



TIPS FOR USING FROZEN FRUITS AND VEGETABLES



Frozen fruits and vegetables are often more affordable than fresh, and they are just as nutritious! Here are a few ideas to work them into your diet.

How to use

- Toss them into soups and stews.
- Add to pasta dishes, rice dishes, or casseroles.
- Roast, steam, stir fry, or microwave for a simple side dish.
- Mash frozen squash or cauliflower instead of mashed potatoes.
- Use them in smoothies in place of ice.
- Try frozen fruit with yogurt or oatmeal for an easy breakfast.

Cooking tips

- Frozen vegetables usually cook faster than fresh, so be sure to adjust your cooking time.
- Roast straight from the freezer at 400°F.
 - Since salt can draw out water, start with no salt for a crispy texture.
 - Stir them often to prevent sticking.
- Toss with herbs, spices, parmesan, or garlic when they come out of the oven or microwave.
- Add them to the slow cooker or soup pot during the last hour of cooking to prevent sogginess.



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