

# Food Hero Monthly Magazines (A to Z) and Recipes

Updated 9/1/23



Food Hero Monthly Issue	Featured Recipes
<b><u>African Heritage</u></b> (6/2021)	<a href="#">Succotash</a> <a href="#">Cornbread</a>
<b><u>Apples</u></b> (10/2019)	<a href="#">Microwave Applesauce</a> <a href="#">Baked Apple Chips</a>
<b><u>Asparagus</u></b> (6/2023)	<a href="#">Roasted Asparagus</a> <a href="#">Asparagus Mushroom Melt</a>
<b><u>Banana</u></b> (6/2018)	<a href="#">Banana Oatmeal Muffins</a> <a href="#">Cuban Baked Bananas</a>
<b><u>Beans</u></b> (1/2019)	<a href="#">Quick Chili</a>
<b><u>Beets</u></b> (5/2020)	<a href="#">Un-beet-able Berry Smoothie</a> <a href="#">Roasted Beets</a>
<b><u>Bell Peppers</u></b> (7/2020)	<a href="#">Bell Pepper Nachos</a> <a href="#">Roasted Bell Peppers</a> <a href="#">Bell Pepper Salad</a>
<b><u>Blueberries</u></b> (7/2018)	<a href="#">Blueberry Crisp</a> <a href="#">Super Sundae</a> <a href="#">Whole Wheat Blueberry Muffins</a>
<b><u>Broccoli</u></b> (3/2021)	<a href="#">Sesame Broccoli</a> <a href="#">Broccoli &amp; Everything Salad</a>
<b><u>Brussels Sprouts</u></b> (11/2017)	<a href="#">Lemon Dill Brussels Sprouts</a> <a href="#">Brussels Sprouts, Cranberry and Bulgur Salad</a> <a href="#">Roasted Brussels Sprouts</a>
<b><u>Cabbage</u></b> (12/2021)	<a href="#">Sautéed Cabbage</a> <a href="#">Tuna Cabbage Salad</a> <a href="#">Garlic Bok Choy</a>
<b><u>Carrots</u></b> (12/2019)	<a href="#">Mashed Carrots</a> <a href="#">Sweet Carrot Bread or Muffins</a>
<b><u>Cauliflower</u></b> (12/2020)	<a href="#">Baked Cauliflower Tots</a> <a href="#">Roasted Cauliflower Steaks</a>
<b><u>Celery</u></b> (10/2022)	<a href="#">Cream of Celery Soup</a> <a href="#">Ants on a Log</a>
<b><u>Cheese</u></b> (12/2017)	<a href="#">Broccoli Cheddar Soup</a> <a href="#">Skillet Mac and Cheese</a>
<b><u>Cherries</u></b> (2/2020)	<a href="#">Cherry Puff Pancake</a> <a href="#">Cherry Scones</a>

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<b><u>Chicken</u></b> (5/2018)	<a href="#">Chicken, Broccoli &amp; Cheese Skillet Meal</a> <a href="#">Rice Bowl Southwestern Style</a> <a href="#">Skillet-Braised Chicken</a>
<b><u>Corn</u></b> (8/2019)	<a href="#">Corn and Tomato Salad</a> <a href="#">Corn Pancakes</a>
<b><u>Cranberry</u></b> (11/2022)	<a href="#">Couscous Salad</a> <a href="#">Glazed Carrots and Cranberries</a> <a href="#">Cranberry Applesauce</a>
<b><u>Cucumber</u></b> (2/2021)	<a href="#">Refrigerator Pickled Cucumbers</a> <a href="#">Cucumber Yogurt Dip</a>
<b><u>Eggplant</u></b> (7/2023)	<a href="#">Eggplant Pizza Slice</a> <a href="#">Eggplant Dip</a>
<b><u>Eggs</u></b> (3/2018)	<a href="#">Fruity French Toast Casserole</a>
<b><u>Freezing Fruit</u></b> (9/2021)	<a href="#">Rhubarb Blueberry Crisp</a> <a href="#">Tropical Smoothie</a>
<b><u>Freezing Vegetables</u></b> (12/2020)	<a href="#">Roasted Tomatoes</a>
<b><u>Fry Bread</u></b> (5/2023)	<a href="#">Rosanna's Fry Bread</a>
<b><u>Grapes</u></b> (7/2019)	<a href="#">Grape and Cucumber Salad</a> <a href="#">Fruited Tabbouleh</a> <a href="#">Grape Salsa</a>
<b><u>Green Beans</u></b> (7/2021)	<a href="#">Honey Mustard Green Beans</a> <a href="#">Bean Salad</a>
<b><u>Ground Beef</u></b> (5/2021)	<a href="#">Garlic Ginger Ramen with Beef</a> <a href="#">Quick Chili</a>
<b><u>Healthy Celebrations</u></b>	<a href="#">Do-It-Yourself Trail Mix</a> <a href="#">Banana Bobs</a> <a href="#">Fruit Pizza</a>
<b><u>Herbs and Spices</u></b> (4/2019)	<a href="#">Taco Seasoning</a> <a href="#">Soulful Seasoning</a> <a href="#">Pumpkin Pie Spice</a> <a href="#">Pumpkin Fruit Dip</a> <a href="#">Hummus Dip</a> (no tahini)
<b><u>Kale</u></b> (10/2016)	<a href="#">Kale Dip</a> <a href="#">Kale and White Bean Soup</a>

