






Fresh, Frozen and Canned

Enjoy fruits and vegetables in all their forms.

All forms provide nutrients, and you can mix and match based on what works best for you and your family:



	+ PROS	? WHAT TO CONSIDER	* TIPS & IDEAS
FRESH 	<ul style="list-style-type: none"> • Greater variety • Able to touch, smell and see whole form before buying • Can cost less when purchased in season 	<ul style="list-style-type: none"> • Use up before they go bad • Learn about ripeness and storage • Can cost more if not in season 	<ul style="list-style-type: none"> • Purchase fresh produce when in season to save money • Purchase only the amount you plan to use up before it goes bad, or plan to freeze • Check your WIC and SNAP benefits for special deals at farmers markets
FROZEN 	<ul style="list-style-type: none"> • Can cost less compared to out-of-season produce • Long shelf life (up to 6 months) • Little preparation required • Available year-round • Frozen at peak freshness 	<ul style="list-style-type: none"> • Consider choosing foods with lower sodium, sugar and/or fat • Texture changes with freezing 	<ul style="list-style-type: none"> • Read the label and ingredients list • Easy to add to casseroles, soups, stir-frys • You can defrost a small amount for your kids to try new foods, and keep the rest frozen for later
CANNED 	<ul style="list-style-type: none"> • Can cost less compared to out-of-season produce • Long shelf life (2-4 years) • No preparation required • Available year-round • Canned at peak freshness 	<ul style="list-style-type: none"> • Consider choosing foods with lower sodium, sugar and/or fat • Texture changes with canning 	<ul style="list-style-type: none"> • Read the label and ingredients list • Rinse canned vegetables under water • The soft texture is great as a first food for baby • Great option to keep on hand

Black-Eyed Pea and Corn Salad

COOKING MATTERS®



Extension
UNIVERSITY OF WISCONSIN-MADISON

9

ingredients

10

minutes prep

10

servings



no-cook



crowd-friendly

INGREDIENTS

- 1 medium bell pepper
- 1 small red onion
- 1 (15½-ounce) cans black-eyed peas
- 1 (15¼-ounce) can corn kernels, no salt added
- 3 Tablespoons canola oil
- 1 lime or lemon
- 1 teaspoon cumin
- ¼ teaspoon salt
- ½ teaspoon ground black pepper

OPTIONAL INGREDIENTS

- ¼ cup fresh cilantro leaves

MATERIALS

- Can opener
- Colander
- Cutting board
- Large bowl
- Measuring spoons
- Mixing spoon
- Sharp knife

Nutrition Facts

10 servings per recipe	
Serving size	3/4 cup
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 18g	7%
Dietary Fiber 5g	18%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 2mg	10%
Potassium 237mg	6%



*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



INSTRUCTIONS



CHILD-FRIENDLY TASK

1. Rinse and dice bell pepper, removing core and seeds. Peel, rinse, and dice onion.
2. If using, rinse and chop cilantro leaves.
-  3. In a colander, drain and rinse black-eyed peas and corn.
-  4. In a large bowl, add pepper, onion, peas, corn, cilantro if using, and remaining ingredients. Mix well.

CHEF'S TIPS

- Dried black-eyed peas may be cheaper than canned. Cook according to package directions.
- Try chilling the salad and serving over greens.
- Use vinegar you have on hand. Cider, red or white wine vinegar all work well.
- When corn is in season, you can use fresh in place of canned. Wash 4 ears of corn, remove kernels from the cob.

