

Healthy BITES

**Nutritious, Delicious
Recipes For
Foodservice
& More**



PACIFIC COAST PRODUCERS



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“The collection of recipes in this book was developed specifically for food-service teams, designed to deliver consistency, safety, and flavor at scale. Each dish makes smart use of canned fruits or tomatoes—reliable ingredients that ensure year-round quality and minimal waste.”



CHEF TIM SHEVLIN & DIETITIAN KAYLA GUILLORY OF PROVIDENCE COMMUNITY TEACHING KITCHEN AND PROVIDENCE HOSPITAL

Our *Philosophy*

At the heart of our culinary approach is the belief that food should be delicious, nutritious, and a crucial part of the healing journey. This cookbook reflects our commitment to blending taste with nutritional science, ensuring every meal contributes to health and recovery. By selecting ingredients for their health benefits, such as vitamin-rich mangoes and fiber-filled apples, and using them creatively, our recipes are both beneficial and easy to prepare, aligning with the goal of enhancing hospital meal service.

Health *Benefits*

We recognize the essential role of diet in healing and overall well-being, crafting our menu to bolster the body's recovery efforts. From nutrient-dense breakfasts that provide energy without spiking blood sugar, to balanced snacks and protein-rich dishes, every recipe is designed to nourish and support recovery. We incorporate anti-inflammatory and heart-healthy ingredients, demonstrating our focus on meals that positively impact health.



THE Miracle OF THE Can

Cans are a vacuum-sealed marvel of convenience and nutrition. Saving the planet one satisfying pop at a time!

Cans are infinitely recyclable — a truly sustainable packaging choice that can live on forever. They're also incredibly easy to recycle, magnetically separated from other materials at recycling centers with minimal effort.

Canned food is portion-controlled, nutritionally on par with fresh or frozen options, and designed to create zero waste for consumers. No preservatives needed — just a simple vacuum seal and a touch of steam. No additives, no nonsense.

Every can is ready to use — prepped, peeled, cored, cleaned, cut, sliced,

diced, or halved — so your ingredients are ready when you are.

Cans are durable and travel-ready, even when double stacked. They're easy to open (bonus points for the red and green pull tops), and they'll last for years as long as the can is in good condition — no rust, dents, or swelling.

They're tamper-proof and tamper-evident, keeping your food safe and secure.

And, let's be honest: in an emergency, you could even defend yourself with a can. *Think about it.*



Peaches:

California Canned, Frozen or Fresh?

California Canned Peaches	Frozen Peaches	Fresh Peaches
Product Spec: 6 lbs per #10 can (drained)	Product Spec: 30 lbs per case	Product Spec: 250–300 lbs fresh peaches
Cans Needed for 500 Servings: 25 cans	Fruit Needed for 500 Servings: 150 lbs	Fruit Needed for 500 Servings: 250–300 lbs (to yield 150 lbs usable)
Usable Yield: ~100% (minimal waste)	Usable Yield: ~100% (minimal waste; allow thaw and light draining)	Usable Yield: ~65–75% after peel/pit/trim; varies by ripeness
Prep & Labor: 1–2 min/can; open, drain (if needed), portion	Prep & Labor: Similar to canned; add thaw time	Prep & Labor: 2–3 min/peach; peel/pit/trim; plan for sorting ripe fruit
Total Labor: 30–45 minutes	Total Labor: Labor is generally low, mainly involving portioning after thawing.	Total Labor: For 700–900 peaches: 24–45 hours
Storage (unopened/optimal): Shelf-stable 36 months	Storage (unopened/optimal): Best quality within 6–9 months at 0 °F (-18 °C) or below	Storage (unopened/optimal): 2–5 days depending on ripeness and handling ¹
Price/Availability: Typically most stable; year-round	Price/Availability: Generally stable; year-round	Price/Availability: Highly seasonal; market-driven pricing
Waste: ~0%	Waste: ~0%	Waste: 25–35%
Quality/Consistency: Packed at peak; highly consistent	Quality/Consistency: Uniform cut/texture; consistent if properly thawed	Quality/Consistency: Highest variability (ripeness, bruising, season)

Cost Estimate	Cost Estimate	Cost Estimate
Avg. price per No. 10 can: \$6–\$9	Avg. price per carton: \$2–\$4 a pound	Avg. price per lb (in season): \$1.20–\$2.50 Off-season price: \$3.00–\$4.00+
Total fruit cost for 500 servings: \$132–\$216	Total fruit cost for 500 servings: \$300–600	Total fruit cost for 500 servings: \$300–\$1,000+ depending on season

Nutrition in Canned Peaches	Nutrition in Frozen Peaches	Nutrition in Fresh Peaches
Vitamin C: Much higher than fresh (4×)	Vitamin C: Less than canned	Vitamin C: Less than canned
Folate: Much higher than fresh (10×)	Folate: Less than canned	Folate: Less than canned
Antioxidants: Higher than fresh (1.5×)	Antioxidants: Generally preserved well	Antioxidants: Moderate
Vitamin A Carotenoids: Slightly lower, still comparable	Vitamin A/Carotenoids: Slightly higher than canned	Vitamin A/Carotenoids: Slightly higher than canned
Vitamin E: Slightly lower than fresh	Vitamin E: Slightly higher than canned	Vitamin E: Slightly higher than canned
Phenolics: Similar to fresh	Phenolics: Similar to canned	Phenolics: Similar to canned

Nutrition (general guidance): Fiber is similar when peel/trim is comparable. Carotenoids/Vitamin A vary by variety and process; all forms remain good sources.³ Actual values vary by variety, pack style, and handling.⁴

