

# From **CAN** to Table

**Quick and Delicious Recipes with  
Canned Foods**



# WELCOME

Canned foods can provide year-round nutrition, convenience, affordability, and flavor! This cookbook will give you quick and flavorful recipes featuring a variety of canned foods.

## CANNED FOOD TIPS:



Choose low-sodium options



Look for fruits canned in 100% juice instead of syrup



Rinse and drain canned foods to reduce sodium

## 5 REASONS TO CHOOSE CANNED

- 1 Affordable:** Canned foods are typically less expensive than fresh options.
- 2 Convenient:** They are pre-cooked and ready to eat or require minimal preparation - perfect for busy nights!
- 3 Variety:** Canned foods are available in a wide variety of options including fruits, vegetables, beans, meats, and more.
- 4 Shelf-Stable:** Canned foods have a longer shelf-life and they are easy to store.
- 5 Flavorful:** They can pack a punch of flavor for any snack or meal.

# 5 Canned Food Myths

## **Canned food is not as healthy as fresh food.**

When it comes to nutrition, all forms count! Canned foods can be just as healthy as fresh or frozen varieties. They are picked at peak ripeness and often canned the same day, locking in many nutrients.



## **Canned food is high in sodium.**

There are many low sodium, reduced sodium, or no salt added options when it comes to canned foods. Draining and rinsing canned foods can further reduce the amount of sodium.



## **Canned fruit has a lot of added sugar.**

The key to avoiding added sugar in canned fruit is choosing options canned in 100% juice instead of syrups.



## **Canned foods are highly processed.**

Canned foods are minimally processed. Once picked at peak ripeness, they are cleaned, chopped/trimmed, and heated to quickly preserve the contents. Canned foods have minimal ingredients added and do not require preservatives or additives to prevent spoilage.



## **Dented cans are not safe to eat.**

If the dent is minor and does not affect the can's stability or seal, the food inside is usually still safe. As long as the can is not bulging, rusted, or leaking, the dented can should be okay. Always inspect a can carefully and when in doubt, throw it out.



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# HOMINY PORRIDGE

Servings: 5  
Serving Size: 1 cup  
Prep Time: 5 minutes  
Cook Time: 30 minutes

## Ingredients

- 4 cups unsweetened, lite coconut milk or low-fat, plain milk
- 2 teaspoons ground cinnamon
- ½ teaspoon salt
- ½ teaspoon nutmeg
- 1 tablespoon vanilla extract
- 3 cups cooked golden hominy\* or 2 (15 ounce) cans golden hominy, drained and rinsed\*
- ¼ cup fat-free sweetened condensed milk



\*To yield 3 cups cooked hominy: Place 1 cup dry, rinsed hominy in a soup pot and cover with 2-3 inches of water, then soak overnight. Drain, cover with cold water, boil, then simmer for 1½ -2 hours or until tender. Drain and use.

## Directions

1. In a soup pot, combine coconut milk, cinnamon, nutmeg, and vanilla extract. Bring mixture to a boil, then reduce to simmer for about 10 minutes or until mixture reaches desired thickness. Stir frequently.
2. Add hominy and sweetened condensed milk to coconut milk mixture, stir, and simmer another 2-3 minutes.
3. Remove pot from heat and serve.

Nutrition Facts	
5 servings per container	
Serving size	1 Cup
Amount per serving	
Calories	320
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 350mg	15%
Total Carbohydrate 58g	21%
Dietary Fiber 4g	14%
Total Sugars 19g	
Includes 0g Added Sugars	0%
Protein 11g	
Vitamin D 1.9mcg	10%
Calcium 280mg	20%
Iron 3.9mg	20%
Potassium 10mg	0%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

# PUMPKIN PANCAKES

Servings: 8  
Serving Size: 2 pancakes  
Prep Time: 10 minutes  
Cook Time: 3-5 minutes

