



Nutrition News

It's that time of year. Plenty of fruits and veggies are now
in season!

Fresh, Canned, or Frozen. Which is better?

Is there a difference between how produce is stored or purchased? There are pros and cons to each category (frozen, canned, or fresh).

Pros with canned: Fruits and vegetables can be stored longer compared to fresh or even frozen produce.

Cons with canned: Salt or other preservatives can be added to the canned product, so it is important to check the nutrition label for any added salt.

Pros with frozen: This produce was harvested at peak ripeness and so the vitamins and nutrients are either the same or better than fresh produce!

Cons with frozen: Some produce freezes better than other types and can become soggy or even freezer burnt if not prepared correctly.

Pros with fresh: Produce often times tastes better and has more texture when it is fresh.

Cons with fresh: It does not last as long as the other two options.



True or False?

- Vegetables that are frozen are less nutritious? False
- Frozen vegetables last longer than fresh vegetables? True
- Frozen vegetables are more expensive than fresh? False
- Frozen vegetables are of lesser quality than fresh? False

One cup of frozen spinach has more than four times the amount of nutrients, such as fiber, folate, iron and calcium, than a cup of fresh spinach!



Fresh, canned, or frozen produce can be switched out in recipes depending on what you have available in the kitchen!

Easy Tuna Casserole

Prep Time: 5-10 minutes Cook Time: 20 minutes Serves 4



Ingredients:

- 2 cans of tuna (drained)
- 3 cups noodles of your choice
- 2 cups mixed vegetables of your choice (examples: peas, carrots, celery, onion, and corn)
 - Use fresh, canned or frozen! If using canned, drain before use.
- 1 cup shredded cheddar cheese
- 1/3 cup of light cream
- salt and pepper to taste

Directions:

- On the stove top, heat up tuna, cream and salt and pepper. Meanwhile, bring another pot to boil to cook the noodles of your choice.
- While these are cooking, chop up vegetables (drain if using canned), and set aside.
- After noodles are done, drain and combine with tuna mixture.
- In a medium casserole dish, pour tuna/noodle mixture into the dish and then combine the veggies.
- Lightly stir to coat everything
- Add the cheese on top, making sure it is completely sprinkled with cheese.
- Place casserole into the oven and cook at 425 °F until cheese is light golden brown and the mixture is bubbling underneath