

What can you do with frozen vegetables?

1. Make an Olo recipe

With small peas:

- [Mexican Pie](#)
- [Salmon Casserole](#)
- [Curry Chicken Fried Rice](#)
- [Indian-Style Beef Stir-Fry](#)

With spinach:

- [Curried Salmon Balls](#)
- [Spinach and Squash Vegetarian Lasagna](#)
- [Garden Frittata](#)
- [Hearty Spinach and Lentil Soup](#)

With corn:

- [Mexican Casserole](#)
- [Chili Dog sin Carne](#)
- [Tex-Mex Macaroni](#)
- [Lentil Shepherd's Pie](#)



2. Adapt an existing Olo recipe

Replace the fresh vegetables in the recipe by frozen vegetables

- The **Vegetables for soup** mix is perfect for making [Vegetable Soup](#)
- **Mixed vegetables** are great in [Chicken in Toast Cups](#)

Add vegetables to a recipe that doesn't have any:

- Add **vegetables for spaghetti** to [Tomato Sauce](#)
- Add the **floret duo** (broccoli and cauliflower) to an [Omelette](#)



3. Serve them on the side

Frozen vegetables have to be cooked:

- Steamed on the stove
 - Styr-fried in a pan
- or
- Microwaved with a bit of water

Add cooked vegetables to your main dishes.

For example:



Serve small green peas with any meat or fish dish



Mixed stir-fried vegetables add colour next to ribs or chicken fingers!

Green beans are a great side for pasta



You'll find all the Olo recipes at:
fondationolo.ca/en/recipes

Use any vegetables you like!



Cook frozen vegetables before eating them.
Follow the instructions on the package!