

WHY EAT



Frozen Vegetables?

Frozen vegetables are budget-friendly, packed with nutrients, and always ready for when you want to add a healthy boost to your meals!



Why eat Frozen Vegetables?

1 They are available year-round

Frozen vegetables do not go out of season. You can find them in the freezer aisle year-round.

2 They are nutritious

Frozen vegetables are just as nutritious as fresh produce. Vegetables are picked at peak freshness and frozen immediately, maintaining the nutrient value of the vegetables.

3 They can help you save money

Frozen vegetables are often cheaper than fresh vegetables from the store.

4 They are flavourful

Fresh vegetables are picked and frozen when their flavour is at its best.

5 They reduce food waste

You can freeze fresh vegetables instead of throwing them away. Frozen vegetables can be used when needed and the rest can be saved for a later date.

6 They last longer than fresh vegetables

Frozen vegetables do not go bad as fast as fresh vegetables. They can last up to a year in a freezer.





Preparing Frozen Vegetables

How to freeze fresh vegetables

1. Wash and cut fresh vegetables.
2. Place vegetables in boiling water for one to two minutes. This process is called blanching.
3. Immediately place vegetables in a bowl of ice water until chilled.
4. Drain water and dry vegetables.
5. Using a freezer-safe container or baking sheet, make a single layer of vegetables and freeze them until solid.
6. Once frozen, place them in a freezer bag and remove as much air from the bag as possible. Keep frozen until use.



Cooking Frozen Vegetables

How to cook frozen vegetables

Sautéing

- Heat pan to medium-high heat.
- Add cooking oil to the pan.
- Add frozen vegetables to the pan.
- Cook uncovered, stirring occasionally.





STEAMING

Steaming

- Fill the bottom of a large pot with water.
- Place the pot on the stove and bring to a boil.
- Once the water is boiling, place a steamer basket inside the pot (be sure that the steamer basket is not touching or submerged in the water).
- Slowly place frozen vegetables in the steamer basket.
- Turn the heat to low and cover the pot with a lid.



ROASTING

Roasting

- Preheat oven to 450 degrees.
- Place a baking sheet in the oven to preheat (this helps to make the frozen vegetables crispy).
- Toss frozen vegetables with cooking oil and seasoning.
- Place frozen vegetables on the preheated pan and spread them evenly. Roast until browned, flipping vegetables halfway through cooking.



GRILLING

Grilling

- Toss frozen vegetables with cooking oil and seasoning.
- Place vegetables in a grilling basket or on a pan wrapped in foil. Place on the BBQ grill and cook on medium to medium-high heat, flipping throughout cooking to avoid burning.



Crispy Frozen Vegetables

Total Time: 20 minutes

You'll need: roasting pan

Makes: 4 servings

Ingredients

4 cups mixed frozen vegetables
(broccoli, cauliflower, carrots)

2 teaspoon oil

1/2 teaspoon salt

1/2 teaspoon pepper

1/2 teaspoon garlic powder

1/2 teaspoon onion powder



Directions

- 1 Roast the frozen vegetables following the instructions on the previous page.
- 2 You can eat the roasted vegetables as a side dish or include them in other recipes such as:

Roasted veggie and hummus pitas:

- Spread pitas with hummus. Layer with roasted vegetables and crumbled feta.

Roasted vegetable pasta salad

- Toss cooked pasta with your favorite dressing and add in the roasted vegetables.



Broccoli Cheddar Soup

Total Time: 20 minutes

You'll need: small pot, measuring cups and spoons, large mixing spoon, whisk, grater.

Makes: 4 servings

Ingredients

1/4 cup chopped onion

1/4 cup butter

1/4 cup all-purpose flour

1/4 teaspoon salt

1/4 teaspoon pepper

1 1/2 cups milk

3/4 cup chicken broth

2 cups frozen broccoli

1/2 cup shredded cheddar cheese

Directions

- 1 In a small pot, sauté onion in butter.
- 2 Stir in the flour, salt, and pepper until blended; gradually add milk and broth.
- 3 Bring to a boil; cook and stir until thickened, about 2 minutes.
- 4 Add broccoli. Cook and stir until heated through.
- 5 Remove from the heat; stir in cheese until melted.



One Pot Chicken and Rice

Preparation Time: 15 minutes

Cooking Time: 35 minutes

You'll need: medium pot, measuring cups and spoons, large mixing spoon, cutting board, knives.

Makes: 4 servings

Ingredients

(1lb/500g) Cubed chicken breasts or thighs

1/2 teaspoon salt

1/2 teaspoon pepper

1 tablespoon vegetable oil

2 cloves minced garlic

2 cups uncooked rice

3 cups reduced sodium chicken broth

1 1/2 cups frozen mixed vegetables or peas

2 green onions, thinly sliced

2 teaspoons soya sauce

Directions

- ① Sprinkle salt and pepper evenly over the chicken.
- ② In a medium pot, heat vegetable oil over medium high heat.
- ③ Place chicken in the pot and brown evenly on all sides. Set chicken aside.
- ④ Reduce heat to medium-low. Cook garlic until softened. Stir in rice and sauté until fragrant.
- ⑤ Add chicken broth to the pot and stir to combine. Bring mixture to a boil.
- ⑥ Add browned chicken to the pot. Reduce heat, cover, and cook for 15 minutes.
- ⑦ Uncover and gently stir in frozen vegetables. Cover and cook for 15 minutes or until the chicken is fully cooked.
- ⑧ Uncover and stir the green onions and soya sauce into the rice before serving.