

Food Hero Monthly Magazines (A to Z) and Recipes

Updated 8/7/24



Food Hero Monthly Issue	Featured Recipes
<u>African Heritage</u> (6/2021)	Succotash Cornbread
<u>Apples</u> (10/2019)	Microwave Applesauce Baked Apple Chips
<u>Asparagus</u> (6/2023)	Roasted Asparagus Asparagus Mushroom Melt
<u>Banana</u> (6/2018)	Banana Oatmeal Muffins Cuban Baked Bananas
<u>Beans</u> (1/2019)	Quick Chili
<u>Beets</u> (5/2020)	Un-beet-able Berry Smoothie Roasted Beets
<u>Blueberries</u> (7/2018)	Blueberry Crisp Super Sundae Whole Wheat Blueberry Muffins
<u>Broccoli</u> (3/2021)	Sesame Broccoli Broccoli & Everything Salad
<u>Brussels Sprouts</u> (11/2017)	Lemon Dill Brussels Sprouts Brussels Sprouts, Cranberry and Bulgur Salad Roasted Brussels Sprouts
<u>Cabbage</u> (12/2021)	Sautéed Cabbage Tuna Cabbage Salad Garlic Bok Choy
<u>Carrots</u> (12/2019)	Mashed Carrots Sweet Carrot Bread or Muffins
<u>Cauliflower</u> (12/2020)	Baked Cauliflower Tots Roasted Cauliflower Steaks
<u>Celery</u> (10/2022)	Cream of Celery Soup Ants on a Log
<u>Cheese</u> (12/2017)	Broccoli Cheddar Soup Skillet Mac and Cheese
<u>Cherries</u> (2/2020)	Cherry Puff Pancake Cherry Scones
<u>Chicken</u> (5/2018)	Chicken, Broccoli & Cheese Skillet Meal Rice Bowl Southwestern Style Skillet-Braised Chicken

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<u>Corn</u> (8/2019)	Corn and Tomato Salad Corn Pancakes
<u>Cranberry</u> (11/2022)	Couscous Salad Glazed Carrots and Cranberries Cranberry Applesauce
<u>Cucumber</u> (2/2021)	Refrigerator Pickled Cucumbers Cucumber Yogurt Dip
<u>Eggplant</u> (7/2023)	Eggplant Pizza Slice Eggplant Dip
<u>Eggs</u> (3/2018)	Fruity French Toast Casserole
<u>Fish</u> (8/2024)	Fish Stew
<u>Freezing Fruit</u> (9/2021)	Rhubarb Blueberry Crisp Tropical Smoothie
<u>Freezing Vegetables</u> (12/2020)	Roasted Tomatoes
<u>Fry Bread</u> (5/2023)	Rosanna's Fry Bread
<u>Garlic</u> (4/2024)	Roasted Garlic
<u>Grapes</u> (7/2019)	Grape and Cucumber Salad Fruited Tabbouleh Grape Salsa
<u>Green Beans</u> (7/2021)	Honey Mustard Green Beans Bean Salad
<u>Ground Beef</u> (5/2021)	Garlic Ginger Ramen with Beef Quick Chili
<u>Healthy Celebrations</u>	Do-It-Yourself Trail Mix Banana Bobs Fruit Pizza
<u>Herbs and Spices</u> (4/2019)	Taco Seasoning Soulful Seasoning Pumpkin Pie Spice Pumpkin Fruit Dip Hummus Dip (no tahini)
<u>Kale</u> (10/2016)	Kale Dip Kale and White Bean Soup

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<u>Keeping Food Safe</u> (9/2021)	Skillet-Braised Chicken Quick Chicken Rice Soup
<u>Kiwi</u> (12/2022)	Kiwi Salsa Kiwi Pineapple Slaw
<u>Latin American Culture</u> (10/2021)	Salsa Roja Salsa Verde
<u>Leafy Greens</u> (10/2018)	Greens with Carrots Pasta with Greens and Beans
<u>Leeks</u> (3/2017)	Sautéed Leeks and Apples Leek and Mushroom Orzo
<u>Lentils</u> (1/2018)	Lentil Taco Filling
<u>Microwave Oven</u> (3/2024)	Microwave Fresh Vegetables Microwave Steamed Fish Sesame Fish and Rice Bowl
<u>Milk</u> (6/2019)	Orange Delight Magical Fruit Salad Skillet Corn Chowder
<u>Mushrooms</u> (9/2023)	Mushroom Bulgur Pilaf Simple Sautéed Mushrooms
<u>Oats</u> (1/2020)	Savory Oatmeal Cranberry Oatmeal Balls Overnight Oatmeal
<u>Older Adults – Focus on Added Sugars</u>	Banana Oatmeal Cookies Glass of Sunshine Flavored Water
<u>Older Adults – Focus on Aerobic Activity</u>	
<u>Older Adults – Focus on Balance</u>	
<u>Older Adults – Focus on Calcium & Vit. D</u>	Salmon Patties Low-Fat Tartar Sauce
<u>Older Adults – Focus on Digestion</u>	Berry Blast Mix and Match Grain Bowl Herbed Yogurt Sauce Easy Skillet Chili Carrot Cake Cookies
<u>Older Adults – Focus on Fats</u>	Lentil Taco Filling
<u>Older Adults – Focus on Fiber</u>	Three Sisters Soup Blueberry Crisp
<u>Older Adults – Focus on Flexibility</u>	

