Recipes for Five Ways to Use Canned Tomatoes

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

Razan Sahuri SNAP-Ed Nutrition Educator rsahuri@umd.edu



This institution is an equal opportunity provider.

This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP in cooperation with Maryland's Department of Human Services and University of Maryland Extension. University programs, activities, and facilities are available to all without regard to race, color, sex, gender identity or expression, sexual orientation, marital status, age, national origin, political affiliation, physical or mental disability, religion, protected veteran status, genetic information, personal appearance, or any other legally protected class.