## Ingredients

- 1 large egg
- ½ cup canned pumpkin
- 1¾ cups fat-free milk
- 2 tablespoons vegetable oil
- 2 cups whole wheat flour
- 2 tablespoons brown sugar
- 1 tablespoon baking powder
- 2 teaspoons pumpkin pie spice
- ½ teaspoon salt
- Nonstick cooking spray

## Directions

1. Beat egg, pumpkin, milk and oil in large mixing bowl.
2. Add flour, brown sugar, baking powder, pumpkin pie spice and salt to egg mixture. Stir gently.
3. Put a medium-sized skillet or pan over medium-high heat. Lightly spray with nonstick cooking spray.
4. Using a ¼ cup measure, pour batter onto hot griddle. Cook until pancakes bubble, flip, then cook until golden brown.

Nutrition Facts	
8 servings per container	
Serving size	2 pancakes
Amount per serving	
Calories	180
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 380mg	17%
Total Carbohydrate 31g	11%
Dietary Fiber 3g	11%
Total Sugars 7g	
Includes 3g Added Sugars	6%
Protein 7g	
Vitamin D 1mcg	6%
Calcium 124mg	10%
Iron 1mg	6%
Potassium 210mg	4%
Vitamin A 121mcg	15%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	





Servings: **8**  
Serving Size: **½ cup**  
Prep Time: **5 minutes**  
Cook Time: **35 minutes**

# RICE PUDDING

## Ingredients

- 2 cups water
- 1 cup white rice, rinsed in cold water\*
- 2 cups low-fat milk
- ½ cup evaporated skim milk
- ¼ cup sugar
- 2 teaspoons vanilla
- ½ tablespoon ground cinnamon
- ¼ teaspoon salt
- ¾ cup dried fruit (i.e. raisins, chopped apricots or figs) (optional)

\*If using brown rice, simmer rice covered for about 15-20 minutes, or until most water is absorbed. Also, add just 1 teaspoon of cinnamon instead of ½ tablespoon. Brown rice will yield 6, ½ cup servings.

## Directions

1. In a medium saucepan over high heat, bring water and rice to a boil. Once boiling, turn down to simmer, cover, and cook about 10 minutes or until most water is absorbed.
2. Once rice is finished, add milk, evaporated milk, sugar, and vanilla. Bring mixture to a low simmer and cook for about 15 minutes, or until rice is tender and thickened. Stir frequently.
3. Remove from heat. While mixture is still hot, add salt, cinnamon, and dried fruit and combine.
4. Serve hot or cold. Once cold, pudding can be stored in the fridge for up to 4 days.



## Nutrition Facts

8 servings per container

Serving size **1/2 cup**

Amount per serving

**Calories 150**

% Daily Value\*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 120mg **5%**

Total Carbohydrate 29g **11%**

Dietary Fiber 0g **0%**

Total Sugars 9g

Includes 5g Added Sugars **10%**

Protein 5g

Vitamin D 0mcg **0%**

Calcium 128mg **10%**

Iron 1mg **6%**

Potassium 147mg **4%**

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# PEACHES & CREAM SMOOTHIE

Servings: 3  
Serving Size: 1 cup  
Prep Time: 3 minutes  
Cook Time: 0 minutes

## Ingredients

- 1 banana, frozen
- 1 (15 ounce) can peaches in 100% juice
- 1 cup low-fat plain yogurt

## Directions

1. Put all the ingredients into the blender.
2. Blend until smooth and pour into cups. Enjoy!

Nutrition Facts	
3 servings per container	
<b>Serving size</b>	<b>1 cup</b>
Amount per serving	
<b>Calories</b>	<b>160</b>
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 65mg	3%
Total Carbohydrate 31g	11%
Dietary Fiber 3g	11%
Total Sugars 24g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 144mg	10%
Iron 0mg	0%
Potassium 499mg	10%
Vitamin C 9mg	10%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



# TROPICAL SALSA

Servings: **12**  
Serving Size: **½ cup**  
Prep Time: **10 minutes**  
Cook Time: **0 minutes**

