

# Food Hero

## Cooking Team Recipes

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Oregon State University  
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# Cranberry Applesauce

1

## Ingredients:

2 medium **apples**

1/4 cup + 2 Tablespoons fresh or frozen **cranberries**

Pinch of **cinnamon**

1+1/2 Tablespoons **brown sugar**,  
packed

1/4 cup **water**

**Makes:** 1.5 cups

## Directions:

1. Peel, core, and roughly chop the apples. Place in the saucepan.
2. Add the cranberries, cinnamon, brown sugar and water.
3. Bring to a boil on high heat, then lower the heat to a simmer. Cover and cook 10 to 15 minutes. After 10 minutes, use a fork to test the apples. They should be soft.
4. Remove from heat and turn off the stove. When the applesauce has cooled, use a potato masher to mash it to the consistency you want.
5. Serve and enjoy.



# Veggie Quesadillas

2

## Ingredients:

1/4 cup + 2 Tablespoons grated **cheese**

2 Tablespoons **beans**

1/4 cup cooked **corn**

1/4 **carrot**

1/4 **bell pepper**

3 **corn tortillas** (6-inch)

**Makes:** 3 quesadillas—if cut in half, makes 6 quesadillas

## Directions:

1. Measure the cheese, beans and corn, and set them aside on a plate.
2. Grate carrot and bell pepper and set aside.
3. Preheat a large skillet over low heat.
4. Place a tortilla on your plate. Sprinkle your cheese on top of the tortilla. Sprinkle beans, corn, carrot and bell pepper on top of the cheese.
5. Carefully place your quesadilla in the heated skillet. Heat it until the cheese is melted and the tortilla is slightly golden, about 3 minutes.
6. Using a spatula, fold the quesadilla in half and return it to the plate. Repeat until the quesadillas for everyone in your cooking team are made. Turn off the stove after the last quesadilla is cooked.



# Banana Pancakes

3

## Ingredients:

- 1 **egg**, beaten
- 3/4 cup **nonfat** or **1% milk**
- 1 + 1/2 teaspoons **sugar**
- 1 + 1/2 Tablespoons **oil**
- 1 **banana**, mashed
- 1/4 cup + 2 Tablespoons **whole-wheat flour**
- 1/4 cup + 2 Tablespoons **all-purpose flour**
- 1 teaspoon **baking powder**
- 1 cup low-fat **vanilla yogurt**

**Makes:** 8 pancakes (4-inch)

## Directions:

1. Measure the egg, milk, sugar, oil and banana into a bowl. Mix well.
2. In a separate bowl, measure out flours and baking powder. Stir.
3. Add the dry ingredients to the wet ingredients. Mix gently. Set the batter aside as you prep your skillet.
4. Lightly spray a large skillet with nonstick cooking spray. Heat the skillet over medium-high heat.
5. Spoon 1/4 cup batter onto the griddle for each pancake. Cook until the top is bubbly and the edges are dry. Using a spatula, flip the pancake and cook it for 2 to 3 more minutes or until golden brown.
6. Place the cooked pancake on a plate. Repeat until pancakes for everyone in your cooking team are made. Turn off the stove.
7. Enjoy with a spoonful of low-fat vanilla yogurt on top.



# Pumpkin Ricotta Stuffed Shells

4

## Ingredients:

- 1/4 cup + 1 Tablespoon **low-fat ricotta cheese**
- 3 Tablespoons **pumpkin puree**
- 2 Tablespoons grated **parmesan cheese**
- 1 pinch **garlic powder**
- 1 + 1/2 teaspoons **dried basil**
- 1 pinch ground **sage**
- 1 pinch each **salt** and **pepper**
- 1/4 cup **pasta sauce**
- 3 **jumbo pasta shells**, parboiled

**Makes:** 3 filled shells per team for a total of 12 shells in the baking dish

## Directions:

1. Preheat oven to 400 degrees F.
2. Measure the ricotta cheese, pumpkin puree, parmesan cheese (keep 1 teaspoon of cheese separate for topping) and spices into a bowl. Mix well.
3. Spread the pasta sauce in the bottom of one 8" x 8" baking dish (class will use only one baking dish).
4. Fill each shell with 3 Tablespoons of the pumpkin mixture, and place the shells close together on the sauce in the baking dish.
5. Cover the dish with foil and bake for 20 minutes. Pull the dish out of the oven, stand back as you carefully remove the foil, and sprinkle the shells with the remaining cheese. Bake for 7 minutes more.
6. Remove the dish from the oven and turn the oven off. Let the shells sit for a few minutes before serving.



