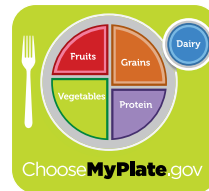


Canned Foods Like You've Never Seen Them Before

Simplicity + Nutrition = A MyPlate Win

Everything you put on your plate matters, no matter what time of day. Up your intake of fruits, vegetables, beans and seafood using simple and nutritious canned foods. For inspiration, consider these on-trend (and no-fuss) recipes for healthier choices you can pull together in a jiffy.



Breakfast:

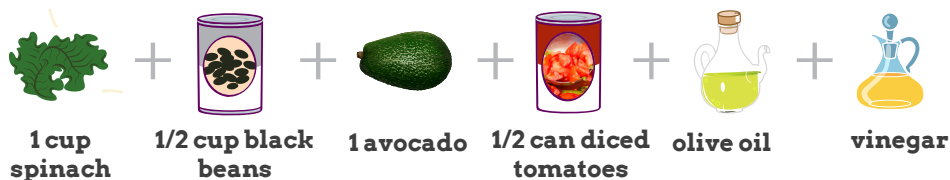
PEACH SMOOTHIE BOWL



Blend frozen banana, ¾ can peaches (drained), vanilla Greek yogurt, and cinnamon together until smooth. Top with remaining peaches, almonds and granola.

Lunch:

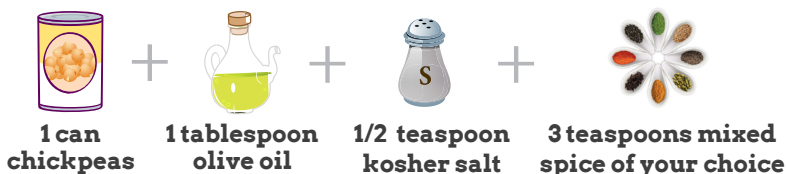
MASON JAR SOUTHWEST GREEN SALAD



Layer drained & rinsed canned beans, chopped avocado, drained tomato and drizzle with olive oil and your favorite vinegar inside Mason jar. Top with chopped spinach. Shake jar to mix ingredients when it's time for lunch.

Snack:

SPICED ROASTED CHICKPEAS



Drain/rinse chickpeas, dry with a clean cloth and spread on baking sheet. Drizzle with olive oil, sprinkle with salt and spices and gently mix to coat chickpeas. Roast at 425° F for 30-40 minutes until crisp.

Dinner:

MEDITERRANEAN "ZOODLES" with TUNA & ARTICHOKEs



Heat olive oil in large skillet. Add diced tomatoes with juices and warm through. Add drained tuna and drained artichoke hearts and cook to blend flavors. Toss and serve over bed of zoodles (spiralized zucchini).

The Canned Food Alliance, a National Strategic Partner of the U.S. Department of Agriculture's Center for Nutrition Policy and Promotion, is a consortium of steelmakers, can manufacturers, food processors and affiliate members. For more information about canned food research, facts, resources, the canning process, family mealtime solutions, recipes that use canned foods and more, visit Mealtime.org. Follow us on [Facebook](#), [Twitter](#) and [Pinterest](#).