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<b><u>Keeping Food Safe</u></b> (9/2021)	<a href="#">Skillet-Braised Chicken</a> <a href="#">Quick Chicken Rice Soup</a>
<b><u>Kiwi</u></b> (12/2022)	<a href="#">Kiwi Salsa</a> <a href="#">Kiwi Pineapple Slaw</a>
<b><u>Latin American Culture</u></b> (10/2021)	<a href="#">Salsa Roja</a> <a href="#">Salsa Verde</a>
<b><u>Leafy Greens</u></b> (10/2018)	<a href="#">Greens with Carrots</a> <a href="#">Pasta with Greens and Beans</a>
<b><u>Leeks</u></b> (3/2017)	<a href="#">Sautéed Leeks and Apples</a> <a href="#">Leek and Mushroom Orzo</a>
<b><u>Lentils</u></b> (1/2018)	<a href="#">Lentil Taco Filling</a>
<b><u>Milk</u></b> (6/2019)	<a href="#">Orange Delight</a> <a href="#">Magical Fruit Salad</a> <a href="#">Skillet Corn Chowder</a>
<b><u>Mushrooms</u></b> (9/2023)	<a href="#">Mushroom Bulgur Pilaf</a> <a href="#">Simple Sautéed Mushrooms</a>
<b><u>Oats</u></b> (1/2020)	<a href="#">Savory Oatmeal</a> <a href="#">Cranberry Oatmeal Balls</a> <a href="#">Overnight Oatmeal</a>
<b><u>Older Adults – Focus on Added Sugars</u></b>	<a href="#">Banana Oatmeal Cookies</a> <a href="#">Glass of Sunshine Flavored Water</a>
<b><u>Older Adults – Focus on Calcium &amp; Vit. D</u></b>	<a href="#">Salmon Patties</a> <a href="#">Low-Fat Tartar Sauce</a>
<b><u>Older Adults – Focus on Fats</u></b>	<a href="#">Lentil Taco Filling</a>
<b><u>Older Adults – Focus on Fiber</u></b>	<a href="#">Three Sisters Soup</a> <a href="#">Blueberry Crisp</a>
<b><u>Older Adults – Focus on Potassium</u></b>	<a href="#">Peach Yogurt Smoothie</a> <a href="#">Southwestern Stuffed Potatoes</a>
<b><u>Older Adults – Focus on Protein</u></b>	<a href="#">Chicken Chowder for Two</a> <a href="#">Veggie Omelet in a Mug</a> <a href="#">Overnight Oats for One</a>
<b><u>Older Adults – Focus on Vit. B12</u></b>	<a href="#">High Protein Banana Split</a> <a href="#">Tuna Veggie Melt</a>
<b><u>Older Adults – Focus on Water</u></b>	<a href="#">Mix and Match Salad</a> <a href="#">Peanut Protein Smoothie for Two</a>
<b><u>Older Adults – Focus on a Healthy Plate</u></b>	<a href="#">Broccoli Cheddar Soup</a>
<b><u>Onions</u></b> (2/1019)	<a href="#">Sautéed Onions</a> <a href="#">Roasted Onions</a>

