



Food Hero Recipes Used in Oregon Department of Education Culinary Trainings

Cooking for a crowd? All of these recipes are a great addition to any party or event and have been written for home use as well as for larger numbers of servings. Even better, all recipes on this page have been analyzed by Child Nutrition Specialists and meet the USDA meal pattern requirements for schools and child centers. Delicious and healthy!

Follow this link to learn more about the Culinary Trainings:

<https://odncouncil.org/2021/06/02/child-nutrition-culinary-workshop/>

and this link for more cooking for a crowd recipes: <https://foodhero.org/recipes/category/3616>.

[Roasted Brussel Sprouts](#)

[Roasted Zucchini](#)

[Blueberry Crisp](#)

[Ranch Dip](#)

[Pumpkin Smoothie in a Cup](#)

[Parmesan Peas](#)

[Baked Berry Oatmeal](#)

[Garden Sloppy Joes](#)

[Wheat Berry Salad](#)

[Baked Bean Medley](#)

[Skillet Granola](#)

[Popeye Power Smoothie](#)

[Turkey Pumpkin Chili](#)

[Morning Muffins](#)

[Barley Lentil Soup](#)

[Apple Spice Baked Oatmeal](#)

[White Chicken Chili](#)

[Turkey Cranberry Quesadilla](#)

[Baked Apples and Squash](#)

[Banana Berry Smoothie](#)

[Hummus](#)

(There's a recipe with Tahini paste as well)

[Potato Wedges](#)

[Not Your Everyday Apples](#)

[Veggie Quesadillas with Cilantro Yogurt](#)

[Baked Cauliflower Tots](#)

[Carrot Ginger Salad](#)

[Sweet Carrot Bread or Muffins](#)

[Breakfast Banana Split](#)

[Broccoli Raisin Salad](#)

[Chicken and Black Bean Salsa Burritos](#)

[Berry Blast Off](#)
(yogurt parfait)

[Black Bean Soup](#)

[Barley, Bean and Corn Salad](#)

[Chicken and Dumpling Casserole](#)

[Dry Roasted Garbanzo Beans](#)

[Carrot Spiced Muffin Tops](#)

[Kale Dip](#)

[Overnight Oatmeal](#)

[Pumpkin Breakfast Rounds](#)



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.

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