

What's For Dinner?

From delightful desserts to savory suppers, a little creativity and one canned ingredient can turn an ordinary dish into an extraordinary meal. Even your favorite "go-to" recipes deserve an upgrade, so simply choose a category to learn how you can stretch a meal, boost flavor, cut prep time or increase nutrition by adding just one canned ingredient. It's that easy!



	Base Recipe	Canned Items	"Just Add One" Tip
Entrée	Pasta	Mushrooms Cannellini Beans Drained Tuna	Toss any of these mix-ins into your favorite pasta for added nutrition and flavor boost.
	Baked Chicken	Mushrooms Olives Spinach Sweet Potatoes	Add canned vegetables to baked chicken pieces in the last 15 minutes of cooking for a one-dish meal that takes no extra time.
	Meatloaf	Mushrooms Carrots Tomatoes Green Beans	Finely chop these ingredients and mix in with ground beef before baking for extra flavor and nutrition.
Side	Mashed Potatoes	Sweet Potatoes Pumpkin Carrots Spinach	Change up plain old mashed potatoes with canned vegetables for added color, flavor and nutrients.
	Rice	Olives Black Beans Kidney Beans Mixed Vegetables	Prepare rice with low-sodium/low-fat broth to boost flavor, then mix in olives or your favorite vegetables or beans for added color and nutrition.
	Macaroni and Cheese	Corn Tuna Ham	Combine prepared mac and cheese with corn, tuna or ham in a 9x13" baking dish; top with bread crumbs and bake until golden brown.
Starters	Tossed Salad	Garbanzo Beans Pears Mandarin Oranges Beets	Add a can of fruit or beets to summer salads for extra flavor and nutrition. Or add canned beans for increased protein and fiber.
	Chili	Canned Chicken Beans Green Chilies Black-eyed Peas	Simmer chili with any of these additional ingredients for added flavor and nutrition.
	Nachos	Drained, Diced Tomatoes Black Beans Olives	Top your nachos with these additional ingredients for an even tastier Southwest dish.

"JUST ADD ONE" FOR...

Nutrition

- Add canned tomatoes to your favorite dips and pastas for an extra boost of lycopene, an antioxidant naturally found in tomatoes that helps fight disease.
- Add canned pumpkin to your favorite puddings or pancake batter as an excellent source of vitamin A.

Value

- Make restaurant quality greens and beans at home by sautéing poached escarole with cannellini beans, garlic and bacon and/or prosciutto.
- Fresh fruits and veggies spoiling faster than you can eat them? Stock up on your favorite canned fruits and veggies to enjoy on your own time.

Convenience

- Use canned beans in your favorite recipes instead of soaking and cooking down fresh or dried.
- Prepare a quick potato salad with a can of potatoes. No peeling, boiling or chopping adds up to big time savings.

Taste

- Spice up a traditional bean dip with canned tomatoes with diced chilies, sharp Cheddar cheese and a can of corn.
- Freeze your favorite canned fruit in heavy syrup until firm and then purée in a food processor. Serve immediately for a deliciously simple and nutritious dessert.

The Canned Food Alliance is a consortium of [steelmakers](#), [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](#).