## Ingredients

- 1 (15 ounce) can peaches, in 100% juice, drained and chopped
- 1 (20 ounce) can pineapple tidbits, drained
- 1 (15 ounce) can low-sodium black beans, drained and rinsed
- 1 cup diced cucumber
- ½ cup diced red onion
- ¼ cup chopped fresh cilantro
- 2 tablespoons lime juice
- 1 jalapeño pepper, finely chopped (optional)

Nutrition Facts	
12 servings per container	
Serving size	1/2 cup
Amount per serving	
<b>Calories</b>	<b>80</b>
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 18g	7%
Dietary Fiber 4g	14%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 25mg	2%
Iron 1mg	6%
Potassium 236mg	6%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

## Directions

1. Make sure all canned fruit is drained well.
2. In a large bowl, gently combine all ingredients.







Servings: **4**  
Serving Size: **1/3 cup**  
Prep Time: **5 minutes**  
Cook Time: **0 minutes**

# SIMPLE WHITE BEAN SALAD

## Ingredients

- 1 teaspoon lemon juice
- 2 teaspoons red wine vinegar
- 1 tablespoon olive oil
- 1 teaspoon chopped fresh or dried herbs (such as rosemary, thyme, tarragon or basil)
- 1/4 teaspoon black pepper
- 2 tablespoons chopped red onion
- 1 (15 ounce) can white beans, drained and rinsed

Nutrition Facts	
4 servings per container	
Serving size	1/3 cup
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	9%
Total Carbohydrate 16g	6%
Dietary Fiber 4g	14%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 39mg	4%
Iron 2mg	10%
Potassium 243mg	6%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

## Directions

1. Mix lemon juice, red wine vinegar, olive oil, herbs, and black pepper together to make dressing.
2. In a bowl, mix red onion and white beans with dressing.
3. Chill for 1 to 2 hours, then serve.



# SOUTHWESTERN SALAD

Servings: 8  
Serving Size: ¾ cup  
Prep Time: 10 minutes  
Cook Time: 0 minutes

## Ingredients

- 1 (15 ounce) can low-sodium black beans, drained and rinsed
- 1 cup corn, fresh or frozen
- 1 medium tomato, chopped
- ¼ cup chopped red onion
- 1 scallion, chopped
- 1 tablespoon fresh chopped cilantro
- Juice of 1 lime (2 tablespoons)
- 3 tablespoons olive oil
- ¼ teaspoon salt
- Black pepper to taste

Nutrition Facts	
8 servings per container	
Serving size	¾ cup
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	7%
Total Carbohydrate 15g	5%
Dietary Fiber 5g	18%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 24mg	2%
Iron 1mg	6%
Potassium 276mg	6%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

## Directions

1. Combine beans, corn, tomato, onion, scallion, and cilantro.
2. Mix together lime juice, olive oil, salt, and pepper. Pour over salad.
3. Mix well and marinate in the refrigerator for 30 minutes before serving.





Servings: 10  
Serving Size: ½ cup  
Prep Time: 10 minutes  
Cook Time: 0 minutes

## THREE BEAN SALAD

### Ingredients

- 1 (14.5 ounce) can cut green beans, drained and rinsed
- 1 (15.5 ounce) can kidney beans, drained and rinsed
- 1 (15.5 ounce) can garbanzo beans (chick peas), drained and rinsed
- 2 stalks celery, diced (about 1 cup)
- ¼ cup apple cider vinegar
- ¼ cup canola or olive oil
- ⅛ teaspoon black pepper

Nutrition Facts	
10 servings per container	
Serving size	1/2 cup
Amount per serving	
Calories	170
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 21g	8%
Dietary Fiber 6g	21%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 63mg	4%
Iron 2mg	10%
Potassium 219mg	4%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

### Directions

1. In a medium bowl combine green beans, kidney beans, garbanzo beans, and celery.
2. In a small bowl, mix together vinegar, oil, and pepper. Pour the vinegar mixture over beans. Toss to mix.
3. Cover and refrigerate for at least 2 hours. Gently toss before serving.

