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

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**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.
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.
**Ingredients**

2 cups nonfat or 1% milk or water
1 cup quick-cooking or old fashioned oats
⅛ teaspoon salt
1 apple, cored and cut into chunks
⅛ teaspoon cinnamon
1 Tablespoon brown sugar
⅛ 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.

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**Nutrition Facts**

2 servings per container

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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.

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**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.

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**Back to Contents**
Any Berry Sauce

Prep time: 5 minutes  
Cooking time: 15 minutes  
Makes: 2¼ cups

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

Directions
1. In a medium saucepan, mix together the water, cornstarch, sugar and 2 cups of the berries. Mash the berries, if desired.
2. Heat over medium heat, stirring frequently, until the sauce starts to thicken.
3. Remove from heat and stir in the remaining berries.
4. 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.

Any Berry Sauce

Nutrition Facts
9 servings per container  
Serving size 1/4 cup (77g)
Amount per serving
Calories 60  
% Daily Value*
Total Fat 0g 0%  
Saturated Fat 0g 0%  
Trans Fat 0g 0%  
Cholesterol 0mg 0%  
Sodium 0mg 0%  
Total Carbohydrate 16g 6%  
Dietary Fiber 2g 7%  
Total Sugars 12g  
Includes 7g Added Sugars 14%  
Protein 0g 0%  
Vitamin D 0mcg 0%  
Calcium 9mg 0%  
Iron 0mg 0%  
Potassium 42mg 0%  
Vitamin A 0mcg 0%  
Vitamin C 8mg 9%  
* 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
Calories 270  
% Daily Value*
Total Fat 9g 12%  
Saturated Fat 1.5g 8%  
Trans Fat 0g 0%  
Cholesterol 50mg 17%  
Sodium 560mg 24%  
Total Carbohydrate 37g 13%  
Dietary Fiber 1g 4%  
Total Sugars 7g  
Includes 3g Added Sugars 6%  
Protein 8g 6%  
Vitamin D 1mcg 6%  
Calcium 301mg 25%  
Iron 2mg 10%  
Potassium 162mg 4%  
Vitamin A 60mcg 7%  
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.
**Ingredients**

- 1¼ cups all-purpose flour
- 1 Tablespoon baking powder
- 1 Tablespoon sugar
- ¾ 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**

- This batter also works great in waffle makers!
- No eggs? Replace them with 2 Tablespoons water.
- Replace the milk with buttermilk. Also reduce the baking powder to 2 teaspoons and add ½ teaspoon baking soda.
- 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.
- Replace up to half of the flour with whole-wheat flour.
- 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.
- 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.
**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.

**Nutrition Facts**

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<td>Calcium 321mg</td>
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**Pumpkin Smoothie in a Cup**

**Prep time:** 5 minutes  
**Makes:** 1 cup

**Ingredients**
- ½ cup low-fat vanilla yogurt (or a 5.3-ounce container)
- ¼ cup canned pumpkin
- 2 teaspoons brown sugar
- ¼ teaspoon cinnamon
- ¼ 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.  

**Nutrition Facts**

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**Buttermilk Scones**

**Prep time:** 20 minutes  
**Cooking time:** 20 minutes  
**Makes:** 9 scones

**Ingredients**
- 1 cup whole-wheat flour or use all-purpose flour
- ¾ cup all-purpose flour
- ½ cup sugar
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ¼ teaspoon salt
- 1 cup dried fruit like raisins, cranberries or bits of apricot or mango
- ¼ cup margarine or butter, melted
- ¾ 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.

**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)

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**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.

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Back to Contents
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.

**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 teaspoon orange zest, or diced bananas.

**Nutrition Facts**

12 servings per container  
Serving size 1 muffin (76g)

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**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.
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
¼ 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.

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

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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.

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.

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
¼ 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)

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

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Back to Contents
**Banana Oatmeal Cookies**

**Prep time:** 10 minutes  
**Cooking time:** 15 minutes  
**Makes:** 14 cookies

**Ingredients**
- 2 ripe bananas
- 1 cup quick-cooking or old fashioned oats
- ½ teaspoon cinnamon
- ½ teaspoon vanilla
- ½ 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.

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**Yogurt Fruit Dip**

**Prep time:** 15 minutes  
**Makes:** 1 cup

**Ingredients**
- 1 cup nonfat plain yogurt
- 1 teaspoon vanilla
- ½ teaspoon cinnamon
- 1 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.
**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).
**Breakfast Banana Split**

**Prep time:** 5 minutes  
**Makes:** 2 banana splits

**Ingredients**
1 small banana  
1/2 cup oat, corn, or granola cereal  
1/2 cup low-fat vanilla or strawberry yogurt  
1/2 teaspoon honey, if desired (skip for children under the age of one)  
1/2 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)  
1/2 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.

