

List of Ingredients Needed to Make Every Cookbook Recipe

This list names the ingredients needed to make EVERY recipe in your Food Hero cookbook.

Pantry Items

Baking powder
Baking soda
Basil
Broth or bouillon
Chili powder
Cinnamon
Cornstarch
Cream soup, condensed
Cumin
Garlic (powder or cloves)
Honey
Italian salad dressing
Lemon juice
Margarine or butter
Mustard (dry or prepared)
Oil
Oregano
Paprika
Parsley (fresh or dried)
Pepper
Salt
Soy sauce
Sugar (brown and white)
Vanilla
Vinegar (any type)

Vegetables

Asparagus
Beans (canned or dry)
Bell pepper
Broccoli
Brussels sprouts
Carrots
Cauliflower
Cilantro
Corn
Enchilada sauce
Green onions
Mild green chiles
Olives (black, canned)
Onion
Potatoes (regular and sweet)
Pumpkin (canned)
Salsa
Spaghetti sauce
Spinach
Tomato sauce
Tomatoes (fresh or canned and diced)

Grains

Bread
Cereal
Flour
Pasta (lasagna noodles)
Pasta (shells, macaroni or rotini)
Oats (quick and old fashioned)
Tortillas (whole-wheat or corn)
Rice

Protein

Chicken breast
Eggs
Ground beef (15% fat)
Tofu

Dairy

Buttermilk
Cheddar cheese
Cottage cheese
Milk
Mozzarella cheese
Parmesan cheese
Sour cream
Yogurt (plain and vanilla)

Fruit

Apples
Applesauce
Bananas
Berries (any type, fresh or frozen)
Dried fruit, like raisins
Juice (100% fruit)
Peaches or pears (fresh, frozen or canned)
Pineapple (canned)



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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Fruit and Vegetable Index

The recipes in this cookbook are designed to be flexible so that you can use the ingredients you have on hand. This list names all of the fruits and vegetables mentioned in the recipes along with the cookbook pages where you can find them.

Vegetables

Asparagus.....	30
Avocado.....	19, 20, 24, 27
Beans (canned or dry).....	15, 17, 18, 19, 20, 21, 23, 24, 25
Bell pepper.....	16, 18, 25
Broccoli.....	18, 25, 26, 27, 30
Brussels sprouts.....	30
Carrots.....	7, 16, 25, 26, 30
Cauliflower.....	18, 29, 30
Celery.....	26
Cilantro.....	20, 21
Corn.....	18, 19, 20, 24, 27
Cucumber.....	27, 32
Enchilada sauce.....	24
Garlic (powder or cloves).....	17, 21, 22, 23, 24, 25, 26, 28, 30
Green onions.....	19, 20, 24,
Mild green chiles.....	17, 21, 24
Olives (black, canned).....	19, 24, 27
Onion.....	17, 18, 21, 23, 26
Peas.....	25
Peppers (sweet or hot).....	20
Potatoes (regular or sweet).....	19, 30
Pumpkin (canned).....	7, 8
Salsa.....	19, 24
Spaghetti sauce.....	23
Spaghetti squash.....	22
Spinach.....	8, 26
Tomato sauce.....	21
Tomatoes.....	16, 18, 20, 21, 22, 26, 27 (fresh or canned and diced)
Zucchini.....	7, 18, 20, 26

Fruits

Apples.....	5, 7, 10, 11, 12, 14, 16, 32
Applesauce.....	10
Bananas.....	7, 8, 10, 12, 14, 16
Berries.....	6, 7, 10, 11, 13, 14, 16, 32 (any type, fresh or frozen)
Citrus (lemon, lime or orange).....	9, 10, 16, 32
Cranberries.....	5, 9, 10, 12
Dried fruit, like raisins, cranberries or apricots.....	5, 9, 12
Juice (100% fruit).....	8
Kiwi.....	32
Peaches.....	11, 13, 14
Pears.....	11, 12, 14, 16
Pineapple (canned).....	8, 14



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