



Recipes for Five Ways to Use Canned Tomatoes

Recipe	Website
Zucchini & Tomato Frittata	https://eatsmart.umd.edu/recipe/zucchini-and-tomato-frittata
Quick Minestrone Soup	https://eatsmart.umd.edu/recipe/quick-minestrone-soup
Squash Vegetable Soup	https://eatsmart.umd.edu/recipe/squash-vegetable-soup
3 Can Chili	https://eatsmart.umd.edu/recipe/3-can-chili
Lentil Stew	https://eatsmart.umd.edu/recipe/lentil-stew
Easy Marinara Sauce	https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/easy-marinara-sauce
Beefy Macaroni & Cheese	https://eatsmart.umd.edu/recipe/beefy-macaroni-and-cheese
Fish with Spinach	https://www.myplate.gov/recipes/myplate-cnpp/fish-spinach
Vegetable Dirty Rice	https://eatsmart.umd.edu/recipe/vegetable-dirty-rice
Pablo's Salsa	https://eatsmart.umd.edu/recipe/pablos-salsa
Mango Salsa	https://eatsmart.umd.edu/recipe/mango-salsa

Thank you for attending!

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