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

Are you looking for tasty, healthy recipes that will help you save money and time? If so, visit W-W-W dot Food Hero dot O-R-G! There you’ll find hundreds of recipes and tips for shopping, storing, and preparing foods. Right now, Food Hero is talking about bananas. Bananas are a source of potassium, a mineral that helps protect against high blood pressure and heart disease. They make a great snack, and are a versatile recipe ingredient. For example, did you know that mashed bananas can substitute for up to half of the fat in recipes for baked goods? For more recipes and tips about bananas and other healthy foods, visit [www.foodhero.org](http://www.foodhero.org) today.

This has been Extension Spotlight.