

# WHAT'S FOR DINNER?

From delightful desserts to savory suppers, a little creativity and one canned ingredient can turn an ordinary dish into an extraordinary meal. Even your favorite “go-to” recipes deserve an upgrade, so simply choose a category to learn how you can stretch a meal, boost flavor, cut prep time or increase nutrition by adding just one canned ingredient. It's that easy!



	Base Recipe	Canned Items	“Just Add One” Tip
Entrée	<b>Pasta</b>	Mushrooms Cannellini Beans Drained Tuna	Toss any of these mix-ins into your favorite pasta for added nutrition and flavor boost.
	<b>Baked Chicken</b>	Mushrooms Olives Spinach Sweet Potatoes	Add canned vegetables to baked chicken pieces in the last 15 minutes of cooking for a one-dish meal that takes no extra time.
	<b>Meatloaf</b>	Mushrooms Carrots Tomatoes Green Beans	Finely chop these ingredients and mix in with ground beef before baking for extra flavor and nutrition.
Side	<b>Mashed Potatoes</b>	Sweet Potatoes Pumpkin Carrots Spinach	Change up plain old mashed potatoes with canned vegetables for added color, flavor and nutrients.
	<b>Rice</b>	Olives Black Beans Kidney Beans Mixed Vegetables	Prepare rice with low-sodium/low-fat broth to boost flavor, then mix in olives or your favorite vegetables or beans for added color and nutrition.
	<b>Macaroni and Cheese</b>	Corn Tuna Ham	Combine prepared mac and cheese with corn, tuna or ham in a 9x13” baking dish; top with bread crumbs and bake until golden brown.
Starters	<b>Tossed Salad</b>	Garbanzo Beans Pears Mandarin Oranges Beets	Add a can of fruit or beets to summer salads for extra flavor and nutrition. Or add canned beans for increased protein and fiber.
	<b>Chili</b>	Canned Chicken Beans Green Chilies Black-eyed Peas	Simmer chili with any of these additional ingredients for added flavor and nutrition.
	<b>Nachos</b>	Drained, Diced Tomatoes Black Beans Olives	Top your nachos with these additional ingredients for an even tastier Southwest dish.
Dessert	<b>Cake</b>	Carrots Beets Pumpkin	Experiment. Purée any canned vegetable to replace some of the water or oil in your favorite cake recipe. Results will be more nutritious, delicious and moist.
	<b>Smoothies</b>	Fruit Cocktail Peaches Blueberries	For a quick and tasty smoothie, blend a can of your favorite canned fruit in its own juice with some low-fat yogurt and ice cubes.
	<b>Sundaes</b>	Pears Cherries Pineapple	Top ice cream with hot fudge and your favorite drained, canned fruit for a special take on a classic dessert.

## “JUST ADD ONE” FOR...

### Nutrition

- Add canned tomatoes to your favorite dips and pastas for an extra boost of lycopene, an antioxidant naturally found in tomatoes that helps fight disease. Thanks to the canning process, canned tomatoes are actually a better source of lycopene than their fresh counterparts.
- Add canned pumpkin to your favorite puddings or pancake batter. It is an excellent source of vitamin A, containing more than three times the Daily Value compared to an equal amount of fresh, cooked pumpkin. Don't have canned pumpkin? Try canned, puréed sweet potatoes!

### Value

- Make restaurant quality greens and beans at home by sautéing poached escarole with cannellini beans, garlic, and bacon and/or prosciutto. Who says gourmet dining has to be at an expensive restaurant?
- Fresh fruits and veggies spoiling faster than you can eat them? Stock up on your favorite canned fruits and veggies to enjoy on your own time. Since canned foods are shelf-stable, you can buy them in bulk to keep on hand, which saves you money and time going to the store. By the time food is consumed, fresh, frozen and canned fruits and vegetables may be nutritionally similar.

### Convenience

- Use canned beans in your favorite recipes instead of soaking and cooking down fresh or dried. Canned food is already cooked and comes in many varieties, saving you precious prep time.
- Prepare a quick potato salad with a can of potatoes. No peeling, boiling or chopping adds up to big time savings.

### Taste

- Spice up a traditional bean dip with canned tomatoes with diced chilies, sharp Cheddar cheese and a can of corn. Serve with tortilla chips on the side to balance out the zing!
- Top off a great meal with a refreshing homemade sorbet. Freeze your favorite canned fruit in heavy syrup until firm and then purée in a food processor. Serve immediately for a deliciously simple and nutritious dessert.



The Canned Food Alliance (CFA) promotes the nutritional and convenience benefits of canned food through outreach to consumers and food professionals. The CFA Website [www.Mealtime.org](http://www.Mealtime.org), is home to hundreds of canned food facts, tips, research findings and easy recipes that provide creative, nutritious meal solutions.