Bottom Line: Canned Peaches	Bottom Line: Frozen Peaches	Bottom Line: Fresh Peaches
• Fastest, most consistent, lowest labor • Ideal for high-volume, time-sensitive service • Just as nutritious as fresh and even better in some categories	• Higher cost than canned • Less shelf life than canned • Less nutrition than canned in components. • Slightly higher prep time than canned, but better than fresh	• High labor, high waste, unpredictable cost, inconsistent flavor • Only ideal in peak season with ample prep staff • Nutritious and delicious

¹<https://www.doesitgobad.com/how-long-do-peaches-last/> ³<https://pacificcoastproducers.com/wp-content/uploads/2025/10/PEACH-STUDY-PDF.pdf>
²<https://ucanr.edu/sites/default/files/2010-06/19188.pdf> ⁴<https://www.verywellfit.com/peaches-carb-counts-and-benefits-1087566>

Summary

Canned peaches are cost-effective, low-labor, long-lasting, and nutritionally equal or superior to fresh and frozen in some vitamins, making them ideal for high-volume, time-sensitive service. Frozen peaches have less shelf life and a higher cost than canned. Fresh peaches are more labor-intensive, seasonal, and perishable, with higher waste and variable quality, but offer slightly higher vitamin A and a superior fresh flavor when in season.

Why Not Just Pack Fruit in Water?

THE IMPORTANCE OF THE ISOTONIC PROCESS

We get asked all the time, "Why not just pack fruit in water? Wouldn't that be healthier?"

The answer is a big emphatic "no!"

When you pack fruit in water, it loses its taste and texture, which is why all fruit is packed in isotonic medium. Isotonic mediums are simply liquids that have the same sugar content as the fruit, which prevents the fruit from expelling its natural sugars into the liquid. We usually use pear or white grape juice as our isotonic medium ensuring delicious, firm, natural fruit.

The process looks like this:

1. Fruit Cells = Tiny Water Balloons:

Fruit cells are filled with water and natural sugar.

2. Water Imbalance: Packing fruit in plain water creates an imbalance. Water moves into the fruit cells, making them swell and burst. This leads to mushy fruit.

3. Isotonic Medium Solution: Using a medium that matches the fruit's natural sugar content keeps the water inside the fruit cells stable.

4. Balance Maintained: The medium prevents water from moving in or out of the cells, preserving the fruit's texture and flavor.

5. Sealing and Heating: The fruit is sealed in jars with the medium and heated to kill germs.

6. Health and Taste: Packing fruit in isotonic medium does not make it sweeter or less healthy. It simply preserves the natural taste and texture.

Result:

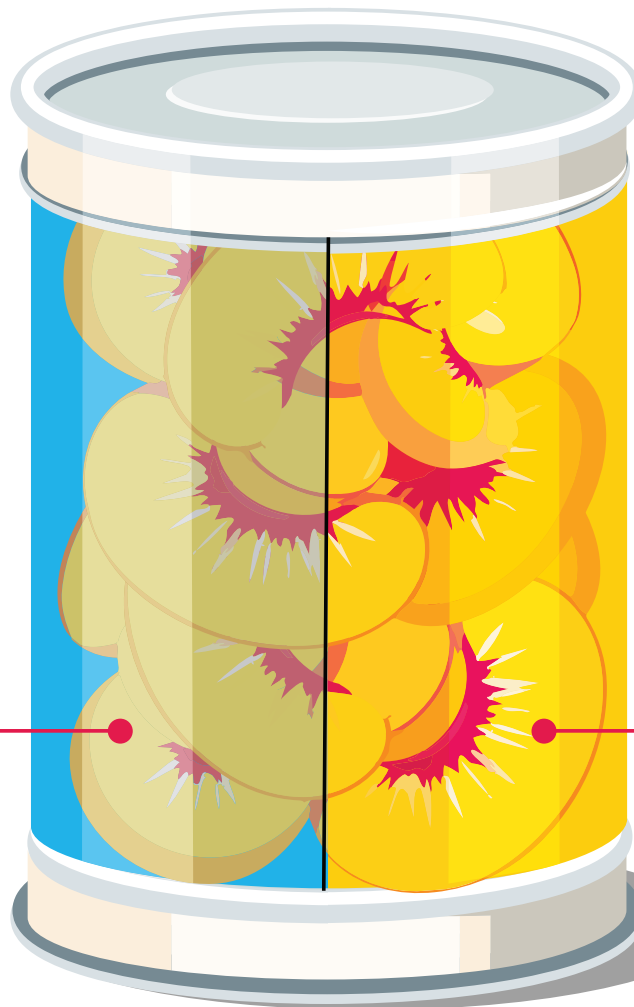
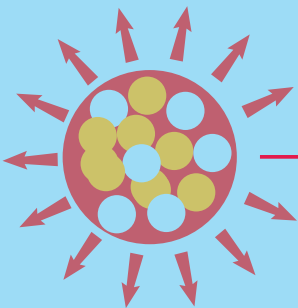
The fruit stays fresh, firm, and delicious.

THE MAGIC OF THE ISOTONIC PROCESS

Packing Fruit in Water

Packing fruit in plain water creates an imbalance. Water moves into the fruit cells, making them swell and burst. The natural sugars are forced out of the cells, into the water.

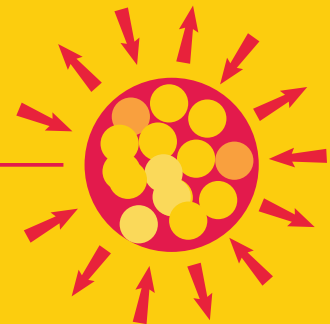
This leads to mushy flavorless fruit.



