Directions

1. Drain and rinse the black-eyed peas (or black beans) and corn.
2. Finely chop the cilantro and green onions.
3. Dice the tomatoes and avocado, if desired.
4. Combine all vegetables in a large bowl.
5. Mix the oil, vinegar or lime juice, salt and pepper together in a small bowl.
6. Pour the oil mixture over the vegetables and toss lightly.

Tastes great with these Food Hero recipes:

- ✿ Easy Cheesy Enchiladas
- ✿ Fish Taco Salad
- ✿ Rice Bowl Southwestern Style
- ✿ Spicy Rice Casserole

Tips for Draining Canned Beans

When using canned beans, drain and rinse them before adding them to recipes to lower the sodium.

Variations

- ✿ Try adding other vegetables such as sweet or hot peppers or zucchini.
- ✿ Make it a meal. Add diced and cooked chicken, turkey or baked tofu; add grains such as rice or couscous; wrap in a tortilla; or serve on top of salad greens.

Note

- ✿ Freeze extra lime juice.

Nutrition Facts

15 servings per container
Serving size 1/2 cup (119g)

Amount per serving	Calories	90
% Daily Value*		
Total Fat	3.5g	4%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	260mg	11%
Total Carbohydrate	14g	5%
Dietary Fiber	5g	18%
Total Sugars	2g	
Includes 0g Added Sugars		0%
Protein 4g		
Vitamin D 0mcg	0%	Calcium 27mg 2%
Iron 1mg	6%	Potassium 291mg 6%
Vitamin A 8mcg	1%	Vitamin C 8mg 8%

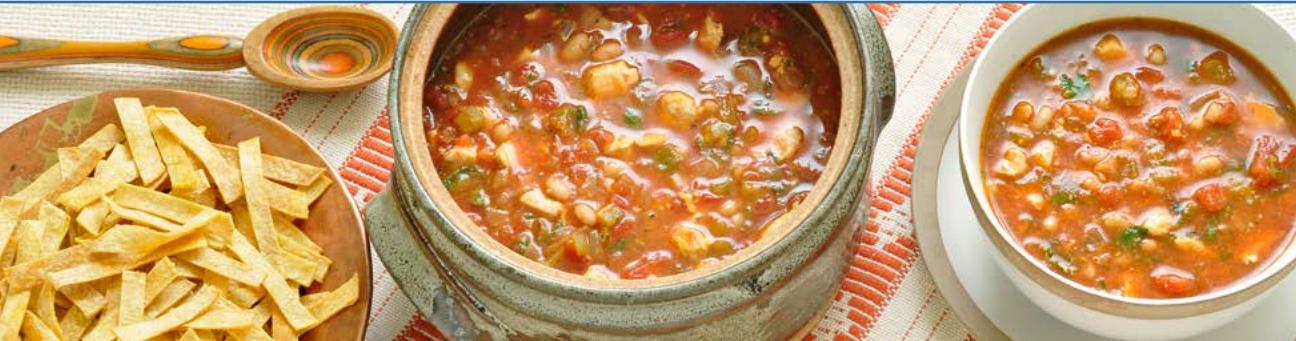
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Chicken Enchilada Soup

Prep time: 10 minutes

Cooking time: 30 minutes

Makes: 12 cups



Ingredients

- 2 teaspoons **oil**
- 1 cup chopped **onion** (about 1 medium onion)
- 2 cloves of **garlic**, minced, or $\frac{1}{2}$ teaspoon **garlic powder**
- 1 teaspoon ground **cumin**
- $\frac{1}{2}$ cups cooked **navy beans** or any type of beans (or a 15-ounce can, drained and rinsed; try any type)
- $\frac{3}{4}$ cups **diced tomatoes** (fresh or a 28-ounce can diced with juice)
- 4 cups **chicken broth** (any type)
- 1 cup **tomato sauce** (an 8-ounce can)
- 1 cup (two 4-ounce cans) chopped **mild green chiles**
- 2 teaspoons dried **oregano**
- 2 cups chopped cooked **chicken**
- $\frac{1}{2}$ cup chopped **cilantro**
- 1 cup shredded **cheese**
- 10 corn **tortillas** cut into strips, if desired

Directions

1. Heat the oil in a large pot. Add the onion, garlic and cumin, and sauté until the onion is softened but not browned.
2. Add the beans, tomatoes with juice, and chicken broth. Heat to a boil. Reduce heat.
3. Stir in the tomato sauce, chilies, oregano and chicken. Simmer 15 minutes.
4. When ready to serve, stir in the cilantro and cheese until melted. Serve tortilla strips on the side as soup toppings, if desired.