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<u>Older Adults – Focus on a Healthy Plate</u>	Broccoli Cheddar Soup
<u>Older Adults – Focus on Moving More</u>	
<u>Older Adults – Focus on Potassium</u>	Peach Yogurt Smoothie Southwestern Stuffed Potatoes
<u>Older Adults – Focus on Protein</u>	Chicken Chowder for Two Veggie Omelet in a Mug Overnight Oats for One
<u>Older Adults – Focus on Snacks</u>	
<u>Older Adults – Focus on Strength</u>	
<u>Older Adults – Focus on Vitamin B12</u>	High Protein Banana Split Tuna Veggie Melt
<u>Older Adults – Focus on Water</u>	Mix and Match Salad Peanut Protein Smoothie for Two
<u>Onions</u> (2/1019)	Sautéed Onions Roasted Onions
<u>Oranges</u> (1/2021)	Carrot, Jicama and Orange Salad Sunshine Roll-Ups
<u>Parsnip</u> (11/2020)	Parsnip Soup Roasted Parsnips
<u>Peaches</u> (8/2022)	Peach and Carrot Smoothie Peach Salsa
<u>Pears</u> (9/2017)	Chicken and Pear Salad Pear Quesadillas Pear and Cranberry Crisp
<u>Peas</u> (3/2023)	Green Pea Soup Parmesan Peas
<u>Peppers (Bell)</u> (7/2020)	Bell Pepper Nachos Roasted Bell Peppers Bell Pepper Salad
<u>Peppers (Hot)</u> (1/2024)	Mexican Adobo Sauce
<u>Pizza</u> (2/2018)	No-Yeast Pizza Crust Quick No-Cook Pizza Sauce
<u>Pork</u> (2/2019)	Pork Chili Fried Rice with Pork
<u>Potatoes</u> (9/2020)	Potato Pals Cheesy Potato Soup Mashed Potatoes

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<u>Pumpkin</u> (10/2020)	Pumpkin Breakfast Cookies Turkey Pumpkin Chili
<u>Radishes</u> (2/2022)	Roasted Radishes with Peas Radish and Cucumber Salad
<u>Raspberry/Blackberry</u> (8/2023)	Baked Berry Oatmeal Raspberry Fruit Dip Any Berry Sauce
<u>Respecting Indigenous Foods: Squash</u> (5/2022)	Herbed Yogurt Sauce Stovetop Quinoa Harissa Roasted Butternut Squash
<u>Rhubarb</u> (4/2023)	Rhubarb Muffins Chilled Strawberry-Rhubarb Soup
<u>Rice</u> (9/2109)	Rice Bowl Breakfast with Fruit and Nuts Rice Bowl Southwestern Style Mix and Match Grain Bowl
<u>Salad Greens</u> (5/2019)	Honey Mustard Dressing Ranch Dressing
<u>Salmon</u> (4/2020)	Salmon Patties Oven Baked Salmon
<u>School Snacks</u>	Cowboy Salad Popeye Power Smoothie
<u>Slow Cooker</u> (2/2024)	Slow Cooker Beans Salsa Chicken
<u>Spinach</u> (4/2022)	Spinach Pasta Salad Spinach and Chicken Italian
<u>Split Peas</u> (12/2018)	Split Pea Soup Split Pea Salad
<u>Strawberry</u> (2/2023)	Frozen Strawberry Yogurt Strawberry Salsa Banana Berry Smoothie
<u>Summer Squash</u> (8/2020)	Zucchini Salad Sautéed Zucchini
<u>Sweet Potato</u> (11/2018)	Sweet Potato and Orange Muffins Savory Sweet Potatoes
<u>Tofu</u> (4/2018)	Tofu Banana Pudding Baked Tofu Tofu “Egg” Salad

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<u>Tomatoes</u> (8/2018)	Tomato Melt Quick Tomato Pasta Sauce
<u>Tuna</u> (10/2017)	Tuna Veggie Melt Cilantro Lime Tuna Wrap Stovetop Tuna Casserole
<u>Turkey</u> (11/2019)	Turkey Ginger Rice Lettuce Wraps (formally Asian Turkey Lettuce Wraps) Turkey Cranberry Quesadilla
<u>Turnips</u> (2/2017)	Mashed Turnips and Potatoes Savory Turnips Maple Glazed Turnips
<u>Vinegar</u> (1/2023)	Red Wine Vinaigrette Pickled Cabbage Slaw
<u>Water – Drink Water Your Way</u> (3/2020)	Cucumber Flavored Water Citrus Flavored Water Herb Flavored Water Apple Cinnamon Flavored Water Strawberry Kiwi Flavored Water
<u>Water – Easy Flavored Water for Groups</u> (2018)	Cucumber Flavored Water Citrus Flavored Water Herb Flavored Water Apple Cinnamon Flavored Water Strawberry Kiwi Flavored Water
<u>Watermelon</u> (8/2021)	Watermelon Salsa Watermelon with Lime and Chili Powder Watermelon Cooler
<u>Whole Grains</u> (9/2018)	
<u>Whole-Wheat Flour</u> (9/2018)	Banana Pancakes Whole-Wheat Yogurt Rolls
<u>Winter Squash</u> (11/2021)	Butternut Squash and Chili Pan-Fry
<u>Yogurt</u> (6/2020)	Savory Yogurt Spread Fruit Smoothie 1 (with yogurt) Yogurt Fruit Dip Drinkable Yogurt

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