

Save Time with Canned Foods

Benefits

Shelf-stable: A great option if you have limited fridge or freezer space. They also last longer, which is ideal if you aren't able to get to the grocery store often.

Budget-friendly: Stretch your budget with nutritious canned foods.

Easy to use: They help save time when preparing meals/snacks

FRUITS

* Look for fruit packed in water or 100% fruit juice

- Smoothies – toss in your choice of canned fruit! Want to make it thicker? Try freezing the fruit!
- Add as a filling in baked goods.
- Use as toppings on salads, parfaits or add pineapple to pizza.
- Add to lemonades as a flavoring option (chopped canned peaches).
- Make a salsa – add canned mango, canned black beans, chopped onion, cilantro and squeeze in a lime.

VEGETABLES

* Rinse before use if trying to reduce salt intake

- Rice – make fried rice or Spanish rice!
- Stir-fry – add in canned bamboo shoots, mini corn, mushrooms, water chestnuts, and green peas.
- Pasta – add some veggies for a pop of color and some protein to make it a complete meal.
- Noodles – add stir-fried canned baby corn, peas, or carrots.
- Bamboo shoots are great for salads or curry.
- Artichokes are perfect to top on pizza!
- Jackfruit – a substitute for meat! Add it to curry, BBQ to make a brisket-inspired meal, or add it to birria for a vegetarian version.
- Olives – add to pizza, sandwiches, or salads.
- Tinga – add in shredded chicken and canned tomato sauce and enjoy as a topping for tostadas!
- Use canned corn, green beans, and peas to make rice, soups, and chicken salad.

MEAT

- Canned chicken – chicken salad. Add buffalo sauce (save sauce packets from your favorite fast food option) to the chicken and fill a tortilla to make a buffalo wrap.
- Spam–kimbap, musubi, spring rolls, or top it on pizza!

BEANS

- Add to soups, stews, chili, rice, tostadas, salads, and tacos!
- Make hummus out of chickpeas.

SEAFOOD

- Add to pasta or noodles for some extra protein!
- Onigiri – fill with canned tuna or salmon mixed with mayo. Add Sriracha to make it spicy!
- Make spicy tuna rolls, tuna stuffed bell peppers, and tuna salad.
- Make spicy salmon rolls, salmon patties, and salmon spring rolls.

SOUP

- Throw in some fresh, frozen, and/or canned veggies and protein to make it a complete meal.
- Add some fresh or dried herbs to enhance the flavor!