Baked Tortilla Strips

1. Preheat oven to 350 degrees F.
2. Stack the tortillas and cut the stack in half. Cut each half-stack into strips.
3. Spread the strips on a baking sheet.
4. Bake, tossing frequently, for 15 minutes or until crispy and starting to lightly brown.

Nutrition Facts

12 servings per container
Serving size 1 cup (280g)

Amount per serving	
Calories	200
	% Daily Value*
Total Fat 6g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 510mg	22%
Total Carbohydrate 22g	8%
Dietary Fiber 4g	14%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Iron 2mg	10%
Vitamin A 54mcg	6%
Calcium 127mg	10%
Potassium 243mg	6%
Vitamin C 20mg	22%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Prep time: 5 minutes

Cooking time: 15 minutes

Makes: 2 cups



Ingredients

- 2 teaspoons **vegetable oil**
- 2 cloves of **garlic**, minced, or $\frac{1}{2}$ teaspoon **garlic powder**
- 1 can (15 ounces) diced or crushed **tomatoes** with juice
- $\frac{1}{4}$ teaspoon each **salt** and **pepper**
- 1 Tablespoon **lemon juice**, if desired
- $\frac{1}{4}$ teaspoon **red pepper flakes**, if desired

Directions

1. If using garlic powder, omit the oil and skip this step. In a medium saucepan, heat the oil over medium heat. Add the garlic and cook for 1 minute.
2. Add the remaining ingredients. Cook until heated through, stirring occasionally. For a thicker sauce, cook an extra 10 to 20 minutes to allow more of the liquid to evaporate.
3. Serve over pasta or use in any recipe that calls for pasta sauce.

Variation

- Add 1 teaspoon dried oregano or basil, or Italian seasoning.



Baked Spaghetti Squash

1. Preheat oven to 425 degrees F. Cut the squash in half lengthwise. If needed, microwave or bake it for a few minutes to soften.
2. Remove the seeds and stringy fibers with a spoon.
3. Rub the cut edges with a little oil, if desired. Place the halves cut side down on a baking dish and bake uncovered.
4. After 40 minutes, check. If the squash can be pierced with a fork and if the flesh separates into strands, it is cooked.
5. Once cool enough to handle, use a fork to gently scrape the insides and make spaghetti-like strands.

Nutrition Facts

4 servings per container
Serving size **1/2 cup (107g)**

Amount per serving		% Daily Value*
Calories	60	
Total Fat 2.5g		3%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 340mg		15%
Total Carbohydrate 8g		3%
Dietary Fiber 2g		7%
Total Sugars 5g		
Includes 0g Added Sugars		0%
Protein 2g		

Vitamin D 0mcg	0%	Calcium 38mg	2%
Iron 1mg	6%	Potassium 309mg	6%
Vitamin A 11mcg	1%	Vitamin C 10mg	11%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Quick Lasagna

Prep time: 10 minutes

Cooking time: 45 minutes

Makes: 9 cups



Ingredients

- 1 pound lean **ground beef** (15% fat)
- 1 large **onion**, chopped
- 1 clove of **garlic**, minced, or $\frac{1}{4}$ teaspoon **garlic powder**
- 2 cups **spaghetti sauce**
- 4 Tablespoons fresh **parsley**, or 4 teaspoons dried
- 1 teaspoon **dried oregano**
- 1 teaspoon **dried basil**
- 1 pint (2 cups) low-fat **cottage cheese**, **ricotta cheese**, or a mixture of the two
- $\frac{3}{4}$ cup shredded **mozzarella cheese**
- 6 uncooked **lasagna noodles**
- $\frac{1}{2}$ cup grated **parmesan cheese**

