

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.

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|---|-----------------------|
| 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