Packing Fruit in Isotonic Medium

When you pack fruit in an isotonic medium like white grape juice that has an equal amount of sugar to the fruit, the fruit neither absorbs, nor expels its natural sugars.

Packing fruit in isotonic medium does not make it sweeter or less healthy. It simply preserves the natural taste and texture



Delicious Recipes

USING CANNED FRUITS & TOMATOES

The following pages feature a variety of exciting recipes that were developed specifically by food service professionals using delicious, nutritious canned fruits or tomatoes as primary ingredients.



Mint To Be Chill

SMOOTHIE

Recipe Serves 42

INGREDIENTS

- 10 lbs fat free vanilla yogurt
- Pacific Coast Producers U.S. canned fruit cocktail
- 10 oz. spinach, fresh
- 0.5 oz. mint, fresh

INSTRUCTIONS

1. Combine ingredients in a container with tall sides and mix with immersion blender until smooth and all ingredients are evenly distributed.
 2. Place 15 empty cups in a 4-inch plastic full pan and pour 9 Fl oz smoothie into each cup. Cover cups with lids.
- Pans of smoothies can be stacked and held in the cooler until ready to serve.

TIP: Hold smoothies cold at 41F or lower.

Modifications: Smoothies can be made with a variety of canned fruit.

NUTRITION FACTS PER SERVING

Calories	152kcal	Sodium	72mg	Protein	4g
Total Fat	0g	Total Carbohydrates	38g	Calcium	147mg
Saturated Fat	0g	Fiber	1g	Iron	.25mg
Cholesterol	3mg	Total Sugar	27g		

Honey Roasted Apricots

WITH YOGURT & GRANOLA



Recipe Serves 50

INGREDIENTS

- 2 #10 cans U.S. apricots, canned, halves, drained, 100 halves approx.
- 1 cup honey
- 2 tbsp cinnamon, ground
- 1 tbsp extract, vanilla
- 12 lbs + 8 oz yogurt, greek, vanilla
- 3 lbs + 2 oz granola

INSTRUCTIONS

- 1. Preheat oven to 350°F.**
- 2. Drain apricot halves thoroughly.**
 - Arrange cut-side up in single layer on greased lined sheet pans (about 25 per full pan).
- 3. Mix Granola**
 - In a small bowl, mix honey, cinnamon, and vanilla. Lightly brush or drizzle over the apricots.
- 4. Bake**
 - Bake for 12–15 minutes until warmed through and lightly caramelized.
- 5. Plate**
 - Portion 2 warm apricot halves into a 6 oz bowl or compartment tray. Top with ½ cup yogurt and sprinkle with ¼ cup granola.
- 6. Chill and serve**
 - TIP:** Hold cold at or below 41°F if prepping in advance.

NUTRITION FACTS PER SERVING

Calories	278kcal	Total Carbohydrates	49.6g	Cholesterol	6.7mg
Total Fat	18.4g	Total Sugar	20.8g	Sodium	73.1mg
Saturated Fat	3.2g	Protein	14.5g	Fiber	3.4g

Northwest Apple Walnut

MUFFINS



Recipe Serves 12

INGREDIENTS

- 2 cups almond flour
- ½ cup rolled oats (optional for texture)
- 1 ½ tsp ground cinnamon
- ½ tsp baking soda
- ¼ tsp salt
- 2 large eggs
- ¼ cup maple syrup or honey
- ¼ cup neutral oil (like avocado or melted coconut oil)
- 1 tsp vanilla extract
- 1 cup canned U.S. diced apples (drained if overly wet)
- ½ cup chopped walnuts
- *Optional:* 1 tbsp lemon juice or zest for brightness

INSTRUCTIONS

1. Preheat oven to 350°F.

— Line a muffin tin with paper liners or spray lightly with cooking spray.

2. Mix dry ingredients

— In a large bowl, whisk together almond flour, oats (if using), cinnamon, baking soda, and salt.

3. Mix wet ingredients

— In another bowl, beat eggs, maple syrup (or honey), oil, and vanilla until smooth.

4. Combine

— Add wet ingredients to dry and stir until just combined.

— Fold in canned apples and walnuts.

5. Fill muffin tins

— Spoon batter evenly into muffin cups. Optionally sprinkle with a little cinnamon sugar or extra chopped walnuts.

6. Bake

— Bake for 20–25 minutes, or until a toothpick inserted in the center comes out clean.

NUTRITION FACTS PER SERVING

Calories	236kcal	Total Carbohydrates	13.8g	Potassium	184mg
Total Fat	18.4g	Fiber	2.7g	Phosphorus	142mg
Saturated Fat	1.8g	Total Sugar	8.6g	Calcium	58mg
Cholesterol	31.1g	Protein	7.2g	Iron	1mg
Sodium	112mg				

Lentil & Potato

SOUP



Recipe Serves 4

INGREDIENTS

- 2 tbsp olive oil
- 1 large onion, finely chopped
- 3 garlic cloves, minced
- 2 carrots, diced
- 1 tsp ground cumin
- 1 tsp smoked paprika
- ½ tsp turmeric (optional)
- 1 tsp dried thyme or oregano
- 1 can (14.5 oz) U.S. diced tomatoes
- 1 cup dried lentils, rinsed
- 1 medium potato, peeled and diced
- 3 cups of vegetable broth plus 2 cups water
- Salt and pepper to taste
- Juice of ½ lemon
- ¼ cup chopped fresh cilantro (plus more for garnish)

INSTRUCTIONS

- 1. Sauté the base**
— Heat olive oil in a large pot over medium heat. Add onion and cook until soft (about 5 minutes). Add garlic and carrots and cook for another 5 minutes.
- 2. Add spices**
— Stir in cumin, smoked paprika, turmeric, and thyme. Let them toast for 1 minute.
- 3. Combine the main ingredients**
— Add diced tomatoes (with juice), lentils, and diced potato. Stir to combine.
- 4. Simmer**
— Pour in vegetable broth. Bring to a boil, then reduce heat and simmer uncovered for 25–30 minutes, or until lentils and potatoes are tender.
- 5. Finish and season**
— Stir in lemon juice and chopped cilantro. Season with salt and pepper to taste.