Directions

1. In a 10-inch skillet or saucepan, cook the ground beef over medium-high heat until it is no longer pink.
2. Drain the fat. Add the onion and cook until it is soft.
3. Add the garlic, 1 cup of the spaghetti sauce, and the herbs. Stir. Spread evenly in the skillet.
4. Reduce the heat to low. Spoon the cottage cheese or ricotta over the mixture, and sprinkle with half of the mozzarella. Top with the noodles, breaking them as needed to fill in all open spaces.
5. Pour the remaining spaghetti sauce evenly over the top of the noodles. Gently press the noodles down to moisten.
6. Cover and simmer for 15 to 20 minutes until the noodles are tender. Top with the remaining cheeses. Cover and simmer 2 more minutes or until cheeses are melted.
7. Let stand, covered, 5 to 10 minutes before serving.

Food Hero Ranch Dressing is also shown in the photo.

Variations

- ➊ Try ground turkey or 2 cups of beans in place of the beef.
- ➋ Try whole-grain pasta for more fiber.

Tips for Draining Beef Fat

Pour beef fat into a metal can (it won't melt from the heat of the fat) or let it cool slightly and pour it over papers in the garbage can. Pouring beef fat down the sink drain can cause clogging.

Nutrition Facts

9 servings per container		
Serving size	1 cup (196g)	
Amount per serving		
Calories	260	
% Daily Value*		
Total Fat 11g	14%	
Saturated Fat 4.5g	23%	
Trans Fat 0g		
Cholesterol 50mg	17%	
Sodium 610mg	27%	
Total Carbohydrate 17g	6%	
Dietary Fiber 1g	4%	
Total Sugars 7g		
Includes 2g Added Sugars	4%	
Protein 24g		
Vitamin D 0mcg	0%	
Calcium 159mg	10%	
Iron 3mg	15%	
Potassium 497mg	10%	
Vitamin A 45mcg	5%	
Vitamin C 6mg	7%	

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Easy Cheesy Enchiladas

Prep time: 10 minutes

Cooking time: 20 minutes

Makes: 8 enchiladas



Ingredients

- 2 cans (15 ounces each) **pinto beans**, drained and rinsed
- 1 cup **salsa**
- 1½ cups cooked **corn** (fresh or frozen, or a 15-ounce can drained and rinsed)
- ½ cup (a 4-ounce can) chopped **mild green chiles**
- 2 cloves of **garlic**, minced, or ½ teaspoon **garlic powder**
- 1½ cups shredded **cheese**
- 8 whole wheat **flour tortillas** (10-inches) or 12 **corn tortillas** (6-inches)
- 1 can (15 ounces) **enchilada sauce**

Directions

1. Preheat oven to 350 degrees F. Lightly oil or spray a 9 x 13-inch baking dish.
2. Mix beans, salsa, corn, chilies, garlic and half of the cheese together in a bowl.
3. Warm each tortilla in a dry skillet and stack them on a plate.
4. Spoon about ½ cup of the bean mixture onto each tortilla.
5. Roll the tortilla and place seam-side down in a baking dish.
6. Pour enchilada sauce over the tortillas and sprinkle with remaining cheese.
7. Bake for 15 to 20 minutes, or until hot.

Variation

- Substitute cooked chicken or black beans for the pinto beans.

Note

- Topping ideas: hot sauce, avocado, black olives, green onion, lettuce, radishes, or plain low-fat yogurt or sour cream.

Nutrition Facts

12 servings per container
Serving size 1 **enchilada (201g)**

Amount per serving	
Calories	210
	% Daily Value*
Total Fat 6g	8%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 580mg	25%
Total Carbohydrate 30g	11%
Dietary Fiber 6g	21%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 9g	

Vitamin D 0mcg	0%	Calcium 140mg	10%
Iron 2mg	10%	Potassium 305mg	6%
Vitamin A 56mcg	6%	Vitamin C 5mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Chicken, Broccoli & Cheese Skillet

