



Canned Fruit: Tastes Great, Easy to Serve, and Ready to Use!

Canned fruits are great foods to have on hand! They help us create quick salads and snacks, while adding taste and color to our meals. Put some canned fruits on the shelf, ready to use when it's convenient for *you*.

Fast 'n easy ways to use canned fruit:

Drain fruit and add to pudding or to yogurt.

Top a bowl of cereal with pieces of drained fruit. Add milk and enjoy!

Layer fruit and yogurt; top with a spoonful of granola-type cereal or a sprinkling of nuts.

Make a fruit smoothie by blending fat-free or lowfat milk or yogurt with canned, drained fruit.

Add fruit to a salad:

*use some canned fruit (peaches, pears, apricots) and mix with some fresh fruit, such as apples or bananas

*add pineapple chunks to a chicken salad

*add pineapple to coleslaw

Canned fruit tastes great with a dip or a dressing made with lowfat yogurt or pudding.

Food Safety Tips

Canned fruit should be stored in a dry, cool area until you're ready to use it.

Before opening the can, wash the top of the can under running water and wipe with a clean towel. (Wash the *can opener* after every use. If you have an electric can opener, unplug it and carefully wipe off the blade with a clean cloth and hot soapy water.

Bacteria can grow and cause food-borne illness.)

If you don't use all the fruit in the can, it's best to remove it from the can and put into a covered container. Store in the refrigerator. Use within 5-7 days.

Nutrition Tips

Fruit adds important nutrients to our diets, especially vitamins A and C, potassium, and folate. Whole or cut-up fruits are sources of dietary fiber.

Use fruits that are canned in juice to reduce added sugars.

Fruits and vegetables may help reduce the risk of stroke, type II diabetes, certain cancers, and are low in calories.

Canned Fruit: Open can. Eat. How easy is that?

pudding Fruit Salad

Ingredients:

- 1 can pineapple chunks with juice (20 oz)
- 1 can mandarin oranges, drained (11 oz)
- 1 can fruit cocktail, drained (17 oz)
- 1 small box instant lemon or vanilla pudding (dry)
- 2 bananas

Directions:

1. In large bowl, combine canned fruit.
2. Stir in dry pudding and mix well. Refrigerate.
3. Just before serving, slice bananas and add to salad.

Keeps well in refrigerator for 2-3 days

You can substitute other kinds of canned fruit: peaches, pears, apricots. Use what you have on-hand and what your family will enjoy!

Recipe source: www.kidsacookin.ksu.edu

Sunshine Dip

Ingredients:

- 2 cups nonfat yogurt
- 2 Tablespoons orange juice concentrate

Directions:

Mix together. Use as a dip for pieces of canned fruit or use some canned fruit and fresh fruit. Remember: kids love to "dip" foods, so try this with your family!

Recipe Source: *Tasty Treats for Teeth*, Ks. Dept. of Health and Environment, Nutrition and WIC Services, September, 2001

Banana Peach Smoothie

Ingredients:

- 1 can peaches, drained. (Save ¼ cup juice)
- 1 medium banana (ripe)
- 2/3 cup milk
- ½ cup vanilla yogurt
- 2 ice cubes

Directions:

Put all ingredients in blender. Process until mixture is smooth.

Makes about 3 servings.

Be creative: use a flavored yogurt in place of vanilla or substitute frozen yogurt for plain yogurt.

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