

Use WIC foods to try these great recipes from Foodhero.org!

They are easy, fast, and delicious!

Corn Critter Salad

Peanut Butter Breakfast Bars

Oven French Toast

Easy Cheesy Enchiladas

Skillet Cabbage

Popeye Power Smoothie





Lentil Confetti Salad

Orange Delight

Breakfast No-Bake Granola Bars

Minestrone Soup

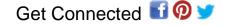
Peanut Power Drink

Burrito Soup





Food Hero is designed to inspire people with simple and low cost recipes and food-planning tips that highlight fruits and vegetables as a key part of a healthy and balanced diet.





FoodHero.org







Popeye Power Smoothie

Ingredients

1 cup orange juice
½ cup pineapple juice
½ cup plain or vanilla yogurt
1 banana, peeled and sliced
2 cups fresh spinach leaves
Crushed ice

Directions

- 1. Combine all ingredients in a blender.
- 2. Puree until completely smooth.
- 3. Serve immediately.
- 4. Refrigerate leftovers within 2-3 hours.



Nutrition Facts Serving Size about 1 cup (166g) Servings Per Container 4			
Amount Per Servin	g		
Calories 90	Ca	lories fro	m Fat 5
% Daily Value*			
Total Fat 0.5g			1%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 5mg			2%
Sodium 35mg			1%
Total Carbohydrate 20g 7%			
Dietary Fiber 1g 4%			
Sugars 15g			
Protein 3g			
Vitamin A 30%		Vitamin (2 700/
110070			J 70%
Calcium 8%		Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2,000 2,500			
Saturated Fat Le Cholesterol Le	ss than ss than ss than ss than oohydrate	65g 20g 300mg 2,400mg 300g 25g 4 • Prote	80g 25g 300mg 2,400mg 375g 30g

For more recipes and tips on eating well for less, visit <u>www.foodhero.org</u>

© 2011 Oregon State University. OSU Extension Service cooperating. OSU Extension Service offers educational programs, activities, and materials without discrimination based on race, color, religion, sex, sexual orientation, national origin, age, marital status, disability, or disabled veteran or Vietnam-era veteran status. OSU Extension Service is an Equal Opportunity Employer. This material was funded in part by the Supplemental Nutrition Assistance Program of USDA. SNAP puts healthy food within reach - call Oregon SafeNet at 1-800-723-3638. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. USDA is an equal opportunity provider and employer.