Prep time: 15 minutes

Cooking time: 30 minutes

Makes: 7 cups



Ingredients

- 1 pound boneless, skinless **chicken breast** (2-3 halves)
- 2 teaspoons **oil**
- 1¼ cups **chicken broth** (any type)
- 1 can (10.5 ounces) **condensed cream of chicken soup** (or any creamed soup)
- 1 teaspoon **pepper**
- ½ teaspoon **garlic powder** or 2 cloves of **garlic**, minced
- 2 cups small **shell pasta**, uncooked
- 2½ cups **broccoli**, chopped (fresh or frozen)
- 1 cup (4 ounces) **cheddar cheese**, shredded

Directions

1. Cut the chicken breast into bite-sized pieces. Sauté the pieces in oil in a large skillet over medium-high heat until lightly browned, 2 to 3 minutes.
2. Add the broth, soup, pepper and garlic. Stir until smooth. Add the pasta.
3. Bring to a boil. Cover and reduce heat to low. Simmer 15 minutes. Add the broccoli and continue cooking until the pasta and broccoli are tender, about 5 minutes. Add a small amount of water near the end of cooking if needed to prevent sticking.
4. Add cheese during the last two minutes of cooking. Stir until the cheese is melted.

Variations

- ➊ Try whole-grain pasta for more fiber.
- ➋ Try pasta in different shapes, such as spiral or elbow.
- ➌ Add other vegetables such as peas, grated carrots or chopped bell peppers.
- ➍ In place of chicken, use 1½ cups of white beans (a 15-ounce can, drained and rinsed), another meat or tuna or salmon.

Nutrition Facts

7 servings per container
Serving size 1 cup (236g)

Amount per serving	
Calories 310	
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 520mg	23%
Total Carbohydrate 26g	9%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 24g	
Vitamin D 0mcg	0%
Iron 2mg	10%
Vitamin A 86mcg	7%
Calcium 148mg	10%
Potassium 430mg	10%
Vitamin C 1mg	1%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Prep time: 10 minutes

Cooking time: 20 minutes

Makes: 4 cups



Ingredients

2 cups **water**
 1½ cups uncooked **macaroni**
 1 teaspoon **butter** or **margarine**
 2 Tablespoons **flour**
 ¼ teaspoon **salt**
 ¼ teaspoon dry **mustard** or 1 teaspoon **prepared mustard**
 1¼ cups nonfat or 1% **milk**
 1¼ cups (5 ounces) grated **cheddar cheese**

Directions

- In a 10-inch skillet or saucepan, bring the water to a boil.
- Add the macaroni and butter or margarine. Stir a few times to prevent sticking.
- Cover the pan and reduce the heat to low. Simmer for 5 minutes (do not drain the water).
- Meanwhile, mix the flour, salt and mustard in a small bowl. Add ¼ cup of milk and stir until smooth. Add the remaining milk. Set aside.
- Take the lid off the skillet and cook the macaroni until most of the water is gone.
- Stir in the milk mixture and cheese. Cook and stir until all the cheese melts and the sauce is bubbly and thick.

Variations

- ★ Add your favorite fresh or frozen vegetables in step 2. Try onions, celery, carrots, zucchini, spinach, broccoli or tomatoes.
- ★ Add your favorite seasonings in step 4. Try oregano, garlic powder, chili powder or others.
- ★ Use a combination of cheddar and mozzarella cheese.
- ★ Try whole-wheat macaroni or pasta in different shapes.

Nutrition Facts

4 servings per container	
Serving size 1 cup (275g)	
Amount per serving	
Calories	340
% Daily Value*	
Total Fat 13g	17%
Saturated Fat 7g	35%
Trans Fat 0.5g	
Cholesterol 35mg	12%
Sodium 420mg	18%
Total Carbohydrate 37g	13%
Dietary Fiber 0g	0%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 16g	
Vitamin D 1mcg	6%
Iron 2mg	10%
Vitamin A 164mcg	18%
Calcium 358mg	30%
Potassium 239mg	6%
Vitamin C 0mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Prep time: 15 minutes

Makes: 6 cups



Ingredients

- 4 cups cooked **rotini or penne pasta**
- 2 cups chopped **tomatoes**
- 1 cup chopped **broccoli**
- $\frac{1}{4}$ cup sliced **black olives**
- 2 Tablespoons grated **parmesan cheese**
- $\frac{1}{2}$ to 1 cup low-fat **Italian salad dressing**

Directions

1. Combine the pasta, tomatoes, broccoli and black olives together in a bowl.
2. Add the cheese and salad dressing. Stir together and refrigerate until ready to serve.