**Nutrition Facts**

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

Snack Ideas

- Apples
- Bananas
- Bell Peppers
- Berries
- Carrots
- Cereal Bars
- Cheese
- Crackers
- Fruit Cups
- Melon
- Oranges
- Pears
- Tomatoes
- Trail Mix
- Vegetables with Salsa
- Yogurt
## White Chicken Chili

**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.

### Variations

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

### 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.

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**Protein** 23g

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**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.

**Variations**

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

**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.
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** (¾ 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.

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**Back to Contents**
**Southwestern Stuffed Potatoes**

---

**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.

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**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!**

---

**Note**

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

---

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Cowboy Salad

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

Nutrition Facts
15 servings per container

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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.

Tips for Draining Canned Beans
When using canned beans, drain and rinse them before adding them to recipes to lower the sodium.
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 ½ teaspoon garlic powder
- 1 teaspoon ground cumin
- 1½ cups cooked navy beans or any type of beans (or a 15-ounce can, drained and rinsed; try any type)
- 3½ 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
- ½ 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)

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Quick Tomato Pasta Sauce

**Prep time:** 5 minutes  
**Cooking time:** 15 minutes  
**Makes:** 2 cups

**Ingredients**
- 2 teaspoons vegetable oil
- 2 cloves of garlic, minced, or ½ teaspoon garlic powder
- 1 can (15 ounces) diced or crushed tomatoes with juice
- ¼ teaspoon each salt and pepper
- 1 Tablespoon lemon juice, if desired
- ¼ 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.

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<td>11mcg</td>
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</tr>
<tr>
<td>Vitamin C</td>
<td>10mg</td>
<td>11%</td>
</tr>
</tbody>
</table>

* 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

**Ingredients**

1 pound lean **ground beef** (15% fat)
1 large **onion**, chopped
1 clove of **garlic**, minced, or ¼ 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
⅔ cup shredded **mozzarella cheese**
6 uncooked **lasagna noodles**
½ 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.

**Nutrition Facts**

9 servings per container

<table>
<thead>
<tr>
<th>Serving size</th>
<th>1 cup (196g)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Calories</strong></td>
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</tr>
<tr>
<td><strong>Total Fat</strong></td>
<td>11g (14%)</td>
</tr>
<tr>
<td><strong>Saturated Fat</strong></td>
<td>4.5g (23%)</td>
</tr>
<tr>
<td><strong>Trans Fat</strong></td>
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<tr>
<td><strong>Cholesterol</strong></td>
<td>50mg (17%)</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>610mg (27%)</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong></td>
<td>17g (6%)</td>
</tr>
<tr>
<td><strong>Dietary Fiber</strong></td>
<td>1g (4%)</td>
</tr>
<tr>
<td><strong>Total Sugars</strong></td>
<td>7g</td>
</tr>
<tr>
<td><strong>Includes 2g Added Sugars</strong></td>
<td>0%</td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>24g</td>
</tr>
</tbody>
</table>

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**Variations**

- Try ground turkey or 2 cups of beans in place of the beef.
- 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.

**Food Hero Ranch Dressing** is also shown in the photo.

**Back to Contents**
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)

<table>
<thead>
<tr>
<th>Amount per serving</th>
<th>Calories 210</th>
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<tbody>
<tr>
<td>Total Fat 6g</td>
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<tr>
<td>Saturated Fat 2.5g</td>
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<td>Trans Fat 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol 15mg</td>
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<tr>
<td>Sodium 580mg</td>
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<tr>
<td>Total Carbohydrate 30g</td>
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<tr>
<td>Dietary Fiber 6g</td>
<td>21%</td>
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<td>Total Sugars 4g</td>
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<tr>
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*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

✪ Try whole-grain pasta for more fiber.
✪ Try pasta in different shapes, such as spiral or elbow.
✪ Add other vegetables such as peas, grated carrots or chopped bell peppers.
✪ 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)

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<tr>
<td>Protein</td>
<td>24g</td>
</tr>
</tbody>
</table>

| Vitamin D          | 0mcg        |
| Calcium            | 148mg       |
| Iron               | 2mg         |
| Potassium          | 430mg       |
| Vitamin A          | 86mcg       |
| Vitamin C          | 1mg         |

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Skillet Mac and Cheese

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
1. In a 10-inch skillet or saucepan, bring the water to a boil.
2. Add the macaroni and butter or margarine. Stir a few times to prevent sticking.
3. Cover the pan and reduce the heat to low. Simmer for 5 minutes (do not drain the water).
4. 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.
5. Take the lid off the skillet and cook the macaroni until most of the water is gone.
6. 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)

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<tr>
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<td>Includes 0g Added Sugars</td>
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<tr>
<td>Protein</td>
<td>16g</td>
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</table>

Vitamin D 1mcg 6%  
Calcium 358mg 30%  
Iron 2mg 10%  
Potassium 239mg 6%  
Vitamin A 164mcg 18%  
Vitamin C 0mg 0%

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**Tomato Pasta Salad**

**Prep time:** 15 minutes  
**Makes:** 6 cups

**Ingredients**
- 4 cups cooked *rotini or penne pasta*
- 2 cups chopped *tomatoes*
- 1 cup chopped *broccoli*
- ¼ cup sliced *black olives*
- 2 Tablespoons grated *parmesan cheese*
- ½ 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.

