Can-Do Nutrition: Simple & Tasty Recipes with Canned Fruits and Veggies

Why Choose Canned Fruits and Vegetables?

Canned fruits and vegetables are convenient, affordable, and packed with nutrition! Here's why they're a great choice:

- Long Shelf Life: Keep them on hand for quick and easy meals.
- Nutritional Value: Canning locks in nutrients at their peak freshness.
- Versatility: Perfect for soups, salads, desserts, and more.
- Budget-Friendly: An economical option for adding fruits and veggies to your diet.

Tips for Choosing the Best Canned Produce

- Look for Low-Sodium or No-Salt-Added Veggies: These options help you control your sodium intake.
- Opt for Fruits in Water or 100% Juice: Avoid those in heavy syrup to reduce added sugars.
- Rinse and Drain: A quick rinse can remove excess sodium or sugar from your canned goods.

Quick Meal Ideas

- Veggie-Packed Pasta: Mix canned diced tomatoes, drained canned mushrooms, and spinach with cooked pasta and your favorite sauce.
- Fruit Salad: Combine canned mandarin oranges, pineapple chunks, and peaches for a refreshing side.
- Soup Starter: Use canned mixed vegetables to bulk up chicken noodle or minestrone soup.

Storage Tips

- Keep canned goods in a cool, dry place.
- Check expiration dates periodically and rotate your stock.
- Store opened leftovers in a sealed container in the refrigerator for up to 3 days.

Bonus Tip: Canned fruits and veggies make it easy to add essential vitamins, minerals, and fiber to your diet. Get creative and experiment with new recipes—you *can* do it!



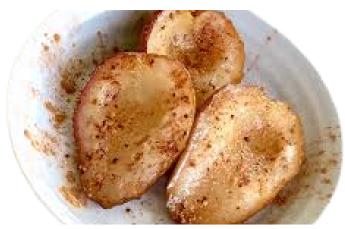
Peach Parfait

Ingredients:

- 1 can (15 oz) peach slices in 100% juice, drained and diced
- 1 cup plain or vanilla yogurt
- 1/2 cup granola
- 1/4 tsp cinnamon (optional)

Instructions:

- 1. Layer yogurt, peaches, and granola in a glass or bowl.
- 2. Sprinkle cinnamon on top if desired.
- 3. Serve immediately for a quick, delicious dessert.



Canned Pears with Cinnamon Sugar

A simple, cozy dessert using canned pears.

Ingredients:

- 1 can of canned pears, drained
- 1 tablespoon butter
- 1 teaspoon cinnamon
- 2 tablespoons brown sugar

Instructions:

- 1. In a skillet, melt the butter over medium heat.
- 2. Add the canned pears and cook for about 3-4 minutes until heated through.
- 3. Sprinkle the cinnamon and brown sugar over the pears.
- 4. Stir to coat the pears evenly and let cook for an additional 2 minutes.
- 5. Serve warm as a dessert or side dish.





Canned Pineapple Chicken Stir-Fry

A healthy, protein-packed stir-fry with a touch of sweetness.

Ingredients:

- 1 can of canned pineapple chunks, drained
- 1 lb boneless, skinless chicken breast, cubed
- 1 tablespoon olive oil
- 1 bell pepper, sliced
- 1 onion, sliced
- 1 cup snap peas or broccoli florets
- 2 tablespoons low-sodium soy sauce
- 1 tablespoon rice vinegar
- 1 teaspoon grated ginger (optional)

Instructions:

- 1. Heat olive oil in a large skillet or wok over medium heat.
- 2. Add the chicken cubes and cook until browned and fully cooked (about 5-7 minutes).
- 3. Add the bell pepper, onion, and snap peas (or broccoli), and stir-fry for another 3-4 minutes until vegetables are tender-crisp.
- 4. Stir in the canned pineapple chunks, soy sauce, rice vinegar, and grated ginger (if using).
- 5. Cook for another 2-3 minutes to heat through.
- 6. Serve over brown rice or quinoa for a balanced, healthy meal.

Canned Vegetable Frittata

A great way to use canned vegetables in a simple and healthy breakfast or dinner.

Ingredients:

- 1 can of canned mixed vegetables, drained
- 6 large eggs
- 1/4 cup milk
- 1/2 cup shredded cheese (cheddar, mozzarella, or your choice)
- 1 tablespoon olive oil
- Salt and pepper to taste

Instructions:

- 1. Preheat your oven to 350°F (175°C).
- 2. In a bowl, whisk together the eggs, milk, salt, and pepper.
- 3. Heat the olive oil in an oven-safe skillet over medium heat.
- 4. Add the canned mixed vegetables to the skillet and cook for about 3-4 minutes until heated through.
- 5. Pour the egg mixture over the vegetables in the skillet.
- 6. Sprinkle the shredded cheese on top.
- 7. Transfer the skillet to the oven and bake for 15-20 minutes, or until the eggs are set and the top is lightly golden.
- 8. Serve warm for a satisfying meal.