

FROZEN FOODS

NUTRITION | PREPARATION | TASTE



NUTRITION POWERHOUSE

During colder seasons, it can be a challenge to find a variety of fresh fruits and vegetables. Frozen produce is picked at its peak ripeness, locking in that food's nutrient content, then blanched and flash-frozen to lock in flavor and freshness with no preservatives added. The texture of frozen fruit may vary from fresh, but they contain the same nutrition benefits, including antioxidants, vitamins, electrolytes, fiber, and a quick, powerful energy source.



NUTRITION SENSE

Tired of wasting leftover food? Frozen foods can save time and your budget.

With frozen foods, you can choose exact portions to prepare and freeze the remaining for meals and snacks.

Try bulk frozen peppers & onions for stir fry, fajitas, wraps, paninis, omelets and breakfast bowls. Frozen fruit can elevate smoothies, enhance plain yogurt, and add sweetness to oatmeal.

FROZEN FOODS

To complement every meal.



FREEZER FINDS

Frozen foods can complete a healthy, balanced diet. With busy schedules, quick & healthy options are key. Utilize your freezer as an extension of your pantry. Stock it with staples from all food groups. Take time now to decrease meal time needs later.

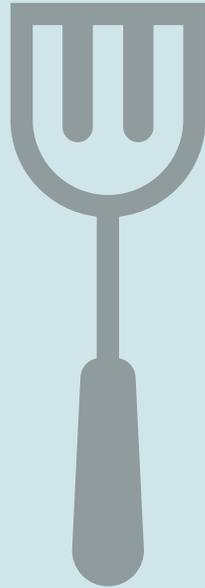
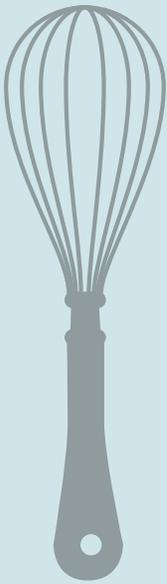
MEAL TIPS

- Steam, bake, or microwave frozen vegetables, add seasonings.
- Add frozen vegetables to soups, pasta, and bakes.
- Frozen fruit can double as an ice pack in your lunch bag and an add-in to plain Greek yogurt.
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TIME SAVER

- Prep basics 1-2 times per week and freeze extra family portions for later.
- Sear, then bake chicken breasts, cook seafood, then package in freezer safe bags or containers.
 - Bulk cook grains, as directed. Let cool. Divide meal portions in freezer bags. Reheat 2-3minutes for meals.



RECIPE

TIPS

Make this a vegetarian dish - use black or pinto beans instead of chicken.

VARY GRAINS*

Heat up pre-cooked whole grains for easy taco bowls.

BOOST NUTRIENTS

Add chopped leafy lettuce, sliced radishes, pickled onions,

NOTES

Consider meal planning as balancing components. Choose lean proteins, whole grains, healthy fats, and aim for 1/2 your plate containing vegetables. Utilize frozen foods and dry goods such as whole grains and dry/canned beans to decrease prep time while maintaining nutrition goals.

TRI-COLOR TACOS

INGREDIENTS

1 TBSP Olive oil
14-oz pkg frozen tri-color peppers & onions
12 oz package frozen mushroom
4 frozen chicken breasts, thawed, cut in 2 inch strips
1/4 tsp cumin
1/4 tsp black pepper
1/4 tsp garlic powder
1 package low-sodium taco seasoning
12 oz plain Greek Yogurt
8 8-inch whole wheat tortillas*
1/4 cup chopped cilantro
1 avocado

DIRECTIONS

- 1 During prep time, warm tortillas in a baking dish in a 200 degree oven.
- 2 Place olive oil in a large skillet and warm over medium heat. Add chicken. Cook until slightly browned, 5-6min.
- 3 Add vegetables, cumin, pepper, & garlic. Stir. Decrease heat to med-low, cover. Simmer for 5-6min.
- 4 Mix 1/2 taco seasoning packet with yogurt, set aside.
- 5 Prepare each taco by placing 1/3 cup chicken and vegetable mixture into tortilla and top with yogurt mix. Add 1 tsp fresh cilantro, 2 slices avocado. Enjoy!