



Mixed Vegetables, 7-Way Blend, Low-sodium, Canned

MyPlate Food Group: **Vegetable**

USDA
Foods

Nutrition Information

- 1 cup of canned mixed vegetables counts as 1 cup from the ChooseMyPlate.gov Vegetable group.
- It all counts! Fresh, frozen, canned, dried, and even vegetable juice- all types of veggies count toward your MyPlate goal.
- Based on their nutrient content, vegetables are organized into 5 subgroups: dark-green vegetables, starchy vegetables, red and orange vegetables, beans and peas, and other vegetables.
- Most vegetables are naturally low in fat. None have cholesterol. Sauces and seasonings may add fat, calories, and/or cholesterol.
- People on a low-salt diet can drain and rinse canned vegetables with water before using to reduce the amount of salt.

Uses and Tips

- Canned mixed vegetables are safe and ready to eat out of the can. Just heat and serve!
- Canned mixed vegetables can be added to soups, chilis, casseroles, and salads.
- Canned vegetables are a great shortcut in the kitchen. Keep them on hand to add more flavor, color, and important vitamins and minerals to any meal—no matter the season!
- Dress up boxed mac and cheese or noodles by adding a cup of canned mixed vegetables.

Storing Foods at Home

- Store unopened cans of mixed vegetables in a cool, clean, dry place.
- Store remaining opened mixed vegetables in a tightly covered container that is not made from metal in the refrigerator.

MyPlate Facts

- Vegetables are naturally low in calories. Eat vegetables in place of foods that may be higher in calories to help lower calorie intake. For example, replace chips with crunchy carrots, celery, or cucumbers.
- Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce the risk of heart disease, including heart attack and stroke.
- Eating a diet rich in some vegetables and fruits as part of an overall healthy diet may protect against certain types of cancers.
- Adding vegetables can help increase the intake of fiber and potassium, which are important nutrients that many Americans do not get enough of in their diet.
- Vary your veggie choices to keep meals interesting.

USDA Foods

Hearty Mac and Cheese

Makes 4 servings

Ingredients:

- 1 package macaroni and cheese mix
- 1 can (15.5 ounces) low sodium mixed vegetables, drained
- 1½ cups cooked meat (beef, pork, or chicken) chopped
- ¼ cup nonfat milk
- ⅛ teaspoon garlic or onion powder

Directions: Wash hands with soap and water.

1. Cook macaroni in a large saucepan as directed on package. Drain.
2. Return macaroni to the pan. Add the vegetables and meat.
3. Stir the cheese sauce mix, milk, and garlic or onion powder together. Stir into macaroni mixture.
4. Cook over low heat for 1-2 minutes or until heated through. Stir often.

Recipe adapted from University of Maine Cooperative Extension

Sweet Potato Shepherd's Pie

Makes 8 servings

Ingredients:

- 2 large sweet potatoes, cubed*
- 3 tablespoons vegetable oil
- 1 small white onion, chopped
- 1½ pounds ground turkey or beef
- 2 teaspoons garlic powder
- 2 teaspoons ground oregano
- 2 cans (15.5 ounces each) low-sodium mixed vegetables, drained
- ¼ cup 1% low-fat milk
- non-stick cooking spray
- 1½ cups part-skim mozzarella cheese, shredded

**Or substitute 2 cans of canned sweet potatoes, drained and mashed with a fork. If making this substitution, skip step 2.*

Directions: Wash hands with soap and water.

1. Preheat oven to 350 degrees F.
2. Fill a large pot with water. Add potatoes, cover and boil 12-15 minutes or until fork-tender. Drain and set aside to cool. When cool, return potatoes to the pot.
3. In a large skillet, add vegetable oil and onion. Cook on medium-high 2-3 minutes, or until onions are soft.
4. Add turkey or beef, garlic powder, and oregano. Cook 5-7 minutes, crumbling meat, stirring occasionally until meat is cooked through. Stir in mixed vegetables. Mix well.
5. Add milk to the potatoes and whip until fluffy.
6. Lightly coat a large casserole dish with cooking spray. Spread turkey and vegetable mixture on the bottom. Carefully scoop and spread potato mixture on top of the beef or turkey. Top with cheese and bake 10-15 minutes.
7. Let cool 10 minutes and serve.

Recipe adapted from The Oklahoma Nutrition Information and Education (ONIE)