---

**Nutrition Facts**

<table>
<thead>
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<th>Amount per serving</th>
<th>Calories: 250</th>
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<td><strong>Total Fat</strong></td>
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</tr>
<tr>
<td><strong>Saturated Fat</strong></td>
<td>1.5g (8%)</td>
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<td><strong>Trans Fat</strong></td>
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<td><strong>Cholesterol</strong></td>
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<tr>
<td><strong>Sodium</strong></td>
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<td><strong>Total Sugars</strong></td>
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<tr>
<td><strong>Includes 1.5g Added Sugars</strong></td>
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<td><strong>Protein</strong></td>
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<table>
<thead>
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<tbody>
<tr>
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<td>Vitamin A</td>
<td>49mcg (5%)</td>
<td>Vitamin C</td>
<td>2mg (2%)</td>
</tr>
</tbody>
</table>

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**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.
Skillet-Braised Chicken

**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

**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: ½ cup reduced-sodium soy sauce, ½ cup lime juice and three Tablespoons vegetable or sesame oil.

**Note**
- Honey is not recommended for children less than 1 year old.
**Ingredients**

2 cups grated **cauliflower** (about half a medium head)

1 **egg**

3 Tablespoons **flour**

¼ cup **cheddar cheese**, grated

¼ teaspoon **salt**

**Directions**

1. Preheat oven to 400 degrees F. Grease a baking sheet.

2. Grate cauliflower on the large holes of a grater.

3. In a medium bowl, combine cauliflower, egg, flour, cheese and salt; mix well.

4. Press mixture together to make about 15 small balls or logs. Place on the baking sheet with space between each ball or log.

5. Bake for 20 minutes or until cooked through. For extra crispy tots, broil for an extra 2 minutes. Watch closely to avoid burning.

---

**Nutrition Facts**

**Skillet Braised Chicken**

- Serving size: 1/2 breast (50g)
- Amount per serving:
  - Calories: 130
  - Total Fat: 9g
  - Saturated Fat: 1g
  - Cholesterol: 35mg
  - Sodium: 30mg
  - Total Carbohydrate: 0g
  - Protein: 13g

**Baked Tofu**

- Serving size: 3 ounces (92g)
- Amount per serving:
  - Calories: 100
  - Total Fat: 6g
  - Cholesterol: 0mg
  - Sodium: 190mg
  - Total Carbohydrate: 5g
  - Protein: 7g

**Baked Cauliflower Tots**

- Serving size: 5 tots (110g)
- Amount per serving:
  - Calories: 70
  - Total Fat: 2.5g
  - Cholesterol: 0mg
  - Sodium: 190mg
  - Total Carbohydrate: 9g
  - Protein: 5g

---

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*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.*
Roasted Vegetables

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*

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

*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 2¼ 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.

[Back to Contents]
Storing Fresh Vegetables

**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:**

<table>
<thead>
<tr>
<th>Flavor</th>
<th>Ingredients</th>
<th>Preparation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cucumber</td>
<td>½ cucumber</td>
<td>Cut into thin slices; leave the skin on for color.</td>
</tr>
<tr>
<td>Citrus</td>
<td>lemon, lime, orange or grapefruit - ½ small fruit or ¼ grapefruit</td>
<td>Leave the skin on; slice thinly in whole circles or quarter wedges.</td>
</tr>
<tr>
<td>Herbs</td>
<td>mint, basil or rosemary</td>
<td>10 small leaves or a small sprig. Tear or crush the leaves.</td>
</tr>
<tr>
<td>Apple Cinnamon</td>
<td>½ cinnamon stick and ½ apple</td>
<td>Leave the apple skin on for color; core can be left or removed. Slice into thin slices or circles.</td>
</tr>
<tr>
<td>Strawberry and Kiwi</td>
<td>3 to 4 strawberries and ½ kiwi</td>
<td>Peel the kiwi; slice both fruits into thin slices.</td>
</tr>
</tbody>
</table>

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.
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 **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.**

- **3 teaspoons** = **1 Tablespoon**
- **4 Tablespoons** = **1/4 cup**
- **5 Tablespoons + 1 teaspoon** = **1/3 cup**
- **16 Tablespoons** = **1 cup** = **8 fluid ounces** = **1/2 pint**
- **16 ounces (weight)** = **1 pound**
- **2 cups** = **1 pint**
- **2 pints** = **1 quart**
List of Ingredients Needed to Make Every Cookbook Recipe

This list names the ingredients needed to make EVERY recipe in your Food Hero cookbook.

