

# Cans Get You Cooking™ Recipe Round-Up

Cans Get You  
COOKING™

## Introduction

Today's shoppers care a lot about the foods they eat and yearn for home-cooked meals. However, real-life obstacles get in their way, from leading very busy lives to lacking certain basic cooking skills. Many don't fully understand or appreciate the role of canned foods in delivering healthy, convenient, homemade meals at a reasonable cost and with minimal preparation.

The Cans Get You Cooking™ Recipe Round-Up will drive success in meeting your customers' needs, increasing shopper loyalty and boosting sales of better-for-you products, all important business metrics in your company. Recipes incorporating canned food products can empower busy and less experienced cooks, and make them feel good about preparing home-cooked meals.

Cans Get You Cooking Recipe Round-Up is a turnkey guide, which includes:

- Step-by-step instructions for demonstrating healthful recipes, which highlight the nutritional benefits, convenience, quality and taste of canned food products,
- Concepts for media pitches, store merchandising and marketing events, or web content,
- Talking points for each recipe to articulate the benefits of canned food products in healthful eating habits, and to instill confidence in consumers that they can put together satisfying meals for family and friends, and
- The opportunity for branding recipes with your company logos and owned brand products.

Consider the following ideas to create an expanded shopper experience in your stores with the recipes:

- Partner with merchandising managers to create promotional endcaps or displays for each recipe. Display canned and other shelf-stable ingredients along with the recipe. Store brands can be promoted or vendor-funding secured for these Recipe Round-Up events.
- If conducting the demo in-store, display cooking utensils or cookbooks that tie to the recipe and which and where they are available for purchase in the store. This increases the profitability of your demo.



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# Cans Get You Cooking™ Recipe Round-Up

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## Recipe #1: Sloppy Josés

### Story Ideas/Media Pitches

- You may not sip wine and talk fiber with your gal pals, but the truth is the average person gets just half the fiber they need (Dietary Guidelines for Americans 2010). (Insert retailer name) has fresh ideas for increasing the fiber in family-favorite recipes.
- Quick and convenient dinners don't have to include a drive-thru. You can turn to the pantry for homemade, healthful meals with minimal prep.
- One skillet meals from pantry to table in 20 minutes or less.

### Supplies Needed

- Nonstick cooking spray
- 10-inch skillet
- Smooth edge can opener
- Heat-resistant cooking spoon
- Chopping knife
- Colander
- Tin foil or cloth napkin
- Cooking equipment: stove top or burner, oven or microwave, sink and running water
- Serving items: Mexican-inspired napkin, colorful small soup bowl, small companion bowls for lettuce and tomatoes, two small spoons
- Recipe ingredients: see recipe

### Advanced Prep – Prior Day

- Purchase all recipe ingredients. Include second set of unopened, canned vegetable and bean products, including “low” sodium” or “no salt added” options.
  - **NuVal retailers:** Include unopened products that show a range of scores, highlighting trade ups that can be made in the canned vegetable category.
  - **Attribute program retailers:** Include unopened products that are featured in your shelf edge tag program.
- Gather all needed supplies.
- Dice tomatoes or purchase canned diced tomatoes.

### Advanced Prep – On Site

- If an oven is available, wrap tortillas in foil and put in oven at 250 degrees F to warm.
- Place tomatoes and lettuce in serving bowls with spoons.
- Design serving area attractively, with napkin and soup bowl.



# Cans Get You Cooking™ Recipe Round-Up

## Recipe #1: Sloppy Josés

### Demo Instructions and Script

#### 1. Introduce recipe.

**Talking point:** *Quick and convenient dinners don't have to include a drive-thru. You can turn to the pantry for home-made, healthful meals with minimal prep. Our Sloppy Josés recipe, a flavor twist on a family favorite, shows how cans help you cook more, and more successfully, at home with the time and money you have to put food on the table.*

#### 2. Begin by spraying skillet with cooking spray. Add ground turkey, breaking apart and browning. When meat is fully cooked, drain any excess fat out of pan.