NUTRITION FACTS PER SERVING

Calories	288kcal	Total Carbohydrates	45g	Potassium	726mg
Total Fat	7.9g	Fiber	8g	Phosphorus	186mg
Saturated Fat	1.1g	Total Sugar	8g	Calcium	80mg
Cholesterol	0g	Protein	14g	Iron	4mg
Sodium	683mg				

U.S. Pear & Carrot

SOUP



Recipe Serves 4

INGREDIENTS

- 1 ½ cups olive oil
- 5 yellow onions, large dice
- 1 ½ cups minced garlic
- 1 ½ cups minced ginger
- 6 carrots, rough chopped
- 1 #10 can U.S. pear halves in juice, drained
- 3 gallons low sodium vegetable broth
- 1 ½ gallons coconut milk
- ¼ cup kosher salt, more to taste if needed
- ¼ cup pepper to taste
- ⅓ cup ground turmeric
- Optional Garnish: chopped cilantro and pumpkin seeds

INSTRUCTIONS

1. Sauté Aromatics:

- In a large pot, heat oil over medium heat.
- Add onion and carrots, sauté until translucent (about 5 minutes).
- Stir in garlic, ginger and turmeric. Cook for 1–2 minutes until fragrant.

2. Add Pears:

- Add drained pears.

3. Simmer:

- Pour in vegetable broth and bring to a boil.
- Reduce heat and simmer for 20–25 minutes, until carrots are tender.

4. Blend:

- Use an immersion blender and blend until smooth and creamy.

5. Finish with Coconut Milk:

- Return soup to the pot and stir in coconut milk.

NUTRITION FACTS PER SERVING

Calories	151kcal	Total Carbohydrates	4.9g	Potassium	181mg
Total Fat	14.9g	Fiber	0.4g	Phosphorus	63mg
Saturated Fat	10.7g	Total Sugar	1.4g	Calcium	21mg
Cholesterol	0g	Protein	1.7g	Iron	2.05mg
Sodium	358mg				

Tex Mex Veggie Burrito Bowl

BURRITO BOWL



Recipe Serves 4

INGREDIENTS

Base

- 1 cup cooked brown rice
- 1 can black beans, rinsed and drained
- 1 cup corn kernels (fresh, frozen, or canned)
- 1 cup canned fire-roasted diced U.S. tomatoes
- 1 teaspoon cumin
- 1 teaspoon smoked paprika
- Salt and pepper to taste

Veggies & Toppings

- 1 cup shredded lettuce
- ½ cup diced red onion
- ½ cup chopped bell pepper
- 1 avocado, sliced or diced
- ¼ cup chopped cilantro
- Juice of 1 lime

Optional Add-ons

- Salsa or hot sauce
- Sour cream or cashew cream
- Jalapeños
- Nutritional yeast or cheese

INSTRUCTIONS

1. Prepare the tomato-bean mixture

- In a skillet over medium heat, combine black beans, corn, fire-roasted tomatoes, cumin, paprika, salt, and pepper.
- Simmer for 5–7 minutes until heated through and slightly thickened.

2. Build the bowl

- Start with a base of rice. Add the warm tomato bean mixture on top.

3. Add fresh toppings

- Layer with shredded lettuce, red onion, bell pepper, avocado, cilantro, and a squeeze of lime juice.

Chef tips

- Add any optional toppings like salsa, sour cream, or jalapeños.

NUTRITION FACTS PER SERVING

Calories	365kcal	Total Carbohydrates	60g	Potassium	1055mg
Total Fat	10.5g	Fiber	18.7g	Phosphorus	292mg
Saturated Fat	1.5g	Total Sugar	5g	Calcium	115mg
Cholesterol	0g	Protein	13.3g	Iron	3.8mg
Sodium	489mg				

Black Bean & Sweet Potato Tacos

WITH PINEAPPLE SALSA



Recipe Serves 4

INGREDIENTS

For the Taco Filling

- 2 medium potatoes, diced
- 1 tbsp olive oil
- ½ cup diced onion
- 1 clove garlic, minced
- 1 can (15 oz) black beans, drained and rinsed
- 1 teaspoon cumin
- 1 teaspoon smoked paprika
- Salt & pepper to taste

For the Pineapple Salsa

- 3 cups canned pineapple, diced
- ¼ cup finely chopped red onion
- 1 small jalapeño, minced (optional)
- Juice of 1 lime
- 2 tbsp chopped fresh cilantro
- Pinch of salt

For Assembly

- 8 small corn tortillas

Optional Toppings

- Avocado slices
- Shredded lettuce,
- Greek yogurt

INSTRUCTIONS

1. Cook the Potatoes

- Boil diced sweet potatoes until fork-tender (about 7–10 minutes).
- Sauté in a skillet with olive oil until golden and crispy.

2. Prepare the Filling

- Add onion and garlic to the skillet with potatoes. Cook until softened.
- Stir in black beans, cumin, paprika, salt, and pepper. Cook for 5-6 minutes.