# Sweet Potato and Orange Muffins

5

## Ingredients:

- 2 Tablespoons + 2 teaspoons **all-purpose flour**
- 2 Tablespoons + 2 teaspoons **whole-wheat flour**
- 1/4 + 1/8 teaspoon **baking powder**
- 1/4 teaspoon **baking soda**
- 1/8 teaspoon **cinnamon**
- 1/8 teaspoon **nutmeg**
- 1/8 teaspoon **allspice**
- 3 Tablespoons canned **sweet potato** or **yam**
- 4 teaspoons **brown sugar**, packed
- 1 + 1/2 Tablespoons beaten **egg**
- 2 Tablespoons + 2 teaspoons **orange juice**
- 1 Tablespoon grated **carrot**
- 1/8 teaspoon **vanilla extract**

**Makes:** 3 muffins

## Directions:

1. Preheat oven to 400 degrees F. Lightly oil muffin tins for 3 muffins.
2. In a medium bowl, combine flours, baking powder, baking soda, cinnamon, nutmeg and allspice.
3. In a larger bowl, mash the sweet potato or yam. Add the brown sugar, egg, orange juice, grated carrot and vanilla extract. Mix well.
4. Add the dry ingredients to the liquid ingredients and mix well.
5. Fill the muffin tins 2/3 full.
6. Bake 15 to 20 minutes, until tops are golden brown. Remove from oven, and turn the oven off. Let muffins cool before removing from tins.



# Breakfast Burritos

6

## Ingredients:

2 eggs

2 Tablespoons **nonfat** or **1% milk**

**Salt, pepper** and **chili powder** to taste

1/2 **tomato**

2 **whole-wheat flour tortillas** (10-inch)

1/2 cup **fat-free refried beans**

1/4 cup grated **cheddar cheese**

**Makes:** 2 burritos

## Directions:

1. Preheat oven to 400 degrees F.
2. Whisk eggs, milk and seasonings in a bowl.
3. Spray skillet with nonstick cooking spray. Heat skillet over medium heat. Add egg mixture. Stir eggs and cook until firm. Turn off the stove and remove the skillet from the heat.
4. Chop the tomato.
5. On each tortilla, layer 1/2 of the refried beans, eggs, cheese and tomato. Roll the burrito, wrap it in aluminum foil and place it in the oven for 7 minutes.
6. Remove the burrito from the oven and let it cool slightly before cutting each burrito in half and serving. Turn oven off.



# Easy Manicotti

7

## Ingredients:

- 2 teaspoons **egg**, beaten
- 3 Tablespoons + 2 teaspoons **low-fat ricotta cheese**
- 3 Tablespoons grated **mozzarella cheese**
- 1 Tablespoon + 3/4 teaspoon minced fresh **parsley**
- 1 pinch each **salt** and **pepper**
- 3/4 teaspoon **Italian seasoning**
- 1 pinch **garlic powder**
- 1/4 cup + 2 Tablespoons **pasta sauce**
- 3 **manicotti shells**, parboiled

**Makes:** 3 filled shells per team for a total of 12 shells in the baking dish

## Directions:

1. Preheat oven to 350 degrees F.
2. In a bowl, mix the egg, ricotta cheese, mozzarella cheese, parsley, salt, pepper, Italian seasoning and garlic powder.
3. Lightly spray the bottom of an 8" x 8" baking dish with nonstick cooking spray. Each team spread 1 Tablespoon of pasta sauce in the bottom of the dish.
4. Stuff each shell with half of the filling. Place the stuffed shells in the pan. Pour the remaining sauce evenly over the shells.
5. Bake for 10 to 15 minutes or until bubbly throughout.
6. Remove the shells from the oven and turn it off. Let the shells rest for 5 minutes before serving.

