YOUR FOREVER NUTRITION COUNSELING

Noreen Gallo MSRD, LD
(603) 553-1334

FROZEN to fabulous

Make delicious dinners in minutes with simple, frozen ingredients

Table of Contents

Brief History and Process of Frozen Foods

Fresh vs Frozen:
Is there a health difference?

Freezer Staples

Using and storing freezer staples

Recipes

YourForeverDiet.com
Noreen@yourforeverdiet.com
(603) 553-1334

history

The brand name associated with many frozen foods at the supermarket happens to be the same name of the person who refined the process of freezing foods: Birdseye. Clarence Birdseye is credited with creating a quick freezing method in 1924 which would preserve the color, nutrients, and integrity of food. He was inspired to develop this technique after learning how the Inuit indigenous peoples fished and quickly preserve daily catches in the extreme cold climates.This technique was unlike previously used slow-freeze methods, which would cause the formation of large ice crystals. Birdseye's quick-freezing process ended up leading to 168 patents, which cover not only the freezing technique but also the type of paper used and ink on packaging.

process of freezing fruits and vegetables

Frozen fruits and vegetables begin just the same as their fresh counterparts. However, fresh fruits and vegetables may be picked before peak ripeness so that they can ripen during transportation to stores. Fruits and vegetables that are going to be frozen are picked when they are at their most ripe; washed, possibly blanched (usually tougher vegetables like broccoli) and flash frozen to inactivate the enzymes that result in them going bad. While frozen fruits and vegetables may be slightly softer in texture when thawed, they have equivalent nutrient content to their fresh counterparts and allow people access to delicious produce all year round.

fresh vs. frozen

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benefits of freezing

- Long shelf life
- Less waste- thaw just what you need
- Access to produce outside of regular growing season
- Minimally processed
- Time saving
- Just as nutritious as fresh counterparts
- Can lead to quicker, healthier dinner
- Reduces your stress in the kitchen

Additional resources:

- Frozen Foods: Convenient and Nutritious
- Fresh vs Frozen Fruit and Vegetables — Which Are Healthier?

freezer staples

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starches/grains

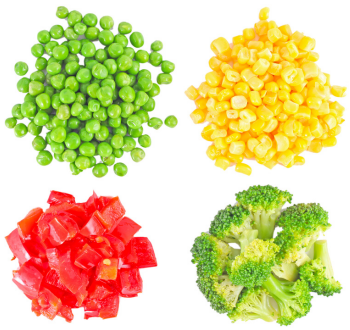
- Brown Rice
- Wild Rice
- Quinoa
- GF bread and whole-grain breads
- Corn tortillas

Did you know breads should not be refrigerated?

Breads go stale when refrigerated but maintain their integrity when frozen. In the refrigerator, the water evaporates from the bread making it dry and tough.

vegetables

- Peppers (chopped, sliced, etc.)
- Butternut squash
- Onions (chopped, sliced, etc.)
- Spinach/Kale
- Cauliflower (riced, florets, etc.)
- Broccoli (florets)
- Edamame (shelled)
- Green beans
- Peas
- Corn
- Mixed bags



herbs/flavorings

- Ginger
- Garlic
- Basil
- Parsley
- Cilantro

freezer staples

proteins

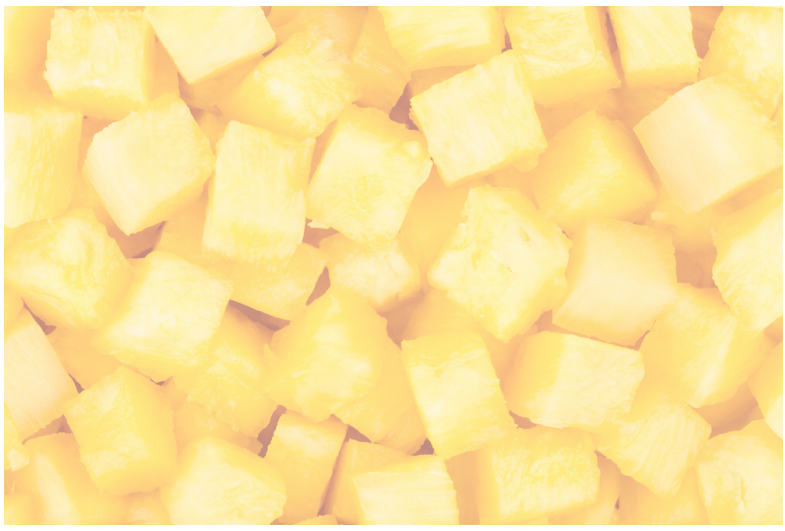
- Chicken (ground, whole pieces, etc.)
- Turkey (ground, breast whole)
- Shrimp
- Fish
- Beans