3. Make the Pineapple Salsa:

- Combine chopped pineapple, red onion, jalapeño, lime juice, cilantro, and salt in a bowl.
- Mix well and chill until ready to serve.

4. Warm the Tortillas:

- Heat tortillas in a dry skillet or microwave until soft and pliable.
- Spoon the potato-black bean mixture into tortillas and top with salsa.

NUTRITION FACTS PER SERVING

Calories	357kcal	Total Carbohydrates	70g	Potassium	1112mg
Total Fat	4.4g	Fiber	15.5g	Phosphorus	236mg
Saturated Fat	0.6g	Total Sugar	22.5g	Calcium	119mg
Cholesterol	0g	Protein	12.1g	Iron	4mg
Sodium	460mg				

California Peach & Chicken

STIR FRY



Recipe Serves 4

INGREDIENTS

For the Filling

- 1 lb. boneless, skinless chicken breasts, sliced into thin strips
- 1 can of U.S. peaches (drained and chopped)
- 1 red bell pepper, sliced
- 1 cup snap peas
- 1 cup broccoli
- 1 medium onion, sliced
- 2 cloves garlic, minced
- 1 tablespoon fresh ginger, minced
- ¼ cup coconut aminos or lower sodium soy sauce
- 1 tablespoon cornstarch
- 2 tablespoons oil (avocado or sesame oil)
- 1 tablespoon rice vinegar
- 1 tablespoon honey
- Cooked rice or noodles for serving

INSTRUCTIONS

1. Marinate the Chicken

- In a bowl, combine the chicken strips with 2 tablespoons of coconut aminos or soy sauce, half of the minced garlic, and half of the minced ginger.
- Let it marinate for 5 minutes.

2. Prepare the Sauce

- In a small bowl, mix the remaining coconut aminos or soy sauce, cornstarch, rice vinegar, honey, and a bit of water.
- Stir until the cornstarch is dissolved and set aside.

3. Cook the Chicken

- Heat 1 tablespoon of oil in a large skillet or wok over medium-high heat. Add the marinated chicken and

stir-fry until it's cooked through and slightly browned. Remove the chicken from the skillet and set aside.

4. Stir-Fry the Vegetables

- In the same skillet, add the remaining oil. Add the onion, bell pepper, broccoli, and snap peas. Stir-fry for about 3-4 minutes until the vegetables are tender-crisp.
- Add the remaining garlic and ginger to the skillet and stir-fry for another 1-2 minutes until fragrant

5. Combine Everything

- Return the cooked chicken to the skillet. Add the chopped canned peaches and the prepared sauce. Stir everything together and cook for another 2-3 minutes until the sauce thickens and everything is well-coated.

NUTRITION FACTS PER SERVING

Calories	327kcal	Total Carbohydrates	30g	Potassium	825mg
Total Fat	10g	Fiber	3.7g	Phosphorus	335mg
Saturated Fat	1.7g	Total Sugar	19.2g	Calcium	50mg
Cholesterol	82.6g	Protein	29.7g	Iron	1.86mg
Sodium	678mg				

Cuban Picadillo



Recipe Serves 4

INGREDIENTS

- 1 tablespoon olive oil
- 1 small onion, diced
- 1 bell pepper, diced
- 1 tablespoon garlic, minced
- 1-pound lean ground beef (Substitute: ground turkey, chicken, or TVP)
- 1 (15-ounce) can U.S. tomato sauce
- 2 medium carrots, peeled and diced
- 3 small potatoes, peeled and diced large
- 12 large, pitted green olives, sliced
- ½ cup raisins
- 2 tablespoon ground cumin
- Salt and pepper to taste

INSTRUCTIONS

1. Heat the olive oil in a large skillet over medium heat. Add the chopped onion, bell pepper, and minced garlic. Sauté until the vegetables are softened, about 5-7 minutes.
2. Add the ground beef to the skillet. Cook and stir until the beef is browned and crumbly, about 7-10 minutes.
3. Stir in the diced carrots. Cook for about 5 minutes, allowing them to start softening.
4. Add the tomato sauce, olives, raisins, cumin, salt, and pepper. Reduce the heat to low, cover, and let it simmer for about 20 minutes, or until the potatoes and carrots are tender and the flavors have melded together.
5. Serve the Picadillo over brown rice and alongside black beans or small green salad.

NUTRITION FACTS PER SERVING

Calories	429kcal	Total Carbohydrates	28g	Potassium	976mg
Total Fat	21.8g	Fiber	4.5g	Phosphorus	286mg
Saturated	Fat 7g	Total Sugar	18.9g	Calcium	72mg
Cholesterol	99.8g	Protein	32.2g	Iron	4.75mg
Sodium	823mg				

Roasted Sweet Potato AND PEAR HASH



Recipe Serves 50

INGREDIENTS

- 1 ½ #10 can U.S. pears, diced, drained
- 8 lbs sweet potatoes, diced large
- 1 lbs onions, yellow or red, small dice
- 1 lbs peppers, sweet, bell, mixed
- ½ cup oil, neutral
- 2 tbsp cinnamon, ground
- 1 tbsp ginger, ground
- 2 tsp paprika
- 2 tsp salt, kosher
- 1 tsp red pepper flakes
- 1 bunch parsley, fresh, chopped,

INSTRUCTIONS

1. Preheat oven to 425°F.

2. Mix Ingredients

— In a large mixing bowl or lexan, toss sweet potatoes, onions, and peppers with vegetable oil, cinnamon, ginger, paprika, and red pepper flakes until evenly coated.

3. Prepare trays and roast

— Spread mixture on 3–4 full-size sheet pans in a single layer. Roast for 20 minutes, stirring halfway through.