# TUNA PASTA SALAD

Servings: 6  
Serving Size: 1 cup  
Prep Time: 5 minutes  
Cook Time: 10 minutes

## Ingredients

- 2 cups uncooked whole wheat pasta
- 1 cup shredded carrots
- 1 cup chopped celery
- 2 (5 ounce) cans tuna, in water, drained
- ¼ cup Italian salad dressing

## Directions

1. Cook pasta according to package directions.
2. In a large bowl, combine cooked pasta, carrots, celery, and tuna. Chill for 1 hour.
3. Pour salad dressing over pasta mixture. Toss and serve.

Nutrition Facts	
6 servings per container	
Serving size	1 cup
Amount per serving	
<b>Calories</b>	<b>220</b>
	% Daily Value*
Total Fat 4g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 310mg	13%
Total Carbohydrate 30g	11%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
<b>Protein 17g</b>	
Vitamin D 1mcg	6%
Calcium 36mg	2%
Iron 2mg	10%
Potassium 307mg	6%
Vitamin A 185mcg	20%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



# BASIC PASTA SAUCE

## Ingredients

- 1 tablespoon olive oil or canola oil
- 3 cloves garlic, minced
- 1 (28 ounce) can crushed tomatoes
- 1 teaspoon dried basil
- ½ teaspoon dried oregano
- ¼ cup parmesan cheese

## Directions

1. Heat oil in medium saucepan. Add garlic and cook, stirring for 30 seconds.
2. Add tomatoes, basil, and oregano. Cook on low heat for 10 minutes.
3. Add parmesan, stir, and enjoy!

Servings: 6  
Serving Size: ½ cup  
Prep Time: 5 minutes  
Cook Time: 15 minutes

Nutrition Facts	
6 servings per container	
Serving size	1/2 cup
Amount per serving	
Calories	80
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 105mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 35mg	2%
Iron 1mg	6%
Potassium 497mg	10%
Vitamin A 25mcg	2%
Vitamin C 10mg	10%
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# BLACK BEAN CHILI

Servings: 6  
Serving Size: 1 ½ cups  
Prep Time: 5 minutes  
Cook Time: 35 minutes

## Ingredients

- 2 tablespoons canola oil
- 1 small onion, chopped
- 3 cloves garlic, minced
- ½ cup water
- 1 tablespoon ground cumin
- 1 tablespoon ground coriander
- 1 cup chunky salsa
- 2 red, yellow, orange or green bell peppers, chopped
- 2 (15 ounce) cans low-sodium black beans, drained and rinsed
- 1 (28 ounce) can diced tomatoes, no salt added, with juice
- 2 cups frozen corn kernels (11 ounce package)

Nutrition Facts	
6 servings per container	
<b>Serving size</b>	<b>1 1/3 cups</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>290</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 530mg	<b>23%</b>
<b>Total Carbohydrate</b> 50g	<b>18%</b>
Dietary Fiber 16g	<b>57%</b>
Total Sugars 10g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 12g	
Vitamin D 0mcg	<b>0%</b>
Calcium 72mg	<b>6%</b>
Iron 4mg	<b>20%</b>
Potassium 957mg	<b>20%</b>
Vitamin C 60mg	<b>70%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Directions

1. In a large pot add the oil, onion, and garlic over high heat, add water and stir frequently for about 5 minutes.
2. Add cumin, coriander, salsa, bell pepper, black beans, tomatoes, and corn. Bring to a boil.
3. Reduce heat, cover, and simmer for about 30 minutes, stirring occasionally.





# VEGETARIAN CHILI

Servings: **4**

Serving Size: **1½ cups**

Prep Time: **10 minutes**

Cook Time: **20 minutes**

## Ingredients

- 1 teaspoon vegetable oil
- ½ cup chopped onion
- 1 tablespoon chili powder
- ½ teaspoon dried basil
- ½ teaspoon cumin
- 1 teaspoon garlic powder
- 1 medium green bell pepper, chopped
- 1 (15.5 ounce) can red kidney beans, drained and rinsed
- 1 (15.5 ounce) can cannellini beans, drained and rinsed
- 1 (14.5 ounce) can diced tomatoes, no salt added
- 1 (8 ounce) can low-sodium tomato sauce
- 1 cup water



## Directions

1. Heat oil in large pot over medium heat. Add onions and cook, stirring often, for about 3 minutes.
2. Add chili powder, basil, cumin, garlic powder, and bell pepper. Cook and stir for about 3 minutes.
3. Add kidney beans, cannellini beans, diced tomatoes, tomato sauce, and water. Bring to a boil, then reduce heat and cover. Simmer for 15 minutes.