**Talking point:** *Using lean hamburger or lean ground turkey cuts back on saturated fat in meals. Because we're adding many flavorful ingredients to the recipe, you won't even miss the fat.*

• **NuVal retailers:** *In our stores, we have the NuVal® System, which guides shoppers to foods with higher nutrition quality. Scores range from 1-100; the higher the score, the better nutrition. Even in the meat section, you can use the scores to guide you to the most nutritious choices. Ground turkey scores a 33 and hamburger (90/10) a 30.*

• **Attribute program retailers:** *We offer our shoppers nutrition guidance through our (insert name) program. Throughout the store, better-for-you options are highlighted with our at-a-glance shelf tag messages. In the meat section of the store, look for "lean" and "extra lean" shelf tags to quickly identify choices with less saturated fat.*

#### 3. Open the cans of sloppy joe sauce, kidney beans and Mexican-style corn. Pour the beans into the colander and rinse under running water. Add the three canned products to the skillet.

**Talking point A:** *Canned products can help cut on preparation time without sacrificing quality. Take canned beans, for example. There's no need to plan ahead and soak beans overnight. The canned version helps you get a healthful dinner on the table in much less time. Mexican-style corn adds flavor to this dish, with the can providing sealed in flavor, freshness and nutrition.*

**Talking point B:** *Canned beans boost the fiber in this family-favorite meal. Research at Michigan State University found that the fiber in canned beans is more soluble, and therefore more useful in the human body. The flavor and texture of the beans meld perfectly with the ground meat in this recipe, and your family won't even notice a difference. You can rest easy tonight knowing you've done what you do best – taken care of your family by creating and serving a healthful, homemade meal.*

**Talking point C:** *If you're being careful about sodium, look for "low sodium" or "no salt added" options, which are available in the canned section of the store. If you buy the regular version of beans, draining the liquid and rinsing the contents can reduce the sodium by 30-60 percent, according to industry experts.*

• **NuVal retailers:** *In the canned vegetables and beans categories, the NuVal score is driven by the product's sodium level. In canned beans, fiber and protein also contribute to the score. Because the can seals in freshness, flavor and nutrition, canned vegetables have the same score as their fresh counterparts if no salt or sugar has been added. As these examples show (show unopened canned products), you can trade up to better nutrition in the canned – and every – aisle of the store.*

• **Attribute program retailers:** *Our (insert name) program makes shopping our stores convenient, quickly guiding you to options in canned vegetables and beans that are a "good source of fiber," or "low sodium." The tags also highlight beans as a "good source of protein," and vegetables, which are "low calorie" or "under 100 calories per serving."*

**Talking point D:** *Getting kids involved in the cooking process can increase the likelihood they'll try and enjoy a new recipe. Pouring the beans into the colander and rinsing them is an easy skill for young children to do successfully. Older children can help by opening the canned food products. We offer can openers in our stores that make clean, not sharp edges, so kids can be safe while they perform this task.*

#### 4. While all ingredients simmer, take tortillas out of oven. If using a microwave oven, wrap several in cloth napkin and microwave for 10-15 seconds. Remove from oven, and arrange inside small soup bowl. Add a serving spoon portion of the meat mixture, and sprinkle with tomatoes and lettuce.

**Talking point A:** *Canned products are a healthy option because canning technology keeps food fresh and flavorful without a lot of preservatives and additives. If you look at the ingredient statement on the product label (show canned kidney beans as example), you'll see a very short list of ingredients, all with common names. It's one more reason to feel good about serving our Sloppy Josés tonight for dinner.*

**Talking point B (for diabetes health):** *We all have friends and family who are managing health conditions. The American Diabetes Association names beans as one of their "Diabetes Superfoods," in part because of the fiber they contain. Just a half cup can provide one-fourth to one-third of the minimum 25 grams of fiber you need each day to help control blood glucose. The fiber in beans also fills you up, helping you to manage daily calories consumed. While beans are considered a starchy vegetable, they provide as much protein as an ounce of meat with no saturated fat, making them a great choice in diabetic eating plans. One serving of Sloppy Josés has five grams of fiber, most coming from the beans. This recipe can help people with diabetes cook more and more successfully at home while meeting their health goals.*

**Talking point C:** *One serving of Sloppy Josés has 5 grams of fiber, 20% of what you need each day. All that fiber wrapped up in a tasty dinner, and no one's expecting it to be there. You'll see smiles all around the dinner table tonight!*

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# Cans Get You Cooking™ Recipe Round-Up

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## Recipe #1: Sloppy José's Recipe

(For shopper distribution and/or to post on media website)

The slightly sweet, mildly spicy blend of nourishing ingredients takes a south-of-border sojourn, served in these easy, warm Sloppy José's taco bowls. This hearty dish couldn't be easier to make – a can of sauce, a can of beans, a can of Mexican-style corn and cooked ground beef or turkey. It's the same one-skillet meal kids love, but served with a little Mexican twist.

