

# FROZEN VEGETABLES



## Did you know?

Picked when **perfectly ripe**, vegetables for freezing are prepared immediately and then bagged.



## 5 ways to use them

- Steam or stir-fry frozen vegetables to serve as a side dish.
- Give your tomato sauce a boost by adding a mix of frozen vegetables that includes bell peppers, carrots, celery and onions.
- Season frozen corn or peas by adding oil, garlic and a little pepper, thyme or lemon juice while cooking. This will make the vegetables even tastier.
- Make a delicious omelette by adding frozen spinach to the eggs, along with a bit of cheese.
- After cooking peas, bell peppers, broccoli or cauliflower, puree them to make dips or to replace sauces.



## Why we like them

Frozen vegetables need very little preparation. They are **already washed, cut and pre-cooked**.

## Tip to reduce waste

Using frozen vegetables lets you use **only the amount of vegetables you need**.

## Choosing them

Make sure the vegetables come apart, by applying light pressure on the outside of the bag with your fingers.

## Good to know!

Frozen vegetables can even help you **save money**. The price usually stays stable, while the price of fresh vegetables can vary a lot.

## Storing them

You can keep frozen vegetables up to **12 months** in a well-closed bag or container. Once cooked, they will keep about **3 days** in the refrigerator.