



Quantity Recipes Available Online

The screenshot shows the Food Hero website interface. At the top, there is a navigation bar with the Oregon State University logo, the text "About Food Hero | Media Center | Community Toolkit", and a search bar labeled "Search Food Hero". Below this is a secondary navigation menu with buttons for "Home", "Recipes A-Z List", "Ingredients A-Z List", and "Español".

The main content area features a green background with the text: "Food Hero is your go-to site for quick, tasty, healthy recipes and helpful tips. Whether you're a beginner or a pro, you'll find something new for your family to enjoy." Below this is a "Healthy Recipes" section with three small recipe images. To the right is a large image of children eating at a table.

Two red-bordered callout boxes highlight "Quantity Recipes". The top one says: "Cooking for a Crowd? Check out our **Quantity Recipes**, a great addition to any party or event with large numbers of servings! Even better, all these recipes were approved by Child Nutrition Specialists and meet the USDA meal pattern requirements for schools and child centers. Delicious and healthy!" The bottom one says: "Cooking for a Crowd? Check out our **Quantity Recipes**, a great addition to any party or event with large numbers of servings! Even better, all these recipes were approved by Child Nutrition Specialists and meet the USDA meal pattern requirements for schools and child centers. Delicious and healthy!"

On the right side, there is a sidebar with a "Log In" and "Register" section, social media icons for Facebook, Twitter, Pinterest, YouTube, and Instagram, and links for "Coloring Sheets", "Food Hero Monthly", "Kid Approved Recipes", and "Search Recipes by Ingredient".

At the bottom, there is a "Monthly Magazine" section with a preview image of a magazine cover titled "Pizza Basics" and a "View the magazine" button. Below this is a "Find recipes" search bar.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer.

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Each recipe is quantified and credited at four yields (most often 12, 24, 48 and 96), taste tested and follows the comprehensive Food Hero recipe guidelines.

Blueberry Bling

Cooking time: 30 minutes
Process #2, Same Day Preparation



1 Serving Provides:

CACFP: ½ cup Fruit, ½ ounce equivalent Grains
NSLP: ½ cup Fruit, ½ ounce equivalent Grains
SFSP: ½ cup Fruit, ½ ounce equivalent Grains

Ingredients	48 Servings		96 Servings	
	Weight	Measure	Weight	Measure
Frozen blueberries	12 pounds 8 ounces		25 pounds	
Unsalted butter or margarine, softened	4 ounces	½ cup	8 ounces	1 cup
All-purpose flour	3.7 ounces	¾ cup	7.4 ounces	1½ cups
Brown sugar	6 ounces	¾ cup	12 ounces	1½ cups
Rolled oats	1 pound 8 ounces	6 cups	3 pounds	12 cups
Cinnamon		2 tablespoons		¼ cup



Directions

- Preheat the oven to 375° F.
- Spray 2-inch full-size steamtable pans with pan-release spray. For 48 servings use 2 pans, for 96 servings use 4 pans. Divide the frozen blueberries evenly into each pan.
- In a bowl mix together the butter or margarine, flour, brown sugar, oats and cinnamon. Divide oat mixture evenly per pan and sprinkle oat mixture over the blueberries.
- Bake in the preheated oven for about 30-45 minutes, or until the blueberry juices are bubbling and the oat topping is golden brown.

CCP: Heat to 165°F or higher for at least 15 seconds.

CCP: Hold for hot service at 135°F or higher.

Cut each pan 4 X 6 into 24 portions.

Serving	Yield	Volume
1/24 of pan, or about ¾ cup	48 Servings: about 10 pounds	48 Servings: about 2 gallons
	96 Servings: about 20 pounds	96 Servings: about 4 gallons

Nutrients Per Serving					
Calories	154	Saturated Fat	1.4 g	Iron	1 mg
Protein	0 g	Cholesterol	5 mg	Calcium	24 mg
Carbohydrate	28 g	Vitamin A	115 IU	Sodium	4 mg
Total Fat	3.3 g	Vitamin C	3 mg	Dietary Fiber	5 g