### Ingredients

1 1/4 pounds lean ground beef or turkey  
1 can (15.5 ounces) sloppy joe sauce  
1 cup canned, red kidney beans, rinsed and drained  
1 can (7 ounces) Mexican-style corn, drained  
10 (6-inch) corn tortillas, heated according to package directions, kept warm  
3/4 cup shredded bagged lettuce  
1/2 cup finely diced tomato or canned diced tomatoes

**Preparation Time:** Approximately 2 minutes

**Cook Time:** Approximately 8 minutes

### Preparation

Brown ground beef in a large skillet over medium-high heat, chopping and turning often, about 5 minutes, until beef is cooked through. Add the sloppy joe sauce, kidney beans and corn, and heat through, about 3 minutes.

To serve, place a tortilla in a small soup bowl and ladle half cup of the Sloppy José mixture in the center. Top with shredded lettuce and chopped tomato.

**Servings:** 10

### Nutritional Information Per Serving

Calories: 200  
Total fat: 3.5g  
Saturated fat: 1.5g  
Cholesterol: 35mg  
Sodium: 470mg  
Carbohydrate: 26g  
Fiber: 5g  
Protein: 17g  
Vitamin A: 15%DV\*  
Vitamin C: 6%DV  
Calcium: 4%DV  
Iron: 15%DV

\*DV=Daily Value





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# Cans Get You Cooking™ Recipe Round-Up

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## Recipe #2: Black Bean & Avocado Salad

### Story Ideas/Media Pitches

- Every smart cook has one in her arsenal, a “go to” recipe that can be used in many different ways – from casual dinners to formal entertaining – and is loved by everyone who tries it. This is that recipe!
- My 85-year-old grandmother once told me that after all these years, she was tired of eating plain chicken. (Insert retailer name) has a new feature recipe that brings new life to every meal.

### Supplies Needed

- Smooth edge can opener
- Chopping knife
- Cutting board
- Colander and running water source
- Mixing bowl and spoon
- Tablespoon
- Optional cooking equipment: griddle or panini press
- Baguette of bread, whole grain tortilla or pita chips, Beanitos brand for gluten-free option, cooked boneless, skinless chicken breast
- Serving items: Platter appropriate for entertaining, chip and dip bowl set, plate for chicken breast, table cloth appropriate for entertaining
- Recipe Ingredients: see recipe

### Advanced Prep – Prior Day

- Purchase all recipe ingredients. Include second set of unopened, canned vegetable products, including “low sodium” or “no salt added” options.
  - NuVal retailers: Include unopened products that show a range of scores, highlighting trade ups that can be made in the canned vegetable category.
  - Attribute program retailers: Include unopened products that are featured in your shelf edge tag program.
  - Another option is to include various flavors of diced tomatoes to show as variations to the recipe demoed.
- Gather all needed supplies.
- Chop red onion.

### Advanced Prep – On Site

- Slice baguette.
- Add chips to serving bowl.
- Place chicken breast on plate.
- Design serving area attractively, showcasing multiple uses of recipe.
- Heat griddle or panini press. Place baguette slices on griddle or press just before starting demo.
- Design serving area attractively, with napkin and soup bowl.



# Cans Get You Cooking™ Recipe Round-Up

## Recipe #2: Black Bean & Avocado Salad

### Demo Instructions and Script

1. Gather all the canned ingredients needed for the recipe.

**Talking point:** *Every smart cook has one in her collection – the “go to” recipe that can be used in many different ways from casual dinners to formal entertaining and is loved by everyone who tries it. This is that recipe! Today, I’ll demonstrate a variety of ways this one quick-prep recipe can be used, showcasing how canned food products help you cut meal preparation time without sacrificing quality. Each recipe variation highlights the sealed in flavor, freshness and nutrition of canned foods. Your friends and family will rave about each dish, and you’ll know what they’re really getting is more vegetables and fiber.*

2. Open the three cans of vegetables. Pour into colander and rinse; allow to drain.

**Talking point A:** *A benefit of canning technology is that it keeps food fresh and flavorful without a lot of preservatives and additives. If you look at the ingredient statement on the product label (show canned carrots or black beans as example), you’ll see a very short list of ingredients, all with common names.*

