

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.

