

Canned Vegetables and Fruit

Kia ora koutou,

Most of us have heard an array of messages encouraging us to eat more fruit and vegetables, like “an apple a day, keeps the doctor away”, “5+ a day”, or “eat your rainbow”.

Despite fruit and vegetables offering a bountiful supply of important nutrients, crisp crunchy textures, and adding flavour to our diet, many people in New Zealand do not eat the target of 5+ serves of fruit and vegetables per day. The good news is, there are many ways to boost your intake over the day, whether it is grating vegetables into your mince, adding some tinned fruit to your Weetbix, or including some frozen vegetables with your dinner.

There are many varieties of fresh fruit and vegetables that have a consistently low-price throughout the year, such as carrots, potatoes, onions, and bananas. Create a shopping list with some meals each week that you can use any vegetables for – this will allow you to buy what’s on special and keep your costs down. In winter apples, oranges, and other citrus fruits are often cheap and in summer, tomatoes and capsicums are more affordable.

Canned and frozen varieties of vegetables and fruit are just as nutritious as their fresh friends. Stocking up on these when they are on special is a fantastic idea if your budget allows. Canned fruit and vegetables are a wonderful addition to the pantry as they can be used to build and bulk up any meal, and canned fruit can be used with breakfast and to make delicious desserts. If you purchase the ‘in syrup’ variety, just drain and rinse this off, as the fruit is sweet enough by itself.



Corn Fritters

- 2 cans whole kernel corn, drained
- 2 eggs
- ½ onion, finely chopped
- Pinch of chilli flakes
- ½ teaspoon curry powder
- ½ cup self-raising flour
- Salt and pepper to taste
- Cooking oil

1. Lightly whisk the eggs, add the corn, onion, chilli, curry powder, flour and salt and pepper and mix well.
2. Heat 1 teaspoon oil in a frying pan and cook in batches over medium heat- about two tablespoons per fritter will mean that they cook quickly, and are a nice size to include in lunchboxes or for snacks. You may need a little bit more oil as you cook each batch.
3. Serve with tomato salsa or relish, green salad or just on their own.

Ngā mihi,
Beyning