**Talking point B:** *I use “no salt added” vegetables with this recipe. Because there’s a lot of flavor coming from the ingredients, you won’t even miss the sodium. If you buy the regular version of beans, draining the liquid and rinsing the contents can reduce the sodium by 30-60 percent, according to industry experts.*

- NuVal retailers: *The NuVal System guides shoppers to foods with higher nutrition quality in every aisle of our stores. In canned foods, making trade ups is easy. The “no salt added” version of the canned carrots I’m using in our recipe scores a 99, the same as fresh.*

**Talking point C:** *Getting kids involved in the cooking process can increase the likelihood they’ll try and enjoy a new recipe. Pouring the canned vegetables and beans into the colander and rinsing them is an easy skill for young children to do successfully. Older children can help by opening the canned food products. We offer can openers in our stores that make clean, not sharp edges, so kids can be safe while they perform this task.*

- Attribute program retailers: *Kids can also get involved when shopping for the ingredients for this recipe. In our store, we offer the (insert name) program, which features better-for-you choices in every aisle of the store. Have kids find the recipe ingredients tagged with “good source of fiber” or “good source of protein” in canned beans or “low sodium” in canned vegetables.*

**Talking point D (for Heart Health):** *Being careful with sodium is an important part of heart-healthy eating habits. Because canning technology keeps food fresh and flavorful without a lot of additives, many “low sodium” and “no salt added” options are available in this food category and can be substituted in this recipe.*

3. Flip bread.

4. Add the contents of the colander to the mixing bowl. Add red onion. Peel, dice and add avocado. Add olive oil. Mix gently.

**Talking point:** *Having a pantry stocked with canned products can give you confidence in putting together satisfying meals for family and friends. By combining them with fresh ingredients, like the onion and avocado, it feels like a complicated dish to make when it’s really not. Your family and friends will be impressed.*

5. Take bread off of heat source and place 5 pieces on serving platter.

**Talking point:** *We all have friends and family who are trying to eat healthier. So when entertaining, this recipe makes a great bruschetta, allowing our loved ones to feel good about indulging. Cans seal in freshness, flavor and nutrition, with research from Michigan State University showing that most nutrient levels are consistent between canned and fresh. Canned tomatoes actually contain more lycopene – a powerful antioxidant – than their fresh counterparts. (If asked about vitamin C, explain that while some vitamin C is lost in the canning process, it then remains stable throughout the product’s shelf life whereas fresh loses some vitamin C every day.)*

6. Add some of salsa to dip bowl alongside of chips.

**Talking point A:** *For more casual entertaining (Super Bowl, Final Four in college basketball, cookouts), this dip is great with whole grain tortilla or pita chips. Gluten-free is a big trend right now, and by choosing a gluten-free chip to serve alongside the dip, you’re providing a party option to meet all your guests’ health needs.*

**Talking point B:** *Cans help you entertain more, and more successfully, at home with the money you have to put food on the table. Research conducted at Michigan State University found that canned vegetables can be as low as 50% of the cost of frozen options, and 20% of the cost of fresh, with virtually no sacrifices in nutrition or quality. Additionally, with canned vegetables, you’re only paying for the edible portion. Finally, cans make vegetables available throughout the year, even when they’re not in season.*

**Talking point C:** *Children are more likely to accept and enjoy new foods if they are initially paired or combined with a favorite food. In this recipe, the familiar tomatoes and carrots are ideal for introducing black beans. Kids also enjoy dipping, another reason this recipe is ideal for introducing nutrient-packed canned beans.*

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# Cans Get You Cooking™ Recipe Round-Up

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## Recipe #2: Black Bean & Avocado Salad

### Demo Instructions and Script continued

7. Top the chicken breast with some of the salsa.

*Talking point A: The current Dietary Guidelines for Americans recommend filling half your plate with fruits and vegetables, and a quarter of your plate with proteins. This recipe fills that plate with the right things – nutritious vegetables and nutrient-packed beans. Canned products preserve vegetables, which are picked and processed at their peak of freshness, helping you meet this goal in a nutritious and budget-friendly way throughout the year.*

*Talking point B: Research at Penn State found that kids will eat more total vegetables when a variety is served and a larger portion offered. With canned carrots and tomatoes in this recipe, it's sure to increase the vegetables kids eat.*