## Nutrition Facts

4 servings per container  
Serving size 1 1/2 cups

Amount per serving  
**Calories 300**

% Daily Value\*

Total Fat 2.5g 3%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 430mg 19%

Total Carbohydrate 54g 20%

Dietary Fiber 17g 61%

Total Sugars 7g

Includes 0g Added Sugars 0%

Protein 18g

Vitamin D 0mcg 0%

Calcium 152mg 10%

Iron 5mg 30%

Potassium 1002mg 20%

Vitamin C 26mg 30%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Servings: 8  
Serving Size: 1 cup  
Prep Time: 10 minutes  
Cook Time: 15 minutes

## PASTA WITH GREENS AND BEANS

### Ingredients

- 2 cups uncooked whole wheat pasta
- 1 tablespoon vegetable oil
- 1 tablespoon minced garlic
- 1 (10 ounce) package frozen spinach  
OR 1 (14 ounce) can spinach
- 1 (15 ounce) can diced tomatoes with  
liquid, no salt added
- 1 (15 ounce) can cannellini beans,  
drained and rinsed
- ½ teaspoon salt
- ½ teaspoon black pepper
- ½ cup grated parmesan cheese

Nutrition Facts	
8 servings per container	
Serving size	1 cup
Amount per serving	
<b>Calories</b>	<b>180</b>
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 320mg	14%
Total Carbohydrate 27g	10%
Dietary Fiber 4g	14%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 128mg	10%
Iron 2mg	10%
Potassium 418mg	8%
Vitamin A 221mcg	25%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Directions

1. Cook pasta according to package directions. Set aside.
2. Heat oil in large pan. Add garlic and cook on low until soft.
3. Add spinach, tomatoes with liquid, beans, salt, and pepper. When the mixture bubbles, cook on low heat (uncovered) for 5 minutes.
4. Add pasta and parmesan to spinach mixture.
5. Toss well and serve.

# EASY CHEESY CHICKEN & BROCCOLI

Servings: 6  
Serving Size: 1 cup  
Prep Time: 5 minutes  
Cook Time: 20 minutes

## Ingredients

- 1 (14.5 ounce) can low-sodium chicken broth
- 2 cups instant brown rice, uncooked
- 1 (16 ounce) bag frozen broccoli
- 1 cup cooked diced chicken OR 1 (10 ounce) can chicken, drained
- 1 cup shredded low-fat cheddar cheese
- ¼ cup parmesan cheese
- ½ teaspoon garlic powder

## Directions

1. Place broth in a medium saucepan. Bring to a boil over medium-high heat.
2. Stir in rice. Place broccoli and chicken over rice but do not stir in. Cover and cook 5 minutes.
3. Remove from heat and let stand, covered, for 5 minutes.
4. Stir in cheeses and garlic powder. Let stand, covered, for 5 minutes, then serve.

Nutrition Facts	
6 servings per container	
Serving size	1 cup
Amount per serving	
Calories	270
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 390mg	17%
Total Carbohydrate 31g	11%
Dietary Fiber 4g	14%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 25g	
Vitamin D 0mcg	0%
Calcium 158mg	10%
Iron 2mg	10%
Potassium 377mg	8%
Vitamin C 43mg	50%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	





# SWEET POTATO QUESADILLAS

Servings: 2  
Serving Size: ½ quesadilla  
Prep Time: 5 minutes  
Cook Time: 15 minutes

