



Freezing

Choosing Frozen Vegetables & Fruit

Frozen vegetables and fruit provide options regardless of season and availability. In addition to having a similar nutritional value to fresh and canned alternatives, frozen vegetables and fruit provide other great benefits. They:

- Last longer
- Are in-season 365 days a year
- Can be stored in your freezer
- Offer variety
- Are frozen soon after harvest to retain taste and nutritional value
- Come ready to use; pre-cut and pre-washed

Raspberry Fruit Medley

(Source: adapted from *Strawberry Apple Salsa*)

Serves: 8

Serving Size: ½ cup

2 cups sliced apples
1 (14 oz) can pear halves in juice
3 cups frozen raspberries
3 tbsp liquid honey
1 tbsp lime juice

1. Dice the apples
2. Drain and dice the canned pears
3. In a bowl, combine the frozen raspberries, apples and pears
4. Mix the honey and lime juice. Add to the raspberries, apples and pears.
5. Serve on its own or as a topping for yogurt

Choose frozen vegetables and fruit prepared with little or no added salt or sugar and avoid frozen vegetables with breading and sauces. Check the ingredient list and try to avoid:

- Corn syrup
- Dextrose
- Fructose
- Glucose
- Malt syrup
- Invert sugar
- Cream-based sauce





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Using Frozen Vegetables & Fruit

Consider these pointers for cooking with frozen vegetables and fruit:

- Steam or stir-fry frozen veggies to keep more of the nutrients compared to boiling
- Freeze bananas that are overripe and use in smoothies and in homemade muffins
- Use frozen berries in hot cereal instead of pre-packaged flavored oatmeal
- Throw frozen peas in with rice as it's cooking
- Throw frozen berries into a container or freezer bag and they will be thawed by lunchtime

Creamy Broccoli & Ham Casserole

(Source: adapted from *Pillsbury Fast & Healthy Magazine*, March/April, 1993)

Serves: 8

Serving Size: $\frac{3}{4}$ cup

2 $\frac{1}{2}$ cups	whole grain penne pasta
2 cups	frozen broccoli florets
1 cup	ready to serve ham, diced
$\frac{1}{2}$ cup	light cream cheese
$\frac{1}{2}$ cup	1% milk
$\frac{1}{4}$ tsp	pepper

1. Cook pasta according to directions for al dente texture. At the same time, boil the ham in a second large pot of water.
2. Whisk the cream cheese and milk together until smooth and season with pepper
3. Add the frozen broccoli to the pasta for the last 4 minutes of cooking; drain
4. Drain the ham, dice, and add to the pasta and broccoli
5. In a casserole dish, combine the pasta, ham, and broccoli with the cream cheese mixture

In order to protect your food from freezer burn, follow these helpful hints:

- Freeze your food in freezer-quality containers or freezer bags to keep moisture off of your food
- Leave a small amount of space at the top of your container to allow your food to expand
- When using freezer bags, squeeze as much air as you can out of the bags as possible
- Keep your freezer temperature consistent so the food won't be thawing and re-freezing
- If you keep your freezer at least $\frac{3}{4}$ full it will help to keep your food frozen

To learn about freezing your own vegetables and fruit, please visit freshcannedfrozen.com

