Hi, I’m Stephanie Russell, with the Oregon State University Extension Service, Nutrition Education Program. Here’s today’s Extension Spotlight.

Are you looking for low-cost, simple and healthy recipes that your family will love? If so, visit W-W-W dot Food Hero dot O-R-G! Once there, you’ll find cooking and shopping tips and access to the award winning Food Hero Monthly. Right now, Food Hero is talking about chicken, a lean and low-cost protein source that’s a great addition to many recipes. For example, try creating Food Hero’s simple, delicious, and kid-approved, Rice Bowl, Southwestern Style. Just add cooked chicken and rice to sautéed vegetables, then top with salsa, cheese, or sour cream. For more recipes and tips, visit [www.foodhero.org](http://www.foodhero.org) today!

This has been Extension Spotlight.