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Fresh, Frozen or Canned?

It can often be confusing to decide what fruits and vegetables to purchase at the store. Fresh fruits and vegetables require a little more work to wash, cut and prepare them, so many turn to precut and prepared options. Precut and prepared items do cost more. Canned or frozen foods often seem less expensive and might be the better option. Canned and frozen foods are prepared to preserve the nutrient value of foods. Whichever you choose, they can all be healthy. We recommend choosing what is on sale at the time, your storage, and works for the dish you are making.



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For more information on stretching your food dollars, contact your local SDSU Extension office or the State office at 605-688-4440.

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Recipes from: <https://whatscooking.fns.usda.gov/>

Content from: <http://www.extension.org>; <http://doe.sd.gov/cans/sfsp.aspx>; <https://choosemyplate.gov/>

How to choose healthier

Canned and frozen foods still have similar nutritional value; there are some things to look for on the labels:

- Added Sugars
 - Added sugars may improve the flavor, but often add unneeded calories and fat. Choose no sugar added options.
- Heavy Syrup
 - Heavy syrup is another form of added sugars. Choose ones canned in water or light syrup instead.
- Sodium/Salt
 - Sodium and salt are not always clearly labeled. Read the back of the label to look at the amount of sodium. Choose canned vegetables labeled as “low sodium” and “no salt added” options. Rinse and drain the vegetables to lower the amount of salt even more.



Whichever you choose, they can all be healthy. We recommend choosing what is on sale at the time, your storage, and works for the dish you are making.





Apple Coleslaw

Makes 4 Servings

Ingredients:

2 cups of cabbage
1 carrot (medium, grated)
1/2 green pepper (chopped)
1 apple (chopped)
5 tablespoon yogurt, low-fat
1 tablespoon mayonnaise, low-fat
1 teaspoon lemon juice
1/4 teaspoon dill weed

Directions:

Wash the cabbage and cut it into fine shreds, until you have 2 cups of cabbage. Peel and grate the carrot. Chop half of a green pepper into small pieces. Core and chop the apple. Place cabbage, carrot, green pepper and apple in a large mixing bowl and stir together. Place the yogurt, mayonnaise, lemon juice and dill weed in a small bowl and stir together to make a dressing. Pour the dressing over the salad and toss to mix. Add salt and pepper to taste.

Combining sweet and crunchy fruits and vegetables, this coleslaw is a great way to bring color to any meal.

Nutritional Information per serving:
Total Calories 62; Total Fat 2 g; Protein 2 g; Carbohydrates 11 g; Dietary Fiber 2 g; Saturated Fat 0 g; Sodium 59 mg



Broccoli Potato Soup

Makes 4 Servings

Ingredients:

4 cups broccoli (chopped)
1 onion (small, chopped)
4 cups chicken or vegetable broth, low-sodium
1 cup evaporated milk, non-fat
1 cup mashed potatoes, instant (prepared in water)
Salt and pepper (to taste, optional)
1/4 cup cheddar cheese, shredded (or American)

Directions:

Wash hands! Combine broccoli, onion and broth in large sauce pan. Bring to a boil. Reduce heat, cover and simmer about 10 minutes or until vegetables are tender. Add milk to soup, slowly stir in potatoes. Cook, stirring constantly, until bubbly and thickened. Season with salt and pepper; stir in a little more milk or water if soup becomes too thick. Ladle into serving bowls, sprinkle about 1 tablespoon cheese over each serving.

A tasty soup that comes together quickly!

Nutritional Information per serving:
Total Calories 194; Total Fat 5 g; Protein 15 g; Carbohydrates 26 g; Dietary Fiber 3 g; Saturated Fat 2 g; Sodium 310 mg



Enjoy this sweet and tangy main dish with any combination of veggies as sides for an easy dinner.

Cranberry Ham Slice

Makes 6 Servings

Ingredients:

1 cup brown sugar, firmly packed
1/2 tablespoon cornstarch
1/2 teaspoon allspice
2 cup cranberry juice cocktail
1/2 cup raisins, seedless
2 ham slices, 1 inch thick

Instructions:

Set dial of temperature-controlled burner at 225 degrees F (or medium heat). Combine brown sugar, cornstarch, and allspice in a saucepan and gradually add the cranberry juice cocktail and raisins and cook until sauce thickens and boils. Place on slice of ham in greased baking dish. Pour one half of the sauce over the ham slice, top with second slice and add remaining sauce. Bake, covered in 350 degrees F oven for 45 minutes.

Nutritional Information per serving:
Total Calories 330; Total Fat 8 g; Protein 46 g; Carbohydrates 15 g; Dietary Fiber 0 g; Saturated Fat 2 g; Sodium 160 mg



A quick and easy dessert that can be experimented with different flavors of pudding and fruit combinations.

Shake-A-Pudding

Makes 8 servings

Ingredients:

2 cups milk (skim or low-fat 1%)
3 1/2 carton pudding mix (3 1/2 ounces, instant vanilla)
2 bananas (peeled, sliced or other sliced fruit)

Instructions:

Place 2 cups of milk in a quart jar with tight-fitting lid, add one small package of instant vanilla pudding mix to the jar and screw lid on jar. Shake until mixture is smooth. Then place pieces of fruit in a serving bowl or paper cups. Pour pudding over fruit and chill.

Nutritional Information per serving:
Total Calories 92; Total Fat 0 g; Protein 2 g; Carbohydrates 21 g; Dietary Fiber 1 g; Saturated Fat 0 g; Sodium 199 mg