

Food Hero

Cooking Team Recipes

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Oregon State University
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Not Your Everyday Apples

1

Ingredients:

- 3 medium **apples**
- 1/2 cup **raisins** or **dried cranberries**
- 2 teaspoons soft **butter** or **margarine**
- 2 teaspoons **brown sugar**
- 1/4 teaspoon **cinnamon**

Makes: 3 cups

Directions:

1. Preheat oven to 400 degrees F.
2. Wash the apples. Use an apple slicer to slice them. Lay each slice on a flat side and chop it into small pieces. Repeat for all slices. Place in a bowl.
3. Measure the dried fruit, butter, brown sugar and cinnamon. Add them to the apples. Mix.
4. Place the apple mixture in a baking dish and cover loosely with foil.
5. Bake for about 20 minutes.
6. Remove from the oven, turn oven off and let the apples cool slightly before serving.



Ingredients:

Pizza Sauce (for cooking team)

- 1/4 cup **tomato sauce**
- 3 Tablespoons **tomato paste**
- 1/4 teaspoon dried **oregano**
- 1/4 teaspoon dried **basil**
- 1/8 teaspoon **garlic powder**
- 2 Tablespoons finely grated **carrot**

Pizza (individual)

- 1/2 **English muffin**
- 1+1/2 Tablespoons **pizza sauce**
- 1 Tablespoon grated **cheese**
- 4 Tablespoons chopped **vegetables, fruits, and cooked meat**

Makes: 1 pizza per cooking team member for a total of 3 pizzas

Directions:

1. Preheat oven to 400 degrees F.
2. Mix all pizza sauce ingredients together in a bowl.
3. Spread 1 + 1/2 Tablespoons pizza sauce onto each cooking team's English muffin.
4. Sprinkle the cheese on top of the pizza sauce.
5. Add a combination of chopped vegetables, fruits and cooked meat as toppings to your pizza. Place it on a baking sheet.
6. Bake 5 to 7 minutes until the muffin is lightly browned and the cheese is melted.
7. Remove from oven, turn oven off and let the pizzas cool for a few minutes before serving.



Jack-O-Lantern Pancakes

3

Ingredients:

- 1 egg
- 1/4 cup **pumpkin puree**
- 3/4 cup + 2 Tablespoons **nonfat** or **1% milk**
- 1 Tablespoon **vegetable oil**
- 1 cup **all-purpose flour** (or substitute half with **whole-wheat flour**)
- 1 Tablespoon **brown sugar**
- 1+1/2 teaspoons **baking powder**
- 1/2 teaspoon **pumpkin pie spice**
- 1/2 teaspoon **salt**
- 1/2 cup low-fat **vanilla yogurt**

Makes: 8 pancakes (4-inch)

Directions:

1. Combine egg, pumpkin, milk and oil in a large mixing bowl.
2. Add flour, brown sugar, baking powder, pumpkin pie spice and salt to egg mixture. Stir gently.
3. Lightly spray a large skillet with nonstick cooking spray. Heat the skillet over medium-high heat.
4. Spoon 1/4 cup batter onto the skillet 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.
5. Place the cooked pancake on a plate. Repeat until the pancakes for everyone in your cooking team are made. Turn off the stove.
6. Enjoy with a spoonful of low-fat vanilla yogurt on top.



Broccoli Cheddar Soup

4

Ingredients:

1/2 cup chopped **onion**

1/2 cup grated **carrot**

3/4 teaspoon **butter**

1 cup **broth**

1 cup chopped **broccoli**

1/2 cup **nonfat** or **1% milk**

2 Tablespoons **flour**

1/2 cup grated **cheddar cheese**

Pepper, to taste

Makes: 2 cups

Directions:

- 1.** In a medium saucepan over medium-high heat, sauté the onion and carrot in butter until the onions begin to brown.
- 2.** Add the broth and broccoli. Simmer until the broccoli is tender, 5 to 7 minutes.
- 3.** In a bowl, slowly stir the milk into the flour until smooth. Stir the milk mixture into the soup. Bring to a boil and continue stirring until slightly thickened, 3 to 5 minutes.
- 4.** Add the cheese and pepper. Continue stirring over low heat until the cheese is melted. Serve hot. Turn off the stove.



Pear and Cranberry Crisp

5

Ingredients:

- 1/4 cup **old fashioned oats**
- 1 + 1/2 teaspoons **brown sugar**
- 1 Tablespoon **flour**
- 1/4 teaspoon **cinnamon**
- 1 Tablespoon **applesauce**
- 2 cups cubed **pears**
- 1/2 cup **cranberries**, fresh or frozen
- 1 + 1/2 teaspoons **cornstarch**

Makes: 2 cups

Directions:

1. Preheat oven to 400 degrees F. Spray a loaf pan with nonstick cooking spray.
2. In a medium bowl, combine oats, brown sugar, flour, cinnamon and applesauce.
3. Combine pears, cranberries and cornstarch in the loaf pan. Sprinkle with the oat mixture.
4. Bake uncovered until the crisp is bubbling and the topping is browned, about 20 minutes. Remove from oven, turn oven off and let the crisp cool slightly before serving.



Easy Cheesy Enchiladas

6

Ingredients:

- 3/4 cup canned **black beans**, drained and rinsed
- 1/3 cup **salsa**
- 1/2 cup **corn** (canned and drained, frozen or fresh)
- 1/4 cup chopped **mild green chiles**
- 1 pinch **garlic powder**
- 1/2 cup grated **cheese**
- 3 **whole-wheat flour tortillas** (10-inch)
- 2/3 cup **enchilada sauce**

Makes: 3 enchiladas

Directions:

1. Preheat oven to 350 degrees F. Lightly spray a baking dish (8x8 inch) with nonstick cooking spray.
2. Mix the beans, salsa, corn, chiles, garlic and half of the cheese together in a bowl.
3. Spoon 1/2 cup of the bean mixture onto each tortilla.
4. Roll each tortilla and place it seam-side down in the baking dish.
5. Pour the enchilada sauce over the tortillas. Sprinkle with the remaining cheese.
6. Bake for 15 to 20 minutes, or until sauce is bubbling on edges. Remove from oven, turn oven off and let the enchiladas cool slightly before serving.



Skillet Mac and Cheese

7

Ingredients:

1 cup **water**

3/4 cup **uncooked macaroni**

1/2 teaspoon **butter**

1 Tablespoon **flour**

1/8 teaspoon **salt**

1/8 teaspoon **dry mustard**

1/2 cup + 2 Tablespoons **nonfat** or **1% milk**

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

Makes: 2 cups

Directions:

1. In a skillet bring water to boil.
2. Add macaroni and butter. Stir a few times to prevent sticking.
3. Cover the skillet and reduce the heat to low. Simmer for 5 minutes.
Do Not Drain the Water!
4. Mix the flour, salt and mustard in a small bowl. Add 1/4 cup of the milk and stir until smooth. Stir in the remaining milk. Set aside.
5. Take the lid off the skillet and cook the macaroni until most of the water is gone.
6. Stir in the milk mixture and cheese. Mix well. Cook and stir until all the cheese melts and the sauce is bubbly and thick. Remove from stove, turn stove off and let macaroni cool slightly before serving.

