

Most of us are not getting even close to the recommended amount of fruits and vegetables, so squeeze in produce however you can with fresh, frozen or canned varieties. Try this stress-free recipe using canned fruits and veggies!



## Sweet and Spicy Pineapple Salsa Chicken

Makes 6-8 Servings

### Ingredients:

- 2 lbs. chicken breasts
- ½ cup mild chunky salsa
- 2 T. hot sauce
- 1 c. light brown sugar
- 1 (20 oz.) can pineapple chunks, drained
- 1 (15 oz.) can black beans, rinsed and drained
- 1 (15 oz.) can corn, rinsed and drained
- 1 (4 oz.) can diced green chilies
- 1 T. garlic powder
- 1 tsp. onion powder
- 1 tsp. smoked paprika
- 1 tsp. salt

### Garnishes (optional)

- Serve with tortillas, tortilla chips and/or rice
- Sour cream

- Cheese
- Tomatoes
- Avocados
- Lettuce
- Limes

### Directions:

1. Place the chicken in the slow cooker then add the rest of the ingredients. Start with 2 tablespoons hot sauce and add more at the end of cooking if desired.
2. Cook on low for 6-7 hours or on high for 4-6 hours. When chicken can shred easily, remove to a cutting board and shred. Mix the chicken back in the crockpot and allow to cook for 30 more minutes. Taste and add additional hot sauce, brown sugar, or salt and pepper if desired.
3. Transfer chicken to a strainer to drain off any excess liquid.
4. Serve chicken over rice or in tortillas or on salad with desired garnishes.

Canned and frozen fruits and vegetables often are viewed as less healthy, but in reality they often times are just as good for you as fresh produce. Canned and frozen produce is picked at its peak and canned very shortly after being harvested. Sometimes some B and C vitamins are lost during the canning process, but the majority of nutrients remain at the same level once they are canned or frozen. Reaching the daily recommended amount of fruits and vegetables can be achieved much more easily when you have a variety of fresh, frozen, and canned produce. Cooking with canned and frozen produce also helps save on time by taking out the prep work. In the summer months, fresh fruits and vegetables are more readily available, often at a more affordable price. In the winter months, canned and frozen vegetables can be added to a variety of dishes, while staying in your budget. Canned and frozen produce also has a long shelf/freezer life if stored properly which enables one to always have fruits and vegetables on hand without having to worry about using them up quickly.

When choosing canned and frozen fruits and vegetables it's important to keep in mind the following:

- Choose canned fruit in 100% real fruit juice to limit added sugars. If the canned fruit is not available in 100% real fruit juice, then choose canned fruit in light syrup and drain the syrup before serving.
- Choose canned vegetables with "no salt added" or "low sodium". If these items are not available, be sure to rinse the vegetables to reduce the sodium content.
- Choose frozen produce in its most natural form, meaning without sauces, no added fat, sugar, and sodium.
- Store canned fruits and vegetables in a dry and cool place.