



Canned Vegetables: Open can, ready to use!

Canned vegetables are great foods to have on hand. They help us create quick salads and add color and variety to snacks and meals.

Canned vegetables are already cooked, so the easiest way to use them is to heat and serve. Bring to a boil and simmer briefly. Don't boil for a long time. This overcooks vegetables and makes them mushy.

Fast 'n easy ways to use canned vegetables:

Drain vegetables and add to soups, casseroles, or salads.

Drain canned, diced tomatoes and add to pizza.

Combine with other vegetables:

*Drain canned tomatoes and add some diced fresh peppers and onions. Chill and eat.

Corn also tastes good with this mixture (canned or frozen!).

*Drain canned green beans. Add fresh sliced onion and mix with lowfat, Italian-type dressing. Chill and eat.

*Mix corn and lima beans.

*Drain canned kidney or garbanzo beans. Add to a chef's salad.

*Add black beans to tacos, enchiladas, or to a cold salad.

Food Safety Tips

Canned vegetables should be stored in a dry, cool area until ready for use.

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 vegetables in the can, it's best to remove the food from the can and put into a covered, non-metal container. Store in the refrigerator. Use within 2-4 days.

Nutrition Tips

Canned vegetables are full of nutrients: fiber, folate, vitamins A, E, and C, and a whole list of phytochemicals and antioxidants. Most vegetables are low in fat and calories.

These vegetables are good sources of potassium: sweet potatoes, white potatoes, tomato products, lima beans, winter squash, and spinach.

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

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How easy is that?

Bean Dip

Ingredients:

1 can (16-ounce) fat-free refried beans
1 can (10-ounce) tomatoes and green chilies
(such as Rotel®)
Raw veggies and corn chips

Directions:

1. In a mixing bowl, combine refried beans and tomato mixture.
2. Serve with chips or veggies.
3. Store any leftover dip in refrigerator.

6 Servings, ½ cup per serving. *Recipe and information source: www.kidsacookin.ksu.edu*

One Pan Spaghetti

Ingredients:

1 can (15 ounce) carrots
1 can (26 ounce) spaghetti sauce
2 carrot cans water (4 cups)
1 package (10 ounce) spaghetti

Directions:

1. In a mixing bowl, mash carrots with liquid until smooth. Pour into large sauce pot.
2. Add spaghetti sauce and water. Bring to a boil.
3. Break spaghetti pieces into thirds. Add to pot.
4. Simmer until spaghetti is tender, stirring often.

10 one cup servings *Source: www.kidsacookin.ksu.edu*

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