— After 20 minutes, remove pans from oven and gently fold in the pears. Return to oven and roast an additional 8–10 minutes, until sweet potatoes are tender and pears are slightly caramelized.

4. Serve

— ½ cup per serving

CCP: Hold hot at 135°F or higher until service.

NUTRITION FACTS PER SERVING

Calories	130kcal	Total Carbohydrates	25.9g	Cholesterol	0g
Total Fat	2.3g	Total Sugar	16.7g	Sodium	85.9mg
Saturated Fat	.2g	Protein	1.7g	Fiber	4.2g

Fruit Empanadas



Recipe Serves 4

INGREDIENTS

For the Filling

- 1 cup low fat cottage cheese 1%
- 1 cup canned U.S. fruit (apricots, peaches, pineapple, pears, or fruit cocktail), drained and chopped
- 1–2 tsp honey or maple syrup (optional)
- ½ tsp vanilla extract (optional)

For the Wraps

- 4 10in flour tortillas

For the Cinnamon Sugar Coating

- 1 tbsp butter or neutral oil (for frying)
- ¼ cup granulated sugar
- 1 tsp ground cinnamon

INSTRUCTIONS

1. Make the Filling:

- In a bowl, mix cottage cheese, chopped canned fruit, honey, and vanilla.
- Stir gently to combine.

2. Assemble the Wraps

- Spoon filling into the center of each tortilla.
- Fold in the sides and roll up tightly like a burrito.

3. Sear the Wraps

- Heat butter or oil in a skillet over medium heat.
- Place wraps seam-side down and cook until golden brown and crispy on all sides (about 2–3 minutes per side).

4. Coat with Cinnamon Sugar

- Mix cinnamon and sugar in a shallow dish.
- While wraps are still warm, roll them in the cinnamon sugar mixture until well coated.

NUTRITION FACTS PER SERVING

Calories	334kcal	Total Carbohydrates	56g	Potassium	166mg
Total Fat	7.3g	Fiber	2.5g	Phosphorus	136mg
Saturated Fat	3.5g	Total Sugar	24.6g	Calcium	87mg
Cholesterol	13.6g	Protein	11.4g	Iron	2.5mg
Sodium	480mg				

Coconut Mango

SORBET



Recipe Serves 6

INGREDIENTS

- 1 can of mango slices in pineapple juice (drained, but reserve the juice)
- 1 cup full-fat coconut milk (canned)
- 1 tablespoon lime juice

INSTRUCTIONS

1. Blend the Ingredients

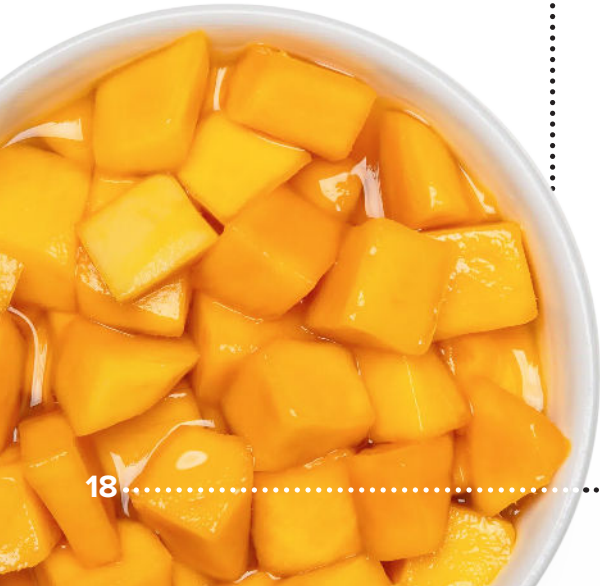
— In a high-speed blender or food processor, combine the drained mango slices, coconut milk, and lime juice. Blend until smooth and creamy. If the mixture is too thick, add a bit of the reserved pineapple juice to help blend.

2. Freeze

— Transfer the blended mixture to a container and freeze for 2-3 hours or until firm. Garnish with whipped cream and additional sliced mango on top.

NUTRITION FACTS PER SERVING

Calories	121kcal	Total Carbohydrates	13.2g	Potassium	1016mg
Total Fat	8.2g	Fiber	.9g	Phosphorus	265mg
Saturated Fat	7.2g	Total Sugar	11.2g	Calcium	81mg
Cholesterol	0g	Protein	1.2g	Iron	8mg
Sodium	5.6mg				



Apple & Blueberry Crisp

WITH QUINOA TOPPING



Recipe Serves 4

INGREDIENTS

Filling

- 2 ½ cups sliced canned U.S. apples
- 1 cup blueberries
- 1 teaspoon cinnamon
- ½ teaspoon nutmeg
- 1 teaspoon lemon juice
- 1 teaspoon vanilla extract

Topping

- ½ cup cooked quinoa (cooled)
- ½ cup rolled oats
- ½ cup chopped pumpkin seeds
- 2 tablespoons maple syrup or brown sugar
- 2 tablespoons coconut oil or butter
- ½ teaspoon cinnamon
- Pinch of salt

INSTRUCTIONS

1. Preheat oven to 350°F.

2. Prepare the filling

— In a baking dish, spread the canned apples and blueberries evenly. Sprinkle with cinnamon, nutmeg, vanilla, and lemon juice, mix well.

3. Make the topping

— In a bowl, mix cooked quinoa, oats, nuts, maple syrup, coconut oil, cinnamon, and salt until crumbly.

4. Top the apples with the quinoa mixture.

5. Bake for 25–30 minutes, until the topping is golden and crisp.

Chef tips

- Use different seasonal fruits.
- Try adding chopped nuts such as walnuts or pecans.

