

QUICK MEAL IDEAS

WITH CANNED & FROZEN FOODS & PANTRY STAPLES

Keeping a variety of canned and frozen foods on hand makes it easy to regularly enjoy more fruits, vegetables, and healthy protein. Combine these foods with pantry staples to get tasty and nutritious meals on the table quickly. Try some of these ideas:

- **Baked beans.** Drain a can of beans, dry, add your favorite spices, and bake for a healthy snack or crunchy salad topper.
- **Chicken salad.** Combine canned chicken with mix-ins like celery, apples, and dried cranberries. Cottage cheese or yogurt are good substitutes for the traditional mayonnaise. Serve with lettuce, crackers, or on toast.
- **Chili.** Mix beans with cans of corn, peppers, tomatoes, and other vegetables.
- **Dips.** Get creative with bean dips like hummus by also blending in other canned vegetables. For example, beet hummus is colorful and delicious!
- **Egg scramble.** Sauté frozen or canned vegetables with eggs.
- **Fruit salad.** Mix your favorite canned or frozen fruits, adding yogurt and nuts if desired.
- **Oatmeal.** Add frozen fruit to your morning oatmeal, or frozen vegetables and spices for a savory version.
- **Pasta salad.** Combine cooked pasta noodles and sautéed vegetables in a large bowl. Add beans or canned tuna for more protein, if desired. Serve as a chilled salad.
- **Sandwiches.** Tuna salad is a classic. For a plant-based option, mash up chickpeas and use in place of tuna for a chickpea salad sandwich.
- **Sauces.** Blend canned or frozen spinach into a white pasta sauce for extra color and nutrition.
- **Smoothies.** In addition to frozen fruits, try adding frozen vegetables to your smoothie, too!
- **Snacks.** Microwave or steam vegetables like edamame. For an even faster snack, open a can of sardines and enjoy with whole grain crackers.
- **Stir-fry.** Sauté canned or frozen vegetables with a protein (tofu, chicken, etc.), then serve with a whole grain, like brown rice.

Combine canned and frozen fruits, vegetables, and proteins with pantry staples to add nutrients and flavor to a variety of quick meals.

