



Find healthy recipes at Food Hero.org



There are lots of ways to discover recipes on Food Hero.

Here are a few:

The screenshot shows the Oregon State University Food Hero website. At the top, there is an orange header with the Oregon State University logo and navigation links for 'About Food Hero', 'Media Center', and 'Community Toolkit'. Below this is a black bar with social media icons and a search bar. The main navigation area features buttons for 'Home', 'Recipes A-Z List', 'Ingredients A-Z List', and 'Español'. The 'Recipes' and 'Ingredients' buttons are circled in red. On the left sidebar, there is a 'Food Hero Monthly' section, 'Kids' recipes, 'Search Recipes by Ingredient', and 'Healthy Food' options. The main content area is titled 'Healthy Recipes' and includes a 'Recipe Photo List' button (circled in red) and a 'Sort by Category' dropdown menu (circled in red). The 'Sort by Category' menu lists options such as '30 Minutes or Less', '5 Ingredients or Less', 'Cooking for a Crowd', 'Cooking Method', 'Ingredients', 'Kid Approved', 'Meal and Recipe Types', 'Special Diets', and 'Video and Picture Recipes'. Below the menu is an alphabetical index (A-Z) and a list of recipe titles, including 'Great Gazpacho Soup', 'Green Beans with Onions and Almonds', 'Green Pea Soup', 'Green Salad with Peas', 'Greens with Carrots', 'Roasted Brussels Sprouts new', 'Roasted Cauliflower new', 'Roasted Green Beans', 'Roasted Honey Mustard Brussels Sprouts', 'Roasted Onions', 'Roasted Parsnips and Carrots new', 'Roasted Sugar Snap Peas', and 'Roasted Vegetables'.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an Equal opportunity provider and employer.

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