NUTRITION FACTS PER SERVING

Calories	260kcal	Total Carbohydrates	41g	Potassium	287mg
Total Fat	9.6g	Fiber	5.8g	Phosphorus	93mg
Saturated Fat	6.1g	Total Sugar	20.4g	Calcium	42mg
Cholesterol	0g	Protein	4.4g	Iron	1.5mg
Sodium	45mg				



4 Reasons to Choose U.S.A. Grown CALIFORNIA CANNED FRUITS AND TOMATOES

1

Increased Nutrients

California canned fruits and tomatoes contain higher levels of key nutrients. Why? They are field and orchard grown (e.g. greenhouse tomatoes have lower levels of lycopene). Thanks to the canning process, key nutrients increase: cancer-fighting lycopene levels in canned tomatoes are significantly higher than fresh; antioxidant levels in apricots are 47% higher than fresh; folate levels in peaches are 10x higher than fresh—just to name a few!

2

Picked at Peak Ripeness

Picked at their nutritional peak, our fruits and tomatoes go from field to can in 5 hours or less. Packed in their own juice, this simple process locks in the very best in flavor, nutrients and thanks to the canning process, these natural vitamins and minerals are more bioavailable.

3

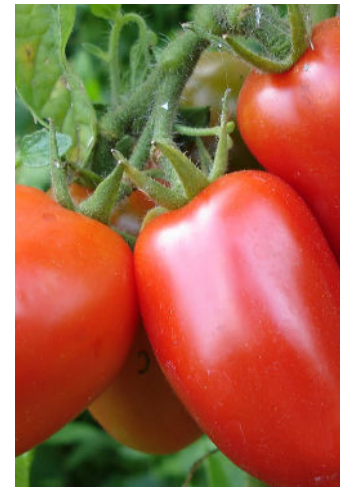
Budget Friendly & Price Stability

Not only do California canned fruits and tomatoes help you save on labor costs and food waste, but our pricing model will allow you to plan and execute your menus without any surprises to your bottom line.

4

Quality & Consistency

Packed in BPA-free cans and grown on family farms in California's lush Central Valley, our canned fruits and tomatoes deliver the superior quality and consistency you can count on for all your foodservice needs.



References

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² Sahlin E, Savage GP, Lister CE. Investigation of the antioxidant properties of tomatoes after processing. *Journal of Food Composition and Analysis*. 2004;17(5):635–647.

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The Endless Opportunities OF U.S.A. CANNED FOODS

Incorporating canned foods into our recipes is a strategic choice that enhances both the nutritional value and the diversity of our meals. Canned fruits and vegetables, for example, are picked and packed at their peak freshness, ensuring that they retain their vitamins, minerals, and antioxidants.

This process allows us to offer a wide variety of nutritious options year-

round, overcoming the limitations of seasonal availability. Furthermore, canned foods can significantly reduce preparation time, making it easier to provide high-quality, nutritious meals even in the fast-paced environment of a hospital.

By including canned ingredients like tomatoes, which add umami and richness to dishes, or canned fruits that bring

natural sweetness without added sugars, we can craft meals that are both healthful and flavorful. This approach not only supports our goal of delivering nutritionally balanced meals but also ensures that our dishes are consistently delightful, regardless of the season.

Open the door to endless possibilities for culinary exploration that canned foods provide.



California Harvest

NUTRITION IN EVERY CAN



CALIFORNIA CANNED PEACHES

Just as Nutritious as Fresh

A landmark multi-year study by Oregon State University and the Linus Pauling Institute, published in The Journal of the Science of Food and Agriculture, confirms what home canners have long known: California canned peaches are nutritionally equivalent to fresh — and in several key nutrients, they surpass them.

1.5× the antioxidants of fresh peaches

4× the vitamin C, supporting immune health and collagen production

10× the folate, essential for cell growth and repair

✓ Nutrients are locked in at peak ripeness, then preserved through canning

✓ A wholesome, affordable choice available in every season



Link to the
complete
study here:



Oregon State
University



CALIFORNIA CANNED APRICOTS

Tasty Nutrition That Lasts

A 2018 University of California Davis research study confirms what California growers have practiced for generations: canning at peak ripeness locks in vitamins and antioxidants that fresh fruit loses in transit. According to the study canned apricots deliver more nutrition than fresh in several key areas:

17% More Beta-carotene

48% More Phenols

47% More Antioxidants

✓ Vitamins and antioxidants preserved at peak harvest ripeness

✓ Nutrient-dense, affordable, and available to every household year-round



Link to the
complete
study here:

UC DAVIS
UNIVERSITY OF CALIFORNIA

USA Harvest

GOODNESS IN EVERY BITE



USA CANNED PEARS

Peak Ripeness, Preserved

Picked at the height of the season and preserved within hours of harvest, canned pears deliver consistent nutrition and flavor with none of the prep work — ready to serve straight from the can, any time of year.

- ✓ Digestive health — dietary fiber supports regularity and a healthy gut
- ✓ Heart health — a natural source of potassium
- ✓ Immune support — vitamin C retained through the canning process
- ✓ Soft texture ideal for infants, the elderly, and sensitive stomachs
- ✓ Shelf life of 1–3 years; no refrigeration required until opened
- ✓ Budget-friendly alternative to fresh pears, especially out of season



CALIFORNIA CANNED TOMATOES

Everyday Nutrition

Canned tomatoes — whether whole, crushed, or as sauce or paste — are among the most nutrient-dense pantry staples available, supporting overall wellness with every use. Remarkably, the canning process actually increases the bioavailability of key nutrients.

