

Can-Do Fruit Cocktail



Fruit Smoothies

Servings: 2-3

Ingredients

- 2 cans (15 ounces each) fruit cocktail, packed in juice
- 2 tablespoons lemon juice (fresh or bottled)
- 1 pint (2 cups) frozen yogurt or fruit sherbet

Directions

1. Wash hands and surfaces.
2. Drain fruit, reserving 1 cup of the juice.
3. Puree fruit with reserved juice and lemon juice in a blender.
4. Add frozen yogurt in small chunks, blending until smooth.
5. Serve right away; refrigerate leftovers immediately.

Adapted from Canned Food Alliance:
mealtime.org/overnight-oatmeal-and-fruit-cocktail-smoothie/

Creamy Mixed Fruit Salad

Servings: 4

Ingredients

- 2 cans (15 ounces each) fruit cocktail, drained
- 2 bananas, sliced
- 1 apple, peeled and sliced
- 1 cup lemon or vanilla low-fat yogurt
- 1 ounce lemon or vanilla instant pudding mix (about 2 tablespoons)

Directions

1. Wash hands and surfaces.
2. Combine mixed fruit, bananas and apple in a medium bowl.
3. In a separate, small bowl, combine yogurt and pudding mix.
4. Spoon yogurt mixture over fruit, stirring until coated.
5. Serve right away or refrigerate until served.
6. Refrigerate leftovers immediately.

Adapted from USDA: whatscooking.fns.usda.gov/recipes/food-distribution-fdd/creamy-mixed-fruit-salad



Mixed Fruit Cocktail Cake

Servings: 8

Ingredients

- 1 box (18.25 ounces) yellow cake mix
- 1 can (15 ounces) fruit cocktail, undrained
- 2 eggs
- ½ cup brown sugar
- 1 cup shredded coconut (optional)

Directions

1. Wash hands and surfaces.
2. Preheat oven to 325 F.
3. Combine cake mix, fruit cocktail with juice, eggs and coconut (if desired) in a large mixing bowl.
4. Blend, then beat at medium speed for 2 minutes.
5. Pour batter into greased 9-by-13-inch pan.
6. Sprinkle batter evenly with brown sugar.
7. Bake in preheated oven for 45 minutes.
8. Serve warm or at room temperature. Refrigerate leftovers immediately.

Adapted from Genius Kitchen: geniuskitchen.com/recipe/fruit-cocktail-cake-from-a-cake-mix-110479



Chicken Thighs With Fruit

Servings: 6

Ingredients

- 6 chicken thighs (either bone-in or boneless)
- 1 can (15 ounces) fruit cocktail
- 1½ cups barbecue sauce, desired flavor
- 1 tablespoon garlic powder
- Salt and pepper, to taste

Directions

1. Wash hands and surfaces.
2. Preheat oven to 350 F.

3. Mix fruit cocktail, barbecue sauce, garlic powder and salt and pepper in a saucepan. Heat through on the stovetop until all flavors are combined.
4. Rinse and pat dry the chicken pieces. If you wish, remove the skins.
5. Place the chicken in a 9-by-13-inch baking dish in a single layer.
6. Sprinkle each chicken thigh with desired amount of salt and pepper.
7. Pour warmed sauce mixture over chicken thighs and bake for 1 hour.
8. Serve and enjoy! Refrigerate leftovers immediately.

Adapted from Allrecipes: allrecipes.com/recipe/8793/quick-polynesian-chicken/

Cooking Tips

- Wash hands before and after handling poultry.
- If you have fresh or frozen chicken (poultry) instead of canned, follow the preparation instructions and let cool; shred before adding to recipes.
- Completely thaw poultry before cooking so that it cooks more evenly. Defrost in the refrigerator, in cold water or in the microwave. Never defrost food at room temperature! Food thawed in cold water or in the microwave should be cooked immediately.
- Cook poultry until it reaches a safe internal temperature of 165 F. Use a food thermometer; you can't tell if it is cooked by looking!
- Never place cooked food on a plate that previously held raw poultry or meat.
- Rinsing poultry under water is not a safety step! Cooking to a safe internal temperature of 165 F is what will kill pathogens that could cause illness.
- You can use prepared bouillon cubes instead of canned chicken broth.

Measurement Equivalents

- 3 teaspoons = 1 tablespoon
- 4 tablespoons = ¼ cup
- 5½ tablespoons = ½ cup
- 16 tablespoons = 1 cup
- 2 cups = 1 pint
- 4 cups (2 pints) = 1 quart
- 4 quarts (liquid) = 1 gallon



Funded in part by USDA SNAP.
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Cooking Terms

BEAT: To mix rapidly to make a mixture smooth and light by incorporating as much air as possible.

BLEND: To incorporate two or more ingredients thoroughly.

CHOP: To cut solids into pieces with a sharp knife or other chopping device. To finely chop is to cut solids into small pieces.

PUREE: To mash foods until perfectly smooth by hand, by rubbing through a sieve or food mill, or by whirling in a blender or food processor.

Frozen Fruit Sorbet

Servings: 6

Ingredients

- 3 cups frozen peaches, partially thawed and chopped into large chunks
- 1 can (15 ounces) mandarin oranges, drained
- 1 can (15 ounces) fruit cocktail, drained
- 1 can (12 ounces) frozen pineapple-orange juice concentrate, thawed
- $\frac{1}{3}$ cup lemon juice
- Cinnamon, to taste (optional)

Directions

1. Wash hands and surfaces.
2. Combine all fruits and juices in a bowl; mix until combined.
3. Pour fruit and juice mixture into an 8-by-8-inch baking dish.
4. Freeze until firm.
5. Remove from freezer 45 minutes to 1 hour before serving to thaw.
6. Sprinkle cinnamon on individual fruit servings, if desired.
7. Freeze leftovers immediately.

Adapted from Food Network:
foodnetwork.com/recipes/ree-drummond/frozen-fruit-cups-recipe-2107601