8. Close the segment

*Talking point A: You can also use this recipe as a taco or fajita topper, or on baked potatoes – the options are endless. I hear from many shoppers at (insert retailer name) that this is their secret weapon in the kitchen or that it's a recipe they know by heart. They send me new ideas on how to use it. I'd love to hear your ideas, so feel free to send them to me once you've tried this versatile recipe.*

*Talking point B: You can add variety to this recipe by using one of the flavor options in canned tomatoes – fire roasted garlic, diced tomatoes and green chilies, fennel and red pepper.*

*Talking point C: As you see, this one recipe works for weeknight dinners, game-time snacks or entertaining, showing how cans help you cook more, and more successfully, at home.*

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# Cans Get You Cooking™ Recipe Round-Up

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## Recipe #2: Black Bean & Avocado Salad Recipe

(For shopper distribution and/or to post on media website)  
Colorful, hearty and nutrient-rich, this easy salad makes a great meal to enjoy “in hand” when served in a soft or crisp taco, or spread on crusty bread. It’s a great way to fit veggies into your emergency meals.

### Ingredients

1 can (16 ounces) black beans, drained and rinsed  
1 can (14 1/2 ounces) sliced carrots, drained  
1 can (14 1/2 ounces) petite-cut tomatoes, drained  
1 ripe avocado, peeled, stone removed and diced  
1/2 medium red onion, diced  
2 tablespoons olive oil  
Salt and pepper, to taste

**Preparation Time:** Approximately 10 minutes

### Preparation

In a large bowl, combine beans, carrots, tomatoes, avocado and red onion. Toss with olive oil, and season to taste with salt and pepper. If you have a refrigerator or chilled cooler available, chill for 30 minutes before serving, or enjoy at room temperature.

**Servings:** 6

### Nutritional Information Per Serving

Calories: 150  
Total fat: 10g  
Saturated fat: 1.5g  
Cholesterol: 0mg  
Sodium: 470mg  
Carbohydrate: 23g  
Fiber: 8g  
Protein: 6g  
Vitamin A: 160%DV\*  
Vitamin C: 25%DV  
Calcium: 8%DV  
Iron: 10%DV

\*DV=Daily Value





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# Cans Get You Cooking™ Recipe Round-Up

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## Recipe #3: Hurry-Up Hummus

### Story Ideas/Media Pitches

- PB&J for lunch ... so ho-hum. When you pack our Hurry-Up Hummus in school lunches this year, the other kids will beg to trade!
- Our Hurry-Up Hummus as an afterschool snack will make you the most popular mom on the block. Kids will love the flavor, and parents will love the good nutrition. You'll love the quick and easy prep.
- Entertaining for health-conscious friends and family has never been easier than with our Hurry-Up Hummus.

### Advanced Prep – Prior Day

- Purchase all recipe ingredients. Include an unopened, can of garbanzo beans, labeled “low sodium” or “no salt added.”
- Gather all needed supplies.

### Supplies Needed

- Smooth edge can opener
- Colander and running water source
- Measuring spoons
- Food processor
- Spatula
- Raw vegetables, whole grain pita chips or crackers
- Serving items: Chip and dip bowl set, serving dish for raw vegetables, kid-friendly napkins and table cloth
- Recipe Ingredients: see recipe



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# Cans Get You Cooking™ Recipe Round-Up

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## Recipe #3: Hurry-Up Hummus

### Demo Instructions and Script

1. Introduce recipe.

**Talking point:** *Our Hurry-Up Hummus as an afterschool snack will make you the most popular mom on the block. Kids will love the flavor, and parents will love the good nutrition. You'll love the quick and easy prep.*

2. Open the cans of garbanzo beans. Pour contents into colander and rinse; allow to drain.

**Talking point:** *Gone are the days when you need to spend hours prepping beans, peas and lentils to benefit from their power-packed nutrition. Today, canned beans help you cook more and more successfully with the time you have to get meals and snacks on the table.*

3. Add drained beans to food processor; puree until smooth. Add the remaining ingredients and process just until mixed.

**Talking point:** *The average person gets half of the fiber they need, and this recipe can help adults and kids alike increase their daily fiber intake. Michigan State University research found that fiber in canned beans is more soluble, and therefore more useful in the human body. Fiber can be beneficial in maintaining health, managing calories as it keeps you full until the next meal, helping people with diabetes manage blood sugar levels, and potentially preventing chronic conditions like heart disease.*