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<b><u>Oranges</u></b> (1/2021)	<a href="#">Carrot, Jicama and Orange Salad</a> <a href="#">Sunshine Roll-Ups</a>
<b><u>Parsnip</u></b> (11/2020)	<a href="#">Parsnip Soup</a> <a href="#">Roasted Parsnips</a>
<b><u>Peaches</u></b> (8/2022)	<a href="#">Peach and Carrot Smoothie</a> <a href="#">Peach Salsa</a>
<b><u>Pears</u></b> (9/2017)	<a href="#">Chicken and Pear Salad</a> <a href="#">Pear Quesadillas</a> <a href="#">Pear and Cranberry Crisp</a>
<b><u>Peas</u></b> (3/2023)	<a href="#">Green Pea Soup</a> <a href="#">Parmesan Peas</a>
<b><u>Pizza</u></b> (2/2018)	<a href="#">No-Yeast Pizza Crust</a> <a href="#">Quick No-Cook Pizza Sauce</a>
<b><u>Pork</u></b> (2/2019)	<a href="#">Pork Chili</a> <a href="#">Fried Rice with Pork</a>
<b><u>Potatoes</u></b> (9/2020)	<a href="#">Potato Pals</a> <a href="#">Cheesy Potato Soup</a> <a href="#">Mashed Potatoes</a>
<b><u>Pumpkin</u></b> (10/2020)	<a href="#">Pumpkin Breakfast Cookies</a> <a href="#">Turkey Pumpkin Chili</a>
<b><u>Radishes</u></b> (2/2022)	<a href="#">Roasted Radishes with Peas</a> <a href="#">Radish and Cucumber Salad</a>
<b><u>Raspberry/Blackberry</u></b> (8/2023)	<a href="#">Baked Berry Oatmeal</a> <a href="#">Raspberry Fruit Dip</a> <a href="#">Any Berry Sauce</a>
<b><u>Respecting Indigenous Foods: Squash</u></b> (5/2022)	<a href="#">Herbed Yogurt Sauce</a> <a href="#">Stovetop Quinoa</a> <a href="#">Harissa Roasted Butternut Squash</a>
<b><u>Rhubarb</u></b> (4/2023)	<a href="#">Rhubarb Muffins</a> <a href="#">Chilled Strawberry-Rhubarb Soup</a>
<b><u>Salad Greens</u></b> (5/2019)	<a href="#">Honey Mustard Dressing</a> <a href="#">Ranch Dressing</a>
<b><u>Salmon</u></b> (4/2020)	<a href="#">Salmon Patties</a> <a href="#">Oven Baked Salmon</a>
<b><u>School Snacks</u></b>	<a href="#">Cowboy Salad</a> <a href="#">Popeye Power Smoothie</a>
<b><u>Spinach</u></b> (4/2022)	<a href="#">Spinach Pasta Salad</a> <a href="#">Spinach and Chicken Italian</a>
<b><u>Split Peas</u></b> (12/2018)	<a href="#">Split Pea Soup</a> <a href="#">Split Pea Salad</a>

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<b><u>Strawberry</u></b> (2/2023)	<a href="#">Frozen Strawberry Yogurt</a> <a href="#">Strawberry Salsa</a> <a href="#">Banana Berry Smoothie</a>
<b><u>Summer Squash</u></b> (8/2020)	<a href="#">Zucchini Salad</a> <a href="#">Sautéed Zucchini</a>
<b><u>Sweet Potato</u></b> (11/2018)	<a href="#">Sweet Potato and Orange Muffins</a> <a href="#">Savory Sweet Potatoes</a>
<b><u>Tofu</u></b> (4/2018)	<a href="#">Tofu Banana Pudding</a> <a href="#">Baked Tofu</a> <a href="#">Tofu “Egg” Salad</a>
<b><u>Tomatoes</u></b> (8/2018)	<a href="#">Tomato Melt</a> <a href="#">Quick Tomato Pasta Sauce</a>
<b><u>Tuna</u></b> (10/2017)	<a href="#">Tuna Veggie Melt</a> <a href="#">Cilantro Lime Tuna Wrap</a> <a href="#">Stovetop Tuna Casserole</a>
<b><u>Turkey</u></b> (11/2019)	<a href="#">Turkey Ginger Rice Lettuce Wraps</a> (formally Asian Turkey Lettuce Wraps) <a href="#">Turkey Cranberry Quesadilla</a>

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<b><u>Turnips</u></b> (2/2017)	<a href="#">Mashed Turnips and Potatoes</a> <a href="#">Savory Turnips</a> <a href="#">Maple Glazed Turnips</a>
<b><u>Vinegar</u></b> (1/2023)	<a href="#">Red Wine Vinaigrette</a> <a href="#">Pickled Cabbage Slaw</a>
<b><u>Watermelon</u></b> (8/2021)	<a href="#">Watermelon Salsa</a> <a href="#">Watermelon with Lime and Chili Powder</a> <a href="#">Watermelon Cooler</a>
<b><u>Whole-Wheat Flour</u></b> (9/2018)	<a href="#">Banana Pancakes</a> <a href="#">Whole-Wheat Yogurt Rolls</a>
<b><u>Winter Squash</u></b> (11/2021)	<a href="#">Butternut Squash and Chili Pan-Fry</a>
<b><u>Yogurt</u></b> (6/2020)	<a href="#">Savory Yogurt Spread</a> <a href="#">Fruit Smoothie 1</a> (with yogurt) <a href="#">Yogurt Fruit Dip</a> <a href="#">Drinkable Yogurt</a>

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