



Tomatoes, Diced, No Salt Added, Canned

MyPlate Food Group: **Vegetable**

USDA
Foods

Nutrition Information

- 1 cup of canned tomatoes counts as 1 cup in 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

- Canned tomatoes are safe and ready to eat out of the can.
- Canned tomatoes can be mixed with onions and peppers to make a quick salsa. Use as a dip with fresh vegetables.
- Out of tomato sauce for a recipe? Puree a can of undrained tomatoes in a blender for a quick and easy tomato sauce. Add garlic and basil for more flavor.

Storing Foods at Home

- Store unopened cans of diced tomatoes in a cool, clean, dry place.
- Store remaining opened diced tomatoes 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

Chicken Cacciatore

Makes 4 servings

Ingredients:

1 small onion, chopped
¼ cup water
1 can (15.5 ounces) tomatoes, diced, no salt added
½ cup tomato sauce
½ teaspoon garlic powder
½ teaspoon oregano
⅛ teaspoon pepper
4 chicken pieces, breasts or thighs

Directions: Wash hands with soap and water.

1. Boil onion in a covered 1-quart saucepan in water until tender. Do not drain.
2. Add tomatoes, tomato sauce, garlic powder, oregano, and pepper to onions. Simmer 10 minutes to blend flavors.
3. Place chicken in a large skillet. Pour tomato mixture over chicken.
4. Cook, covered, over low heat until chicken is tender, about 45 minutes.
5. Uncover and cook 15 more minutes to thicken tomato sauce.

Recipe adapted from University of Maine Cooperative Extension

Spanish Rice

Makes 6 servings

Ingredients:

2½ cups cooked rice
1 small onion, chopped
1 can (15.5 ounces) tomatoes, diced, no salt added
½ cup green pepper, chopped
¼ cup celery, chopped
1 tablespoon vegetable oil
⅛ teaspoon black pepper
½ cup low-fat cheddar cheese, shredded

Directions: Wash hands with soap and water.

1. Cook rice according to package instructions.
2. In a large skillet, cook onion, green pepper, and celery until tender in vegetable oil. Add rice, tomatoes, and green pepper.
3. Simmer 5 minutes. Remove from heat and stir in cheese.

Recipe adapted from University of Tennessee