- **NuVal retailers:** *Not only are canned beans more convenient, but as their scores show, they top the NuVal rankings. The score of 100 is driven by their fiber content and glycemic load, having no fat, and no added sodium. In the NuVal System, scores range from 1-100; the higher the score the better the nutrition.*
- **Attribute program retailers:** *At (insert retailer name) we offer the (insert name) program. When you shop the canned bean section at our stores, you'll notice many shelf tags in this section of the store, highlighting the power-packed nutrition of beans. Look for tags including "good source of fiber," "good source of protein," or "low sodium" for products that meet your specific nutrition needs.*

4. Scoop hummus into serving bowl, and position near raw vegetables and whole grain pita chips or crackers.

**Talking point A:** *Homemade hummus is a quick and easy recipe, and shows how cans help you cut down on preparation time without sacrificing quality or nutrition.*

**Talking point B:** *Kids love dipping, and Hurry-Up Hummus is one of the most nutritious dips you can offer. In addition to serving as an afternoon snack, it makes a great brown bag lunch for adults or kids, and can be offered with raw vegetables as a pre-dinner appetizer to hungry kids.*

*Research at Penn State found that kids given a fruit or vegetable prior to a meal will eat more fruits and vegetables throughout the meal, including those served as a part of the main course. Cans provide the ingredients, solutions and confidence to build healthy eating habits in kids.*

**Talking point C:** *This recipe is also a great option when you're entertaining vegetarians or flexitarians – people who eat meat occasionally.*

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# Cans Get You Cooking™ Recipe Round-Up

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## Recipe #3: Hurry-Up Hummus Recipe

(For shopper distribution and/or to post on media website)  
Hurry-Up Hummus is a healthy appetizer option that is quick and easy to prepare and serve. Sliced veggies, crackers or seasoned toast made great dippers for this delicious spread.

### Ingredients

1 can (15 ounces) garbanzo beans, drained and rinsed  
2 tablespoons olive oil  
2 tablespoons water  
2 teaspoons lemon juice  
1/2 teaspoon garlic powder  
1/8 teaspoon salt  
1/8 teaspoon paprika

**Preparation Time:** Approximately 10 minutes

### Preparation

Purée the beans in a food processor until smooth. Mix the puréed beans with remaining ingredients in a serving bowl. Serve with cut raw vegetables, crackers or pita bread for dipping.

**Servings:** 6

### Nutritional Information Per Serving

Calories: 77  
Fat: 3g  
Cholesterol: 0mg  
Sodium: 190mg  
Carbohydrate: 11g  
Fiber: 2g  
Protein: 2g





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# Cans Get You Cooking™ Recipe Round-Up

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## Recipe #4: Peach Muesli with Berries

### Story Ideas/Media Pitches

- Is breakfast really the most important meal of the day?  
Our Peach Muesli with Berries provides protein and fiber to start the day right.
- Filling half your plate with fruits and vegetables at breakfast.
- A recipe so delicious, you'd never know it was heart healthy.
- No cook hearty and wholesome breakfasts.

### Supplies Needed

- Smooth edge can opener
- Colander
- Cutting board
- Chopping knife
- Measuring cups
- Large mixing bowl with cover
- Mixing spoon
- Slotted spoon
- Serving items: placemat, napkin, bowl and spoon, disposable cup and spoon
- Recipe Ingredients: see recipe

### Advanced Prep – Prior Day

- Purchase all recipe ingredients. Include second set of unopened canned fruits, including peaches, which are packed in 100% juice or “no sugar added,” and blueberries in water.
  - **NuVal retailers:** Include unopened products that show a range of scores, highlighting trade ups that can be made in the canned fruit category.
  - **Attribute program retailers:** Include unopened products that are featured in your shelf edge tag program.
- Gather all needed supplies.
- Make one batch of recipe the night before the live demonstration.

### Advanced Prep – On Site

- Design serving area attractively.
- Open canned blueberries, placing in serving area with slotted spoon.