Variations

- ⊕ Try adding other vegetables such as corn, cucumber and avocado.
- ⊕ Try whole-wheat pasta.
- ⊕ Low-fat vinaigrette salad dressing also works in this recipe.



Cook Corn on the Cob

Boil: Add husked corn ears to enough boiling water to cover them; boil until heated through, 5 to 7 minutes.

Microwave: Place up to 4 ears of corn still in the husk in the microwave. Microwave on high 3 to 6 minutes depending on the number of ears and desired texture.

Roast or Grill: Brush each ear with melted butter or margarine and wrap in foil. Roast 20 minutes, turning once, on a grill or in a 350-degree F oven.

Sauté: Add raw cut corn to a skillet with a small amount of margarine or butter. Cook and stir over medium-high heat for 5 to 7 minutes.

Nutrition Facts

6 servings per container

Serving size 1 cup (221g)

Amount per serving	Calories	% Daily Value*
Calories	250	
Total Fat 7g	9%	
Saturated Fat 1.5g	8%	
Trans Fat 0g		
Cholesterol 0mg	0%	
Sodium 570mg	25%	
Total Carbohydrate 38g	14%	
Dietary Fiber 1g	4%	
Total Sugars 6g		
Includes 1.5g Added Sugars 3%		
Protein 7g		
Vitamin D 0mcg	0%	Calcium 61mg 4%
Iron 2mg	10%	Potassium 258mg 6%
Vitamin A 49mcg	5%	Vitamin C 2mg 2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Prep time: 5 minutes

Cooking time: 20 minutes

Makes: 2 servings

**Ingredients**

Seasoning— such as salt, pepper, season salt, onion powder or garlic powder, as desired

1 **chicken breast**

1 Tablespoon **oil**

Directions

1. Season the chicken. Sauté it for 1 minute per side in a lightly oiled skillet over medium-high heat until lightly browned.
2. Cover the skillet with a tight-fitting lid. Reduce the heat to low. Cook for 10 minutes. Do not lift the lid.
3. Turn off the heat. Let the chicken rest for 10 minutes. Do not remove the lid.
4. Check if the chicken is cooked all the way through. If you have a meat thermometer, check in the thickest part to make sure the temperature is at least 165 degrees F. If not, cover and return to heat.

Baked Tofu

Prep time: 1 hour

Cooking time: 30 minutes

Makes: 3 cups

Ingredients

1 block (16 ounces) **tofu**, firm or extra firm

Marinade

2 Tablespoons reduced-sodium **soy sauce**

2 Tablespoons **vinegar** (balsamic, cider, or rice)

1 Tablespoon **honey** or **brown sugar**

1 Tablespoon **vegetable oil** or **sesame oil**

Note

✿ Honey is not recommended for children less than 1 year old.

Directions

1. Press water out of the tofu, and cut it into pieces as you choose: cubes, slices, triangles or sticks.
2. Mix the marinade ingredients in a bowl. Add the tofu and marinate it for at least 30 minutes.
3. Preheat oven to 350 degrees F. Place drained tofu flat on a baking dish or sheet.
4. Bake until the tofu is firm and lightly browned, about 30 minutes. Turn the pieces once during baking.

Variation

- ✿ For a different flavor, use these ingredients for the marinade: $\frac{1}{2}$ cup reduced-sodium soy sauce, $\frac{1}{3}$ cup lime juice and three Tablespoons vegetable or sesame oil.

Prep time: 10 minutes

Cooking time: 20 minutes

Makes: 2 cups

**Ingredients**

- 2 cups grated **cauliflower** (about half a medium head)
1 egg
 3 Tablespoons **flour**
 ¼ cup **cheddar cheese**, grated
 ¼ teaspoon **salt**

Directions

- Preheat oven to 400 degrees F. Grease a baking sheet.
- Grate cauliflower on the large holes of a grater.
- In a medium bowl, combine cauliflower, egg, flour, cheese and salt; mix well.
- Press mixture together to make about 15 small balls or logs. Place on the baking sheet with space between each ball or log.
- Bake for 20 minutes or until cooked through. For extra crispy tots, broil for an extra 2 minutes. Watch closely to avoid burning.