- ✓ Antioxidants — protect cells from oxidative stress and everyday damage
- ✓ Vitamins C & K — support immune function, collagen production, and bone health
- ✓ Potassium — promotes healthy heart function and blood pressure
- ✓ Beta-carotene — converted to vitamin A, supporting skin and eye health
- ✓ Lycopene—an anti-cancer fighting compound—is more bioavailable in canned tomatoes
- ✓ Convenient, affordable, and nutritious every season of the year

Fresh & Safe

U.S. FOOD SAFETY & QUALITY STANDARDS

American food regulations are among the most comprehensive in the world. Pacific Coast Producer's growers follow strict standards to protect public health and ensure quality:

1. Compliance with U.S. Food Regulations

- All products meet federal requirements for safety, quality, and nutrition.

2. Protecting Public Health

- The FDA enforces rigorous standards to reduce foodborne illness, including:
- Good Manufacturing Practices (GMPs)
 - Hazard Analysis & Critical Control Points (HACCP)
 - Regular food safety inspections

3. Transparent Nutritional Labeling

- Labels must include:
- Serving size
- Calories
- Key nutrients (fat, sodium, sugar)

4. Quality & Consistency

- Strict controls ensure every product meets safety and quality benchmarks.

5. Organic Certification

- The USDA National Organic Program (NOP) sets standards for organic production and labeling.

6. Food Inspection Systems

- FDA and USDA conduct regular inspections to verify compliance and prevent hazards.

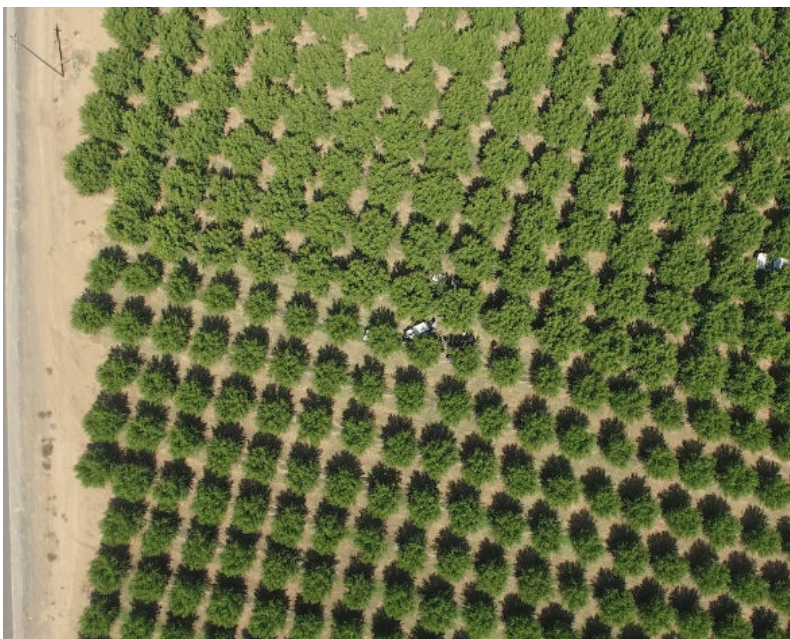
Why It Matters:

These regulations protect consumers, ensure trust, and maintain the integrity of our food supply.



Supporting Foodservice

SUSTAINABILITY GOALS & GREEN INITIATIVES



Foodservice environments can enhance their sustainability score by integrating domestically produced canned goods into their food service operations. By using canned food, they can:

Reduce Food Waste

Unlike fresh, canned fruits and tomatoes are pantry friendly with a significant shelf life, reducing food waste and associated greenhouse gas emissions

Go Green

Steel cans are infinitely recyclable (unlike many other food packages), thus reducing a facility's carbon footprint.

Support Environmental Stewardship

By choosing canned goods with products that are grown and packed here in the US, foodservice operations are supporting family farmers, agricultural lands, and contributing to a healthier, more sustainable food system.

Pacific Coast Producers

GROWN ON FAMILY FARMS

Pacific Coast Producers is a renowned agricultural cooperative that specializes in canning fruits and tomatoes sourced directly from over 165 family farms.

Focused on sustainability, quality, and community, their products represent not just the pinnacle of farm-to-can quality but also a commitment to supporting local agriculture and reducing environmental impact.

When you choose our products you're not just purchasing high-quality canned goods; you're choosing USA grown and sourced products and receiving all the benefits that implies.

Locally Sourced

- Our commitment to sourcing produce from local family farms supports local economies and reduces transportation emissions.

Quality and Freshness

- With a focus on canning fruits and vegetables at the peak of ripeness, we ensure superior taste and nutritional content.

Sustainability

- Our sustainable farming practices and the eco-friendly nature of cans as packaging demonstrate a commitment to environmental stewardship.

Support for Family Farms

- Buying their products means supporting the livelihoods of over 165 family farms, preserving farming traditions for future generations.

Transparency

- We are known for our transparency regarding sourcing, production processes, and sustainability efforts, building trust with consumers.

Variety

- Offering a wide range of products, from canned fruits and vegetables to specialty items, we cater to diverse tastes and dietary needs.

Choosing Pacific Coast Producers is a decision to support a company that prioritizes quality, community, and sustainability.



Where

TO SOURCE

Our products are available through all the top distributors in the US. Additionally, we collaborate with foodservice brokers and smaller distributors nationwide to ensure the delivery of our high-quality canned fruit and tomato products. The bottom line is that our grown and packed in the USA products are easily accessible and readily available for you and your student customers.

To find a distributor
or broker scan
the QR code:





PACIFIC COAST PRODUCERS



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