



Tomato Sauce, Low-sodium, Canned

MyPlate Food Group: **Vegetable**

USDA
Foods

Nutrition Information

- 1 cup of canned tomato sauce contributes to 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.
- Tomatoes are an important source of many nutrients, including vitamins A, C, and an antioxidant called lycopene which is good for heart health and eyesight.

Uses and Tips

- Add garlic, Italian herbs, and onions to tomato sauce to make a quick pizza or pasta sauce. Add more veggies to create a sauce that is flavorful, full of texture, and filled with fiber and important vitamins and minerals.
- Add ground beef or ground turkey to make a hearty pasta sauce packed with protein.
- Make a quick chili using canned tomato sauce, cooked ground meat, canned beans, and chili powder. Add vegetables to make it even healthier.

Storing Foods at Home

- Store unopened cans of tomato sauce in a cool, clean, dry place.
- Store remaining opened tomato sauce 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

Pizzadillas

Makes 8 servings

Ingredients:

8 whole-wheat tortillas, 8 inches
 2 cups fresh or frozen (thawed) spinach,
 finely chopped
 1 cup part-skim mozzarella cheese, shredded
 non-stick cooking spray
 1 can (15.5 ounces) low-sodium tomato sauce
 ½ teaspoon garlic powder
 ½ teaspoon Italian seasoning

Directions: Wash hands with soap and water.

1. Lay 4 tortillas on a flat surface. Divide spinach and cheese between the tortillas. Top with remaining 4 tortillas.
2. Place skillet over medium heat. Lightly coat pan with cooking spray.
3. Gently slide 1 pizzadilla into the pan and cook until light golden brown on one side (about 1-2 minutes).
4. Using a thin spatula, gently flip over the pizzadilla and cook for 30-60 seconds more or until cheese is fully melted.
5. Remove pizzadilla and cut into triangles. Repeat with remaining pizzadillas.
6. Mix together tomato sauce, garlic powder, and Italian seasoning. Serve as a dipping sauce.

Recipe adapted from Oregon State University

Great Gazpacho

Makes 8 servings

Ingredients:

2 green bell peppers
 2 cucumbers
 2 cans (15.5 ounces each) diced tomatoes with juice
 1 can (15.5 ounces) tomato sauce
 2 teaspoons lemon juice
 2 teaspoon garlic powder or 4 cloves of garlic, minced
 1 teaspoon black pepper

Directions: Wash hands with soap and water.

1. Wash the pepper and cucumber. Peel the cucumber.
2. Chop the pepper and cucumber very finely.
3. In a medium bowl, add the rest of the ingredients to the vegetables.
4. Refrigerate for at least two hours before serving. Serve cold.
5. Refrigerate leftovers within 2 hours.

Tip: Freeze any leftover lemon juice for tea or to use in another recipe.

Recipe adapted from FoodHero.org