Skillet Braised Chicken**Baked Tofu****Baked Cauliflower Tots****Nutrition Facts**

2 servings per container

Serving size 1/2 breast (50g)**Amount per serving****Calories** **130**

% Daily Value*

Total Fat 9g **12%**Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 35mg **12%****Sodium** 30mg **1%****Total Carbohydrate** 0g **0%**

Dietary Fiber 0g

Total Sugars 0g

Includes 0g Added Sugars **0%****Protein** 13g

Vitamin D 0mcg 0% Calcium 6mg 0%

Iron 0mg 0% Potassium 110mg 2%

Vitamin A 3mcg 0% Vitamin C 0mg 0%

Nutrition Facts

6 servings per container

Serving size 3 ounces (92g)**Amount per serving****Calories** **100**

% Daily Value*

Total Fat 6g **8%**Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%****Sodium** 190mg **8%****Total Carbohydrate** 5g **2%**

Dietary Fiber 0g

Total Sugars 3g

Includes 3g Added Sugars **6%****Protein** 7g

Vitamin D 0mcg 0% Calcium 145mg 10%

Iron 1mg 6% Potassium 21mg 0%

Vitamin A 0mcg 0% Vitamin C 0mg 0%

Nutrition Facts

3 servings per container

Serving size 5 tots (110g)**Amount per serving****Calories** **70**

% Daily Value*

Total Fat 2.5g **3%**Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 40mg **13%****Sodium** 200mg **9%****Total Carbohydrate** 9g **3%**

Dietary Fiber 2g

Total Sugars 2g

Includes 0g Added Sugars **0%****Protein** 5g

Vitamin D 0mcg 0% Calcium 67mg 6%

Iron 1mg 6% Potassium 296mg 6%

Vitamin A 30mcg 3% Vitamin C 43mg 48%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



- 1.** Wash and Cut Vegetables
- 2.** Preheat Oven
- 3.** Mix Oil and Seasonings with Vegetables—place flat on baking sheet
- 4.** Roast in Oven—stir half way through cook time*

Asparagus	1 pound, fresh spears with ends snapped or cut off (about 24 medium spears)	400 degrees F	1 tsp oil ½ tsp each salt and pepper	12 to 15 minutes
Baking Potatoes or Sweet Potatoes	3 large, cut into 8 wedges	450 degrees F	3 Tbsp oil 1½ tsp paprika 1½ tsp onion powder ½ tsp garlic powder ½ tsp chili powder	30 minutes
Brussels Sprouts	1¼ pounds (about 18 large) with ends trimmed off and quartered	400 degrees F	1 Tbsp oil ½ tsp each salt and pepper 1 tsp lemon juice	20 to 30 minutes
Carrots	1½ pounds (about 7 medium) peeled and cut into sticks	400 degrees F	1 Tbsp oil ½ tsp salt	20 to 30 minutes
Cauliflower or Broccoli	1 medium-sized head, cut into florets	400 degrees F	1 tsp oil ½ tsp each salt and pepper ¼ cup grated cheese, if desired	24 to 30 minutes

*Time varies based on size of vegetables and oven temperature.

Stovetop Rice

1. Add dry rice and water or broth to a pot.
 - 1 cup white rice to 2 cups liquid
 - 1 cup brown rice to 2½ cups liquid
2. Bring to a boil. Stir once or twice.
3. Cover with a tight-fitting lid. Reduce the heat to very low.
4. Cook white rice 18 to 20 minutes, and brown rice 35 to 45 minutes.
5. Check rice. If it is not tender or there is still some liquid in the pan, cover and cook 2 to 4 more minutes.
6. When done, take the pan off the heat. Remove the lid and fluff the rice with a fork.





