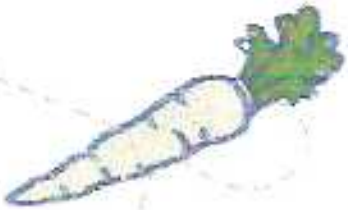
## Tell Me More!

What is your favorite food to eat for dinner? Why?

## Tell Me More!

What is your favorite cooking tool to use? Why?

## Tell Me More!



Name all the white and brown fruits and vegetables you can think of.

## Tell Me More!

What is the first word or phrase you think of when you hear "Food Hero"? Who is your Food Hero?

## Tell Me More!

What vegetable and fruit do you eat at home most often? Why do you like them?

## Tell Me More!

Metalic Sweat Bee

Write in your own question on this card!

# Did you know?

You can eat both the root and the leaves on radishes.

# Take a guess!

Where does the word 'cabbage' come from?

Answer: the Latin word for *caput* and the French word *coboche*, which both mean 'head.'

# Take a guess!

Are brussels sprouts baby cabbages?

Answer: No, but they are in the same family along with kale, broccoli and cauliflower.

# Take a guess!

How should you store a whole onion?

Answer: In a cool, dark, dry place in an open bowl or bag.

# Did you know?

Quick-cooking or old fashioned oats are great whole grain foods to enjoy at any meal.

# Did you know?

Some Native American tribes called blueberries "star berries" because their blossoms make a star shape.

# Tomato Pasta Salad

Oregon State University

## Ingredients

4 cups cooked **rotini pasta**
2 cups chopped **tomatoes**
1 cup chopped **broccoli**
1/4 cup sliced **black olives**
2 teaspoons dry **Italian herbs**
2 Tablespoons grated **Parmesan cheese**
8 ounces low-fat **Italian salad dressing** (about 1 cup)

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

## Directions

1. Combine the cooked pasta, tomatoes, broccoli and black olives together in a bowl.
2. Add the herbs, cheese and salad dressing. Stir together and refrigerate until ready to serve.
3. Refrigerate leftovers within 2 hours.

Photo and recipe adapted from Nutrition Matters.

**Nutrition Facts**

6 servings per container

| Serving size | 1 cup (221g) |
|---|---|
| **Amount per Serving** | |
| **Calories** | **250** |
| | **% Daily Value*** |
| **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.

## Notes

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

**Preparation time:**

15 minutes

*For tasty, healthy recipes that fit your budget, visit www.FoodHero.org!*

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. 

# Oven French Toast

### Ingredients

12 slices **whole grain bread**
4 **eggs** or 8 egg whites
1 cup nonfat or 1% **milk**
1/4 cup packed **brown sugar**
1 teaspoon **vanilla**
**powdered sugar** (optional)

**Makes:** 12 slices
**Prep time:** 10 minutes
**Cooking time:** 30 minutes

## Nutrition Facts

Serving Size 2 slices (141g)
Servings Per Container 6

| Amount Per Serving | |
|---|---|
| Calories 240 | Calories from Fat 50 |
| | % Daily Value* |
| Total Fat 5g | 8% |
| Saturated Fat 1.5g | 8% |
| Trans Fat 0g | |
| Cholesterol 125mg | 42% |
| Sodium 300mg | 13% |
| Total Carbohydrate 35g | 12% |
| Dietary Fiber 4g | 16% |
| Sugars 14g | |
| Protein 13g | |
| Vitamin A 6% | • Vitamin C 0% |
| Calcium 15% | • Iron 10% |

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

| | Calories | 2,000 | 2,500 |
|---|---|---|---|
| Total Fat | Less than | 65g | 80g |
| Saturated Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

### Directions

1. Preheat oven to 325 degrees.
2. Lightly spray a cookie sheet with sides or two 9x13 inch pans with cooking spray.
3. Lay the slices of bread flat on the pan with the sides touching.
4. Beat egg, milk, brown sugar, and vanilla until very well blended.
5. Pour mixture over bread. Turn each slice over to ensure both sides are wet.
6. Cover and refrigerate overnight or bake immediately for 30 minutes.
7. Serve hot. Sprinkle lightly with powdered sugar (optional). Top with applesauce, fresh fruit or yogurt.
8. Refrigerate leftovers within 2 hours.

### Notes

- Serve with applesauce or yogurt.
- Add your favorite berries to the top for some color and a yummy taste!

### Preparation time:

10 minutes

### Cooking time:

30 minutes

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# 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**

¼ teaspoon **salt**

1 **apple**, cored and cut into chunks

½ teaspoon **cinnamon**

1 Tablespoon **brown sugar**

¼ 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.

## 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** 10mg | 3% |
| **Sodium** 268mg | 12% |
| **Total Carbohydrate** 61g | 22% |
| Dietary Fiber 7g | 25% |
| Total Sugars 29g | |
| Includes 7g Added Sugars | 14% |
| **Protein** 10g | |

| | | | |
|---|---|---|---|
| Vitamin D 3mcg | 15% | Calcium 320mg | 25% |
| Iron 2mg | 10% | Potassium 107mg | 2% |
| Vitamin A 0mcg | 0% | Vitamin C 5mg | 6% |

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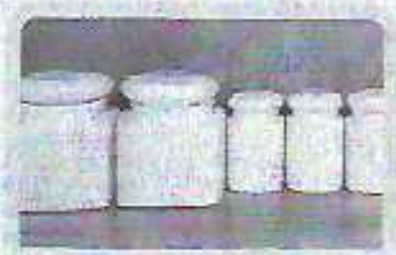

## Whole Grains Storage Guide

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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# 7 Favorite Pancakes

Prep time: 10 minutes Cooking time: 5 minutes Makes: 8 pancakes (4-inch)

## Ingredients

1¼ cups **all-purpose flour**

1 Tablespoon **baking powder**

1 Tablespoon **sugar**

¼ teaspoon **salt**

½ 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.

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## 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.

# 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

⅔ 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.

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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** 6g | |

| | | | |
|---|---|---|---|
| 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** 85mg | 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 335mg | 8% |
| Vitamin A 81mcg | 8% | Vitamin C 41mg | 45% |

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# 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*

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)**

**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 0% | Calcium 70mg 6% |
| Iron 2mg 10% | Potassium 170mg 4% |
| Vitamin A 130mcg 14% | Vitamin C 6mg 2% |

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# 12 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.

# 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.

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# 13 Blueberry Bling

**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).

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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 16mg | 2% |
| Iron 1mg | 6% | Potassium 211mg | 4% |
| Vitamin A 1mcg | 0% | 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.

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 | |

| | | | |
|---|---|---|---|
| Vitamin D 0mcg | 0% | Calcium 52mg | 4% |
| Iron 0mg | 0% | Potassium 2mg | 0% |
| Vitamin A 4mcg | 0% | Vitamin C 0mg | 0% |

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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 18g | |
| Includes 8g Added Sugars | 6% |
| **Protein** 3g | |

| | | | |
|---|---|---|---|
| Vitamin D 0mcg | 0% | Calcium 17mg | 2% |
| Iron 1mg | 6% | Potassium 133mg | 2% |
| Vitamin A 0mcg | 0% | Vitamin C 11mg | 12% |

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# 14 Breakfast Banana Split

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.

### 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.

## 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.

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## Nutrition Facts

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

**Calories 230**

| | % Daily Value* |
|---|---|
| **Total Fat** 4.5g | 6% |
| Saturated Fat 0.5g | 3% |
| Trans Fat 0g | |
| **Cholesterol** 0mg | 0% |
| **Sodium** 48mg | 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.