

# WELLNESS WAYS



UNIVERSITY OF ILLINOIS  
EXTENSION

College of Agricultural, Consumer and Environmental Sciences



*Ideas For Eating Better For Less . . . .*

*January 2008*

## Canned Fruits & Veggies are GOOD Choices

### Canned fruits and vegetables:

- are good for your health and your budget.
- are safe because of the canning process.
- are ready to eat or cook.
- are tasty.



**Choose vegetables that have “no salt added”.**

**Choose fruit packed in 100% fruit juice or light syrup.**

### **Hawaiian Green Beans** Serves 4.

- |   |                       |
|---|-----------------------|
| 1 can (16 oz.) green beans                            | 1 Tbsp. cornstarch    |
| 1 can (6 oz.) pineapple pieces, drained (keep liquid) | 1/4 tsp. salt         |
| 3 Tbsp. vinegar                                       | 1/8 tsp. black pepper |
| 2 Tbsp. sugar   | 1 Tbsp. butter        |

1. Drain green beans saving 1/3 cup liquid.
2. Combine bean liquid, pineapple juice, and vinegar in a saucepan.
3. Blend sugar, cornstarch, salt and pepper and add to liquids in saucepan.
4. Boil 3 minutes, stirring constantly.
5. Add beans, pineapple tidbits and butter. Heat thoroughly.

NUTRITION FACTS (per serving) - Calories 100 ~ fat 3 g ~ calories from fat 25 ~ sodium 520 mg  
~ total carbohydrate 19 g ~ fiber 2 g

### Maple-Flavored Pears Serves 6

2 cups canned pears, drained  
1/4 cup raisins  
1/4 cup chopped walnuts (optional)

1/4 cup maple-flavored syrup  
1/2 tsp. ground cinnamon



1. Place pear pieces or halves in a microwave-safe dish.
2. Combine raisins, walnuts, syrup and cinnamon in a small bowl.
3. Top pears with raisin-syrup mixture.
4. Microwave on high for about 1 minute or until warmed.
5. Top with non-dairy whipped topping or serve with frozen low fat yogurt.

NUTRITION FACTS (per serving with walnuts) - Calories 130 ~ fat 3.5 g ~ calories from fat 30 ~ sodium 20 mg ~ total carbohydrate 25 g ~ fiber 2 g

### Spinach Dip Makes about 28 tablespoons

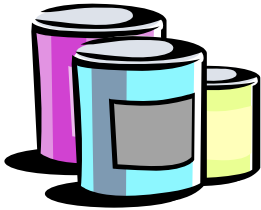
1/2 cup fat free sour cream  
1/2 cup fat free mayonnaise  
1/8 tsp. garlic powder  
1 Tbsp. lemon juice

3 Tbsp. finely grated onion  
1/2 tsp. dill weed (optional)  
1 can (15 oz.) unsalted spinach, squeeze, chop

1. Mix all ingredients. Chill for several hours to blend flavors.
2. Serve with crackers or vegetable sticks.

NUTRITION FACTS (per 2 tablespoons) - Calories 25 ~ fat 0.5 g ~ calories from fat 5 ~ sodium 85 mg ~ total carbohydrate 4 g ~ fiber 1 g

## Storing Canned Goods



- Store canned foods in a cool, dry place.
- Store canned tomatoes and fruit up to 18 months; canned meat and vegetables 2 to 5 years.
- Never use or taste food from containers that are leaking, bulging, or badly dented cans; cracked jars or jars with loose or bulging lids; canned food with a foul odor; or any container that spurts liquid when opening.



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FOOD STAMP NUTRITION EDUCATION  
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University of Illinois Extension provides equal opportunities in programs and employment.  
This material was funded by USDA's Food Stamp Program.