Broccoli and Cauliflower: Store in the refrigerator in a grocery produce bag or poke a few small holes in a bag to let air in. For best quality, use within 1 week. Broccoli and cauliflower can be frozen after blanching.*



Carrots: Store in a plastic bag in the refrigerator for up to 2 weeks, poking a few small holes in the bag to let air in. Keep carrot sticks for snacks in your refrigerator for up to 1 week; to prevent the sticks from drying out, store in water. Carrots can be frozen after blanching.



Onions: Store in a cool, dark, dry place in an open bowl or bag for several weeks. Store peeled or cut onions in sealed containers in the refrigerator and use within 2 weeks. Refrigerate green onions (scallions) immediately. Freeze extra onions (raw or cooked) to avoid waste. Chop and sauté if desired, or slice raw onions and place small amounts in containers in your freezer and use within 8 months in cooked dishes.



Potatoes: Store in a dark, cool, well-ventilated cupboard. Use a paper bag or a plastic bag with holes to let air in and keep the potatoes from wilting. New potatoes (small size) stay fresh for 2 to 3 days and mature potatoes (larger size) for 2 or more weeks.



Tomatoes: Keep ripe whole tomatoes at room temperature in a single layer in an open container. Avoid direct sunlight. Try to use within 5 days. Short refrigerator storage (3 days) can help delay softening but may also reduce flavor.



Salad Greens: Store in the refrigerator covered with a damp paper towel in an open container or in a plastic bag with holes to let air in. Use greens within 10 days.

Flavored Water Basics

Flavor Options

Try these flavors or make up your own!

For 1 quart (4 cups) of water:

Cucumber	$\frac{1}{2}$ cucumber	Cut into thin slices; leave the skin on for color.
Citrus	lemon, lime, orange or grapefruit - $\frac{1}{2}$ small fruit or $\frac{1}{4}$ grapefruit	Leave the skin on; slice thinly in whole circles or quarter wedges.
Herbs	mint, basil or rosemary	10 small leaves or a small sprig. Tear or crush the leaves.
Apple Cinnamon	$\frac{1}{2}$ cinnamon stick and $\frac{1}{2}$ apple	Leave the apple skin on for color; core can be left or removed. Slice into thin slices or circles.
Strawberry and Kiwi	3 to 4 strawberries and $\frac{1}{2}$ kiwi	Peel the kiwi; slice both fruits into thin slices.

1. Slice, tear, or mash the fruit to release the most flavor.
2. Refrigerate for several hours or overnight to allow the most flavoring.
3. Use within 2 days for best quality.

Flavored Ice

Don't let oranges, grapefruit, lemons and/or limes go to waste. Squeeze their juice into a bowl, mix with water and pour into ice trays to make flavorful ice.

Keep It Safe

- Wash all fresh fruits, veggies and herbs by scrubbing or rubbing gently under running water.
- Do not mix batches of flavored water. Use it up, clean the container, then make a fresh batch.
- Keep water cold after fruits or veggies are added. Make an amount you can use within 2 days.

33 Kitchen Measuring Guide



Use a **liquid measuring cup** to measure liquids. Set the cup on a flat surface. Fill to the measurement needed by looking at the cup from eye level.



Use a **dry measuring cup** for dry ingredients. Use the size of cup that holds exactly the amount you need. Fill it to just above the rim and level it off with the straight edge of a knife.



Use **measuring spoons** for small amounts of liquids or dry ingredients. Fill level with the top of the spoon.

Use the fewest number of measurements possible for best accuracy.



=

1 Tablespoon

3 teaspoons



=



or

4 Tablespoons = $\frac{1}{4}$ cup



=



or

5 Tablespoons + 1 teaspoon = $\frac{1}{3}$ cup

16 Tablespoons = 1 cup = 8 fluid ounces = $\frac{1}{2}$ pint



2 cups = 1 pint



16 ounces (weight) = 1 pound



2 pints = 1 quart



Blueberry Bling



Favorite Pancakes



Popeye Power Smoothie

Be a Food Hero!

A Food Hero leads by example, preparing meals that include a variety of fruits and vegetables and other healthy ingredients. This book is a great tool for Food Heroes! It includes:

- 37 tasty, flexible and healthy low-cost recipes tested with adults and kids.
- guides for measuring and storing ingredients.
- guides for measuring and storing ingredients and cooking tools.
- flavored water basics and snack ideas.

