



Week Six: Program Manual

Hanging Out in The Canned Food Aisle



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<http://www.truthinlabeling.org/hiddensources.html>
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JOURNALING

- What are your thoughts in regards to the use of canned foods with cooking?
- Take a moment and reflect on the sodium content in your diet. Do you feel you are consuming too much? If so what is one way you can start limiting your salt consumption.



Helpful Tips When Purchasing and Using Canned Foods

It is best when you can purchase fresh and frozen fruits and vegetables. But there is a time and a place to use canned. Use the helpful tips below when purchasing canned foods. Canned foods can lend themselves to our cooking process to yield tasty, nutritious and quick meals.

- Try to limit canned foods that contain additives and preservatives. If you can try to find foods that are just packaged with salt and maybe some spices or water, that is the best.
 - **Ex.** Diced tomatoes: Ingredients: diced tomatoes, salt, oregano, basil
 - Believe it or not some diced tomatoes out there actually contain high fructose corn syrup. That is right you always have to read your labels.
- When purchasing a canned fruit make sure it is packaged in water or in fruit juice. Avoid ones that add any kind of extra sweetener.
- Because many canned foods do contain salt, when using them in cooking you may not need to add as much additional salt. Sample the dish as you cook. This little technique is a great way to also manage your sodium intake.
- Canned foods are a great way to keep staples in the pantry. Just make sure you stay aware of the expiration date. Many times this gets overlooked because of their long shelf life.
- While extremely rare, a toxin produced by *Clostridium botulinum* is the worst danger in canned goods. **NEVER USE** food from containers that show possible "botulism" warnings: leaking, bulging, or badly dented cans; cracked jars or jars with loose or bulging lids; canned food with a foul odor; or any container that spurts liquid when opening. **DON'T TASTE SUCH FOOD!** Even a minuscule amount of botulinum toxin can be deadly (Ref: Food Safety and Inspection Service, USDA)



Names of ingredients that contain processed free glutamic acid (MSG)¹

<http://www.truthinlabeling.org/hiddensources.html>

Names of ingredients that always contain processed free glutamic acid:	Names of ingredients that often contain or produce processed free glutamic acid during processing:	The following are ingredients suspected of containing or creating sufficient processed free glutamic acid to serve as MSG-reaction triggers in HIGHLY SENSITIVE people:
Glutamic acid (E 620) ² Glutamate (E 620) Monosodium glutamate (E 621) Monopotassium glutamate (E 622) Calcium glutamate (E 623) Monoammonium glutamate (E 624) Magnesium glutamate (E 625) Natrium glutamate Anything "hydrolyzed" Any "hydrolyzed protein" Calcium caseinate, Sodium caseinate Yeast extract, Torula yeast Yeast food, Yeast nutrient Autolyzed yeast Gelatin Textured protein Whey protein Whey protein concentrate Whey protein isolate Soy protein Soy protein concentrate Soy protein isolate Anything "protein" Anything "protein fortified" Soy sauce Soy sauce extract Protease Anything "enzyme modified" Anything containing "enzymes" Anything "fermented" Vetsin Ajinomoto Umami	Carrageenan (E 407) Bouillon and broth Stock Any "flavors" or "flavoring" Maltodextrin Citric acid, Citrate (E 330) Anything "ultra-pasteurized" Barley malt Pectin (E 440) Malt extract Seasonings (1) Glutamic acid found in unadulterated protein does not cause adverse reactions. To cause adverse reactions, the glutamic acid must have been processed/manufactured or come from protein that has been fermented. (2) E numbers are use in Europe in place of food additive names.	Corn starch Corn syrup Modified food starch Lipolyzed butter fat Dextrose Rice syrup Brown rice syrup Milk powder Reduced fat milk (skim; 1%; 2%) most things "low fat" or "no fat" anything "enriched" anything "vitamin enriched" anything "pasteurized" Annatto Vinegar Balsamic vinegar certain amino acid chelates (Citrate, aspartate, and glutamate are used as chelating agents with mineral supplements.)

The following work synergistically with MSG to enhance flavor. If they are present for flavoring, so is MSG.

