

COMMODITY FOODS CANNED FRUITS



Storage

- Store unopened cans on a shelf in a cool, dry place.
- For best quality, unopened canned fruit should be used within 12 to 18 months.
- Store opened cans of fruit in a covered container in the refrigerator. Use within one week.

Uses & Tips

- Some fruits may be packed with added sugar. Pour heavy syrup off of canned fruit before eating.
- Save the juice (or light syrups) from canned fruit and use to make gelatin desserts or popsicles.
- Thicken fruit juices with flour or cornstarch to make a sauce for pancakes or unfrosted cake.
- Canned fruit may be served at room temperature or chilled for dessert.
- Add fruits to salads or cottage cheese.
- Add cinnamon, nutmeg or coconut as a fruit seasoning.

Maple-Flavored Pears Serves 6.

- 2 cups canned pears, drained
- 1/4 cup raisins
- 1/4 cup chopped walnuts (optional)
- 1/4 cup maple-flavored syrup
- 1/2 tsp. ground cinnamon

1. Place pear pieces or halves in a microwave-safe dish.
2. Combine raisins, walnuts, syrup and cinnamon in a small bowl.
3. Top pears with raisin-syrup mixture.
4. Microwave on high for about 1 minute or until warmed.
5. Top with non-dairy whipped topping or serve with frozen low fat yogurt.

NUTRITION FACTS (per serving) - Calories 130 ~ fat 3.5 g ~ calories from fat 30 ~ sodium 20 mg ~ total carbohydrate 25 g ~ fiber 2 g