

## 27 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
- $\frac{1}{2}$  cup sliced black olives
- 2 Tablespoons grated parmesan cheese
- $\frac{1}{2}$  to 1 cup low-fat Italian salad dressing

### Directions

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

### Variations

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



### Cook Corn on the Cob

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

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

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

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

### Nutrition Facts

6 servings per container  
Serving size 1 cup (221g)

Amount per serving  
**Calories 250**

% Daily Value\*

<b>Total Fat</b> 7g	14%
Saturated Fat 1.5g	3%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 670mg	25%
<b>Total Carbohydrate</b> 30g	14%
Dietary Fiber 1g	4%
Total Sugars 5g	
Includes 1.5g Added Sugars	3%
<b>Protein</b> 7g	

Vitamin D 0mcg	0%	Celium 51mg	1%
Iron 2mg	10%	Potassium 250mg	6%
Vitamin A 40mcg	5%	Water 1.2mg	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.

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## 28 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**

### Note

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

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### Directions

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

### Variation

- ☞ For a different flavor, use these ingredients for the marinade:  $\frac{1}{2}$  cup reduced-sodium soy sauce,  $\frac{1}{4}$  cup lime juice and three Tablespoons vegetable or sesame oil.

# 29 Baked Cauliflower Tots

Prep time: 10 minutes

Cooking time: 20 minutes

Makes: 2 cups



## Ingredients

- 2 cups grated cauliflower (about half a medium head)
- 1 egg
- 3 Tablespoons flour
- ¼ cup cheddar cheese, grated
- ½ 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.

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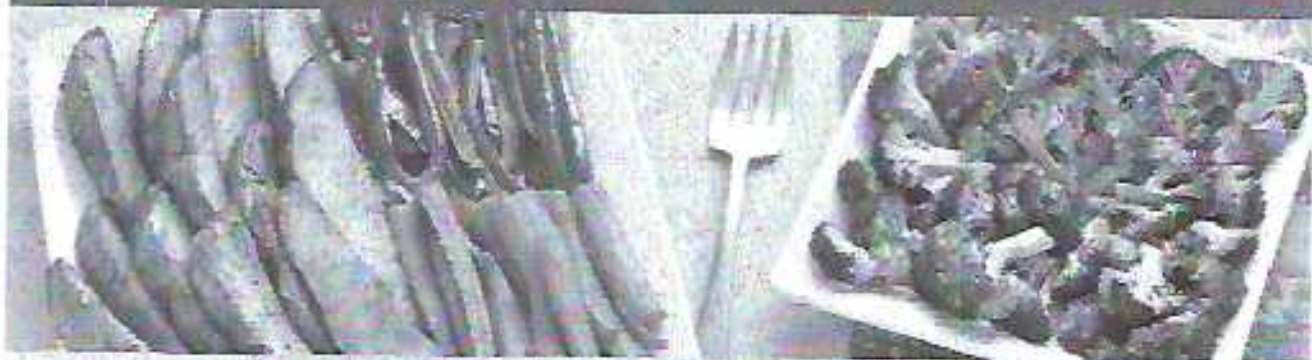
### Skillet Braised Chicken

### Baked Tofu

### Baked Cauliflower Tots

Nutrition Facts		Nutrition Facts		Nutrition Facts	
2 servings per container		6 servings per container		3 servings per container	
Serving size 1/2 breast (50g)		Serving size 3 ounces (92g)		Serving size 5 tots (110g)	
Amount per serving		Amount per serving		Amount per serving	
<b>Calories 130</b>		<b>Calories 100</b>		<b>Calories 70</b>	
% Daily Value*		% Daily Value*		% Daily Value*	
Total Fat 0g	12%	Total Fat 0g	0%	Total Fat 2.5g	5%
Saturated Fat 1g	5%	Saturated Fat 0g	0%	Saturated Fat 1g	5%
Trans Fat 0g		Trans Fat 0g		Trans Fat 0g	
Cholesterol 30mg	12%	Cholesterol 0mg	0%	Cholesterol 60mg	10%
Sodium 30mg	1%	Sodium 190mg	8%	Sodium 200mg	9%
Total Carbohydrate 0g	0%	Total Carbohydrate 5g	2%	Total Carbohydrate 5g	3%
Dietary Fiber 0g	0%	Dietary Fiber 0g	0%	Dietary Fiber 2g	7%
Total Sugars 0g		Total Sugars 3g		Total Sugars 2g	
Includes 0g Added Sugars	0%	Includes 0g Added Sugars	0%	Includes 0g Added Sugars	0%
Protein 13g		Protein 7g		Protein 5g	
Vitamin D 0mg	0%	Vitamin D 0mg	0%	Vitamin D 0mg	0%
Calcium 5mg	0%	Calcium 140mg	10%	Calcium 67mg	6%
Iron 0mg	0%	Iron 1mg	0%	Iron 1mg	0%
Potassium 110mg	2%	Potassium 21mg	0%	Potassium 290mg	6%
Vitamin A 3mg	0%	Vitamin A 0mg	0%	Vitamin A 30mg	3%
Vitamin C 0mg	0%	Vitamin C 0mg	0%	Vitamin C 43mg	42%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

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

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

### Stovetop Rice

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



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## 31 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.

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# Flavored Water Basics

## Flavor Options

Try these flavors or make up your own!

For 1 quart (4 cups) of water:

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

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

## Flavored Ice

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

## Keep It Safe

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

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## 33 Kitchen Measuring Guide



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



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



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

Use the fewest number of measurements possible for best accuracy.



3 teaspoons = 1 Tablespoon



4 Tablespoons = 1/4 cup



5 Tablespoons + 1 teaspoon = 2/3 cup



16 Tablespoons =  
1 cup =  
8 fluid ounces =  
1/2 pint



2 cups =  
1 pint



16 ounces  
(weight) =  
1 pound



2 pints =  
1 quart

This material is funded in part by USDA's Specialty Crop Risk Reduction Program and 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 Service at 877.USDA. USDA is an equal opportunity provider and employer. 2023 Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender identity or expression, genetic information, marital status, national origin, race, religion, sex, sexual orientation or veteran's status. This institution is an equal opportunity provider.

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## 34 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)



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## Fruit and Vegetable Index

*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 (fresh or canned and diced)	16, 18, 20, 21, 22, 26, 27
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 (any type, fresh or frozen)	6, 7, 10, 11, 13, 14, 16, 32
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



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Blueberry Bling



Favorite Pancakes



Popeye Power Smoothie

# Be a Food Hero!

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

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