Disodium 5'-guanylate (E 627) Disodium 5'-inosinate (E-631) Disodium 5'-ribonucleotides (E 635)



Recipes Utilizing Canned Ingredients

The Last Lasagna

Time to the Table: 1 hour

Yield: 15-18 servings

Preheat the Oven to 350F

For the Sauce You'll Need

- 1 pound spicy Italian sausage
- 1 onion, chopped
- 4 garlic cloves, minced
- 1 large can whole tomatoes (approximately 28 ounces)
- 1 medium can tomato sauce (approximately 15 ounces)
- Salt and pepper to taste
- 1 to 2 bay leaves
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1 pinch cayenne
- ½ cup red wine

For the Ricotta Cheese Mix You'll Need

- 1, 16-ounce container of ricotta cheese
- 1 large egg
- ¼ cup Parmesan cheese, grated
- Salt and pepper to taste
- 1 teaspoon dried oregano
- 12 lasagna noodles
- 1 pound whole milk Mozzarella cheese, grated

Directions: Make the Sauce

- In a large frying pan, cook the Italian sausage over medium heat with the chopped onions and minced garlic.
- After it's brown, add the whole tomatoes and tomato sauce right into the frying pan. Cut up the whole tomatoes into bite sized pieces. Add the bay leaves, oregano, basil, and cayenne. Throw in a half-cup of red wine. Simmer for at least 10 minutes. Taste and adjust seasonings.
- When you think you've got it, let it sit and simmer on low heat for a while, because it only gets better as it cooks.

While the sauce is bubbling its way into its various stages of perfection, continue below



Make the Ricotta Mix

- In a large bowl, mix the ricotta, egg, Parmesan, salt, pepper, and oregano.

Prepare Noodles

- Boil 12 lasagna noodles in a pan of salty water and a splash of olive oil.

In a Standard Lasagna Pan

Place the pasta on the bottom layer. Spread a third of the ricotta mix onto the pasta. Spread a third of the sauce on the ricotta mix. Sprinkle a third of the mozzarella onto the sauce. Repeat the process for the remaining ingredients.

Into the Oven

Bake for 45 minutes – you'll smell it when it is getting close. When it's crisping a bit on the top and bubbling up on the sides pull it out. Allow another 30 minutes for it to cool and set.

Health Tips

- This meal is perfect with salad, fresh bread, and some red wine – the whole package. You'll notice that this ends up being a lot of food. So it's a great example of a meal that needs small portions. Serve yourself on smaller plates to help with the amount you initially serve yourself.
- This lasagna can be prepared ahead of time and can be frozen into individual portions so that you can have a quickly prepared dinner or lunch when needed.



Easy Black Bean Salsa

This is a recipe that can be prepared in a short amount of time. You can always use the beginning as a base and build on it in order to create a quick meal. To absorb the iron out of the beans you must consume them with a food source that contains Vitamin C. That is why it is helpful to top your salsa with some lime juice.

You'll Need:

- 1-14 .5 oz. can black beans, drained (or use black beans that have been cooked from the dried state)
- 1-14.5 oz can corn drained (or use fresh corn)
- 1-12 oz. jar salsa
- ¼ cup cilantro, chopped
- 1 ½ Tbsp fresh lime juice

Directions:

- Mix all of the above together and use this as your base.

Serve on top of a salad, baked potato or corn chips or serve, in a wrap, in a taco shell.

Variations:

- Add some chopped vegetables or fruit such as bell pepper, carrots, yellow onion, red onion, green onion, avocado, or tomato.
- Add some cooked chicken or fish or shrimp.
- Add a chopped chili or jalapeno for a spicy flavor. Or add some chili powder.



Jazzed up Garbanzo Beans

You'll Need:

- 1 green chili (deseeded and finely chopped)
- 2 garlic cloves (finely chopped)
- 1 medium yellow onion (chopped)
- 2 Tablespoons Olive oil
- ¼ teaspoon ground ginger
- ½ teaspoon chili powder
- ½ teaspoon cumin
- ½ teaspoon ground coriander
- ½ Tablespoon lemon juice
- 1 can of garbanzo beans (save 1/3 cup of liquid from the can, drain the rest)

Directions:

- Place the olive oil in a pan that can be covered.
- Saute the onion, until slightly browned.
- Add the chili, garbanzo beans, garlic, ginger, chili powder, cumin and coriander.
- Cook for approximately 2 minutes.
- Next add the liquid from the canned garbanzo beans cover and simmer for about 10 minutes.
- Remove from heat, add the lemon juice and serve.



Buy This and Say Bye-Bye to That Shopping for Canned Foods

Buy	Bye- Bye
Canned fruit that is packed in fruit juice and is free of added sweeteners such as high fructose corn syrup.	Canned fruit that contains sweeteners such as high fructose corn syrup or other additives and preservatives.
Canned vegetables free of additives and preservatives.	Canned vegetables that contain high fructose corn syrup, and other additives and preservatives.
Canned beans free of additives and preservatives.	Canned beans that contain high fructose corn syrup and other additives and preservatives.
If choosing a canned soup, choose one free of additives and preservatives.	Canned soups loaded up with additives and preservatives.
Canned fish free of additives and preservatives.	Canned fish and meats that contain additives and preservatives.