



Canning

Buying Canned Vegetables & Fruit

Canned vegetables and fruit come in a variety of sizes and types and can be a great addition to any meal or snack. Adding canned vegetables and fruit to your menu can be a quick and cost effective way to eat more vegetables and fruit. To maximize the goodness in canned vegetables and fruit:

- Choose vegetables and fruit prepared with little or no added fat, sugar or salt
- Look for canned fruit packed in water or juice
- Drain and rinse canned fruit packed in syrup to reduce the sugar content
- Look for canned vegetables with words like “no added sodium” or “sodium reduced” on the label
- Drain and rinse regular canned vegetables to lower the sodium content.
- Check the ingredient list on canned vegetables to ensure you choose a product with 5% or less of your daily value for sodium
- Do not purchase or use cans with dents, cracks, rust, punctures or bulges. These are signs that the food inside could be unsafe
- Immediately discard a canned product if it shows signs of swelling or if there's leaking from the can.

Peas to Penne

(Source: *Strive for Five*; adapted from *Everyday with Rachael Ray* at rachaelraymag.com)

Serves: 12

Serving Size: ¾ cup

Preheat oven to 350°F
9" x 13" baking pan

1 lb whole wheat penne pasta
1 can green peas
2 tbsp grated parmesan cheese
1/3 cup olive oil
1 tbsp dried basil
½ tbsp grated lemon zest
¼ tsp salt
pepper to taste
½ cup grated light cheddar cheese

1. Prepare pasta according to directions on package. Cook to al dente stage and drain, reserving ¾ cup of the water.
2. In a food processor, puree the peas with the parmesan cheese, olive oil, basil, and lemon zest. The mixture should be coarsely chopped. Season with salt and pepper.
3. Place the cooked pasta in a pan, add the pea mixture and toss to combine.
4. Sprinkle the grated cheese over the pan and bake for 30 minutes.





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Canning Your Own

Home canning is a traditional method of preserving foods that is economical and helps support a varied diet throughout the year. It is also an important part of culture that is shared through families and friends. If you want to take advantage of locally-grown produce that's not available in off-season, home canning might be a way to do it!

In home canning, jars are heated to temperatures that kill the bacteria and other microorganisms that cause food to spoil. Heating jars properly helps create a vacuum that will seal the jar, keep the food and liquids inside and keep air out. You can also preserve your vegetables and fruit to be lower in sodium and in sugar.

Proper canning practices include:

- Carefully selecting and washing fresh food
- Peeling some fresh foods
- Hot packing many foods
- Adding acids (lemon juice or vinegar) to some foods
- Using acceptable jars and self-sealing lids
- Processing jars in a boiling-water or pressure canner for the correct period of time

(Source: *Complete Guide to Home Canning*, USDA, 2009)

To find out more about canning please visit freshcannedfrozen.com.

Bruschetta

(Source: adapted from *Power Eating* by Berkoff, Lauer, and Talbot, 1989)

Serves: 12

Serving Size: 1 slice

Preheat oven to 375°F

Oven proof tray

1 cup canned tomatoes, drained
2 tbsp olive oil
1 tsp dried basil
1 garlic clove
½ green onion
1 24 in. whole grain baguette

1. Dice tomatoes, mince garlic, and finely chop green onion.
2. Mix the tomatoes with the oil, basil, garlic and green onion.
3. Cut the baguette into 12 slices.
4. Place baguette pieces on oven proof tray and toast until slightly browned (2 – 4 minutes)
5. Cover each baguette slice with some of the tomato mixture. Lightly press down with a spoon to hold in place.