## Ingredients

- ½ cup mashed, cooked sweet potato or canned (yams)\*
- ¼ cup canned low-sodium black beans, drained & rinsed
- Nonstick cooking spray
- 2 (8 inch) whole wheat tortillas
- 2 tablespoons chunky salsa
- 2 tablespoons shredded reduced fat cheddar cheese

\*1 fresh sweet potato = about 1 cup  
Be sure to rinse and drain canned sweet potatoes (yams). 15 ounce can = 1½ cups

## Directions

1. In a medium size bowl, mash the sweet potato with the beans.
2. Coat a skillet with cooking spray on medium heat.
3. Place one tortilla in skillet. Spread the sweet potato and black bean mixture onto it. Top with salsa and shredded cheese. Cover with the other tortilla.
4. Cook for 2-3 minutes then flip with a wide spatula and cook for another 2-3 minutes. Remove from pan to a cutting board and slice into quarters.

Nutrition Facts	
2 servings per container	
Serving size	1/2 quesadilla
Amount per serving	
Calories	210
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 550mg	24%
Total Carbohydrate 35g	13%
Dietary Fiber 3g	11%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 84mg	6%
Iron 1mg	6%
Potassium 208mg	4%
Vitamin A 241mcg	25%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	





Servings: 4  
Serving Size: **1 burger**  
Prep Time: **10 minutes**  
Cook Time: **20 minutes**

## BLACK BEAN BURGERS

### Ingredients

- Nonstick cooking spray (optional)  
1 (15.5 ounce) can low-sodium  
black beans, drained and rinsed  
1 cup shredded reduced-fat cheddar cheese  
½ cup whole wheat bread crumbs  
⅓ cup chopped red bell pepper  
¼ cup chopped fresh cilantro  
1 large egg, lightly beaten  
1 tablespoon chili powder  
4 cloves garlic, minced

### Directions

1. Preheat oven to 375°F or spray skillet with nonstick cooking spray if using stove top.
2. Mash half of the black beans with a potato masher.
3. Add rest of beans, cheese, whole wheat bread crumbs, red pepper, cilantro, egg, chili powder, and garlic.
4. Work mixture together with your hands until it holds together easily.
5. Shape into 4 patties. Place on baking sheet and bake for 8 minutes on each side. If using stove top, cook for 4 minutes on each side.

Nutrition Facts	
4 servings per container	
<b>Serving size</b>	<b>1 burger</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>240</b>
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 470mg	20%
Total Carbohydrate 32g	12%
Dietary Fiber 10g	36%
Total Sugars 2g	
Includes 0g Added Sugars	0%
<b>Protein 18g</b>	
Vitamin D 1mcg	6%
Calcium 169mg	15%
Iron 3mg	15%
Potassium 500mg	10%
Vitamin A 104mcg	10%
Vitamin C 20mg	20%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

# PINEAPPLE ANGEL FOOD CAKE

Servings: **12**  
Serving Size: **1/12 of cake**  
Prep Time: **3 minutes**  
Cook Time: **42 minutes**

## Ingredients

- 1 (16 ounce) box angel food cake mix
- 1 (20 ounce) can crushed pineapple in 100% juice

## Baking Pan Needed

- 1 (10x4 inch or larger) Bundt pan or two (9 inch) loaf pans

## Directions

1. If using a Bundt pan, move oven rack to lowest position. Use middle racks for loaf pans. Preheat oven to 350°F.
2. Combine cake mix with crushed pineapple. With electric mixer, beat on low setting for 30 seconds, then on medium setting for 1 minute.
3. Pour into ungreased pan. Bake for 42 minutes for Bundt pan, or 40 minutes for two 9-inch loaf pans. Bake until top is golden brown.
4. Let cake cool completely before serving. Enjoy!

Nutrition Facts	
12 servings per container	
Serving size	1/12 of cake
Amount per serving	
<b>Calories</b>	<b>170</b>
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 320mg	14%
Total Carbohydrate 39g	14%
Dietary Fiber 0g	0%
Total Sugars 30g	
Includes 23g Added Sugars	46%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 46mg	4%
Iron 0mg	0%
Potassium 97mg	2%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



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