

Get Frozen!



For healthy meals in a flash, pack your freezer with nutrient-rich frozen foods.

Five Frozen Foods for the Freezer

When buying frozen packaged foods, choose nutrient-rich ones with more vitamins, minerals and fibre, and less sodium, fat and sugar. Look for plain frozen foods that you can season yourself.

- Vegetables. Along with peas and corn, try frozen leafy greens such as spinach, kale or mixed Asian vegetables. Frozen is just as nutritious as fresh!
- Fruit. Frozen peaches, mangos and berries make quick smoothies for tasty, healthy breakfasts and snacks on the go.
- Fish. Keeping plain, unbreaded fish fillets such as salmon, trout or Arctic char in the freezer makes it easy to enjoy fish at least twice a week.

- Meat and poultry. Freeze small amounts of nutrient-rich fresh cuts of red meat (beef, pork or lamb), turkey and chicken for faster defrosting.
- Pasta. Plain cheese ravioli, topped with tomato sauce and served with a leafy green salad, makes an easy mid-week meal.

Bonus items! Freeze small amounts of shredded Parmesan cheese, nuts and chopped herbs. Add them to meals for a quick burst of flavour.

Meals in Minutes

Pick up a few frozen food items, like grilled veggies, and make easy gourmet meals in minutes.

Some frozen food choices are better than others. Read labels and look for foods with less sodium, fat and sugar. Shop for basic, healthy frozen foods that can help you make simple, delicious meals such as:

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- Super stir-fry. Steam frozen Asian veggies or sauté in a little olive oil. Serve over brown rice and top with tofu and slivered almonds for a quick meatless meal.
- Gourmet pasta. A combination of frozen grilled vegetables and frozen cheese tortellini, boiled and then tossed in a zesty tomato sauce, makes a simple yet sophisticated meal.
- Divine dessert. Slightly thawed frozen raspberries on top of Greek-style vanilla yogurt makes for a delectable dessert or snack.
- Yummy breakfast. Add frozen blueberries to whole grain muffins, oatmeal or pancakes for a burst of flavour.

Banana-Berry Wake-Up Shake

Makes 2 servings

This creamy shake, which can be made the night before, is a great way to use up ripe bananas that have been frozen. When bananas start to get brown, pop them in the freezer and take out as needed.

1	banana	1
1 cup	fresh or frozen berries (any combination)	250 mL
1 cup	milk or vanilla-flavored soy beverage	250 mL
3/4 cup	lower-fat yogurt (vanilla or other flavor that complements berries)	175 mL

In a blender, liquefy fruit with a small amount of the milk. Add remaining milk and yogurt; blend until smooth. If shake is too thick, add extra milk or soy beverage to achieve desired consistency.

Nutrients per serving: 231 calories, 4.6g fat, 104mg sodium, 9g protein, 41g carbohydrate, 4g fibre.

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