**Pantry Items**
- Baking powder
- Baking soda
- Basil
- Broth or bouillon
- Chili powder
- Cinnamon
- Cornstarch
- Cream soup, condensed
- Cumin
- Garlic (powder or cloves)
- Honey
- Italian salad dressing
- Lemon juice
- Margarine or butter
- Mustard (dry or prepared)
- Oil
- Oregano
- Paprika
- Parsley (fresh or dried)
- Pepper
- Salt
- Soy sauce
- Sugar (brown and white)
- Vanilla
- Vinegar (any type)

**Vegetables**
- Asparagus
- Beans (canned or dry)
- Bell pepper
- Broccoli
- Brussels sprouts
- Carrots
- Cauliflower
- Cilantro
- Corn
- Enchilada sauce
- Green onions
- Mild green chiles
- Olives (black, canned)
- Onion
- Potatoes (regular and sweet)
- Pumpkin (canned)
- Salsa
- Spaghetti sauce
- Spinach
- Tomato sauce
- Tomatoes (fresh or canned and diced)

**Grains**
- Bread
- Cereal
- Flour
- Pasta (lasagna noodles)
- Pasta (shells, macaroni or rotini)
- Oats (quick and old fashioned)
- Tortillas (whole-wheat or corn)
- Rice

**Protein**
- Chicken breast
- Eggs
- Ground beef (15% fat)
- Tofu

**Dairy**
- Buttermilk
- Cheddar cheese
- Cottage cheese
- Milk
- Mozzarella cheese
- Parmesan cheese
- Sour cream
- Yogurt (plain and vanilla)

**Fruit**
- Apples
- Applesauce
- Bananas
- Berries (any type, fresh or frozen)
- Dried fruit, like raisins
- Juice (100% fruit)
- Peaches or pears (fresh, frozen or canned)
- Pineapple (canned)

Back to Contents
The recipes in this cookbook are designed to be flexible so that you can use the ingredients you have on hand. This list names all of the fruits and vegetables mentioned in the recipes along with the cookbook pages where you can find them.

**Vegetables**
- Asparagus .............................................. 30
- Avocado ............................................. 19, 20, 24, 27
- Beans (canned or dry) ...................... 15, 17, 18, 19, 20, 21, 23, 24, 25
- Bell pepper ......................................... 16, 18, 25
- Broccoli ............................................. 18, 25, 26, 27, 30
- Brussels sprouts .................................. 30
- Carrots ............................................... 7, 16, 25, 26, 30
- Cauliflower ......................................... 18, 29, 30
- Celery .................................................. 26
- Cilantro ............................................... 20, 21
- Corn .................................................... 18, 19, 20, 24, 27
- Cucumber ............................................ 27, 32
- Enchilada sauce .................................... 24
- Garlic (powder or cloves) ............... 17, 21, 22, 23, 24, 25, 26, 28, 30
- Green onions ...................................... 19, 20, 24,
- Mild green chiles .................................. 17, 21, 24
- Olives (black, canned) .................... 19, 24, 27
- Onion ..................................................... 17, 18, 21, 23, 26
- Peas ..................................................... 25
- Peppers (sweet or hot) ...................... 20
- Potatoes (regular or sweet) ............ 19, 30
- Pumpkin (canned) .............................. 7, 8
- Salsa ..................................................... 19, 24
- Spaghetti sauce .................................... 23
- Spaghetti squash .................................. 22
- Spinach ............................................... 8, 26
- Tomato sauce ....................................... 21
- Tomatoes .............................................. 16, 18, 20, 21, 22, 26, 27
  (fresh or canned and diced)
- Zucchini ............................................. 7, 18, 20, 26

**Fruits**
- Apples ................................................. 5, 7, 10, 11, 12, 14, 16, 32
- Applesauce ........................................ 10
- Bananas ............................................... 7, 8, 10, 12, 14, 16
- Berries ............................................... 6, 7, 10, 11, 13, 14, 16, 32
  (any type, fresh or frozen)
- Citrus (lemon, lime or orange) ....... 9, 10, 16, 32
- Cranberries ........................................ 5, 9, 10, 12
- Dried fruit, like raisins, cranberries or apricots .... 5, 9, 12
- Juice (100% fruit) ............................... 8
- Kiwi ..................................................... 32
- Peaches ............................................. 11, 13, 14
- Pears ................................................... 11, 12, 14, 16
- Pineapple (canned) ......................... 8, 14

Back to Contents
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.