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# Cans Get You Cooking™ Recipe Round-Up

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## Recipe #4: Peach Muesli with Berries

### Demo Instructions and Script

#### 1. Introduce recipe.

**Talking point:** *As time-starved as we all are, we're often rushing out the door in the morning without breakfast. But research shows that adults who start the day with breakfast eat fewer calories, less fat and cholesterol than those who don't. Kids who eat breakfast perform better in math and reading, stay focused at school, and get more of key nutrients like calcium, fiber and protein. Our Peach Muesli with Berries recipe shows how cans help you cut prep without sacrificing quality – even at breakfast. It's possible to get all the health benefits of breakfast with the time you have available in the morning. The trick is to start the night before.*

#### 2. Open the canned peaches, pour into the colander and drain. When all liquid has drained, place peaches on cutting board and chop.

**Talking point A:** *The USDA's Dietary Guidelines for Americans recommends we fill half our plates with fruits and vegetables at each meal. Yet only half of consumers are getting the recommended fruits and vegetables. Having a pantry stocked with cans gives you the confidence that you can put satisfying meals together, and meet this recommendation at the same time.*

**Talking point B:** *If you're being careful about sugar, look for fruits canned in 100% juice or which indicate "no sugar added" on the label (show examples).*

- **NuVal retailers:** *In our stores, the NuVal System helps shoppers trade up to more nutritious choices in every category. In canned fruit, a primary score driver is total and added sugar. Products with "no added sugar" or packed in 100% juice will tend to score higher. Canned fruits with artificial sweeteners may also have higher NuVal Scores as they are lower in sugars and calories comparatively.*

#### 3. Measure and add the oats, apple juice, yogurt, vanilla and peaches into the large mixing bowl; stir until all ingredients are mixed.

**Talking point A:** *Getting kids involved in the cooking process can increase the likelihood they'll try and enjoy a new recipe. Kids of any age can help prepare this recipe. They can drain the peaches, measure and pour the ingredients into the bowl, and mix all the ingredients together. An adult should chop the peaches.*

**Talking point B:** *Peaches may not be in season, but cans save nature's bounty by safely preserving fruits, vegetables and other foods for use throughout the year. Because what's in the can is what you're going to eat – not the cobs of corn or the rinds of winter squash – canned products can be a budget-friendly choice to have stocked in your pantry.*

#### 4. Cover container. If a refrigerator is available, place bowl inside. Remove finished recipe from refrigerator or cooling location at the same time. Stir Muesli and add to serving bowl as well as disposable cup. Using the slotted spoon, top each portion of Muesli with the blueberries.

**Talking point A:** *Now all you do is let this refrigerate and set overnight.*

**Talking point B:** *You can feel less stressed the next morning, knowing with cans you have great tasting ingredients to prepare nutritious breakfasts for your entire family. Simply give the Muesli a quick stir, add to breakfast bowls, and top with canned blueberries. This recipe can even be eaten on the go by serving in a disposable cup.*

**Talking point C:** *Canned food products help you successfully fill half your plate with fruits and vegetables at breakfast because they seal in freshness, flavor and nutrition. With just over 300 calories per serving, 8 grams of fiber, and 9 grams of protein, this recipe helps everyone feel good about the day ahead.*

**Talking point D (for Heart Health):** *With 8 grams of fiber, 9 grams of protein, and the natural goodness of oats, this recipe is a great day starter for those managing heart health. It will also keep you full until lunchtime rolls around.*

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# Cans Get You Cooking™ Recipe Round-Up

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## Recipe #4: Peach Muesli with Berries Recipe

(For shopper distribution and/or to post on media website)  
Oats are filling and tasty, but they also offer a variety of health benefits. Try this refreshing treat that tastes great and makes you healthier.

### Ingredients

2 cups oats, uncooked  
2 cups canned peaches, drained and coarsely chopped  
1 1/2 cups 100% apple juice  
8 ounces vanilla or peach non-fat yogurt  
1/2 teaspoon vanilla  
1 cup canned blueberries or raspberries in water or juice, drained

**Preparation Time:** Approximately 5 minutes

### Preparation

Combine oats, peaches, apple juice, yogurt and vanilla in a large bowl. Cover and refrigerate overnight. Serve the muesli cold, topped with berries. May be stored, covered, in refrigerator for up to 2 days.

**Servings:** 4

### Nutritional Information Per Serving

Calories: 310  
Total fat: 3g  
Saturated fat: 0g  
Cholesterol: 0mg  
Sodium: 50mg  
Carbohydrate: 65g  
Fiber: 8g  
Protein: 9g

