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YOU CAN BE A FOOD HERO

Helena Van Brande (/news?author=5d816ac42eff252b93ec367d)

· nutrition (/news/category/nutrition), food hero
(/news/category/food+hero)

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Are you looking for healthy and quick recipes for your family?
Check out FoodHero.org (http://foodhero.org/) for an amazing
database of recipes that you can search by special diets, number
and type of ingredients, and cooking methods or meal type. The
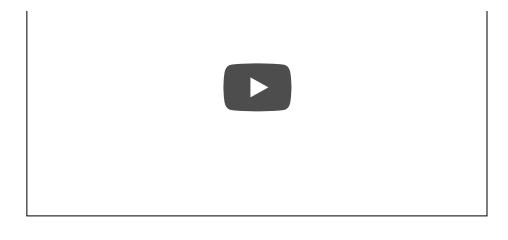website includes a special list of "kid-approved" recipes that have

Potatoes and onions are ready for dicing at a Food Hero recipe showcase in Hood River. (*Stephen Ward/© 2018 Oregon State University*)

Each recipe is printer-friendly and includes nutritional facts. Highlighted recipes even have a video. Check out this Food Hero Whole Wheat Blueberry Muffins video!

Food Hero Whole Wheat Blueberry Muffins

The Food Hero website is very interactive, allowing people to save recipes to their profile or even share to Pinterest and Facebook. In addition, there is an option for people to share publicly their feedback, tips, and comments for each recipe.

With so many great recipes at your fingertips, it's hard to choose!

For more information about Food Hero, contact Jamie Davis at the Lake County Oregon State University Extension Office (http://extension.oregonstate.edu/lake/) at (541) 947-6054 or by email (mailto:Jamie.Davis@oregonstate.edu).

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