other

- Frozen and minimally processed prepared foods (meatballs, pastas, etc. to use as a base in a pinch)
- Sauces (watch the sodium content)
- Fruit pops
- chocolate-covered frozen bananas
- leftover whole-grain pancakes and waffles

fruits

- Bananas (peeled)
- Strawberries
- Blueberries
- Raspberries
- Pineapple
- Avocado
- Mixed bags



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best practices

be sure to...

- Season with your favorite herbs and spices
- Utilize a wide variety of frozen ingredients to create delicious stir fries, soups, smoothies, and more!
- Combine your frozen foods with pantry and refrigerator staples
- Keep extra bags of frozen products around for when you find yourself in a pinch with time
- Use multiple textures when creating recipes - consider an ingredient's post-frozen state [i.e broccoli will be soft, while rice will remain firm]

avoid...

- Steaming a bag of plain veggies and serving
- Putting frozen fruits and vegetables directly onto salads
- Ignoring proper time required to defrost frozen items, especially meats, fish, and seafood
- Purchasing pre-seasoned frozen items as they can be very high in sodium
- Using ingredients that all have a soft texture after cooking -i.e broccoli + cauliflower + squash. This works with puréed soups and mashes but not other recipes.

using and storing

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DIY | freeze your own foods

- Vacuum sealing is a fantastic way to lock in freshness
- Glass mason jars are terrific vessels for freezing liquids just be sure to leave 25% space at top to consider expansion when freezing
- You can freeze items you won't typically find in the grocery store

    - Scallions, good for 18 months
    - Fresh herbs, good for 12 months
    - Cooked grains and beans, good for 6 months
    - Homemade stock (water + veggie scraps + aromatics), good for 2-3 months
    - Homemade sauces (great way to utilize basil, parsley, or cilantro that is starting to turn), good for 2-3 months
    - Homemade soups (made from other freezer staples), good for 2-3 months
    - Bread (ends of loaves, stale pieces, etc.- great for breadcrumbs or bread pudding), 3 months
    - Roasted vegetables, good for 3 months
    - Raw vegetables, good for 6 months
    - Fruits (make sure to peel apples, bananas, etc. before freezing), good for 6 months

How to keep foods separated when freezing: For individual items and foods like cooked grains, spread on a parchment-lined baking sheet first and freeze for about 2 hours. Remove from pan and refreeze - this will prevent clumping.

using and storing

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Edamame Ginger Dip

recipes FROZEN

ingredients

- 12 oz Edamame, shelled, frozen
- 1 tsp Garlic, frozen, minced
- 2 tsp Ginger, frozen, minced
- 1 Tbs Olive Oil
- 1 Lemon, large, juiced and zested
- 2 tsp Cilantro, frozen (2 Cubes)
- 1/2 Avocado (or 1/4 Cup frozen avocado, defrosted)
- Salt and Pepper
- 2 Celery Stalks, sliced
- 2 Carrots, peeled and sliced

Prep Time: 5 mins
Total Time: 15 mins
Meal Type: Lunch,Dinner,Snack,Side
Servings: 4

directions

Prep

1. Wash and slice celery and carrots into pieces big enough for dipping
2. Let frozen garlic, ginger, and cilantro sit out to soften a bit.

Make

1. In the bowl of a food processor add the edamame, frozen garlic, frozen ginger, olive oil, lemon juice and zest, and frozen cilantro. Process until combined. Add the avocado and process again until smooth and creamy. Season to taste with salt and pepper to taste.
2. Serve with celery and carrots or other sliced vegetables.

Notes

Add other spices such as cumin or crushed red pepper flakes (1/4 tsp at a time) if you want to crank up the flavor!

Nutrition Facts

Calories 199 per serving

Amount/serving	% Daily Value*
Total Fat 12.2g	18%
Saturated Fat 1.5g	7%
Trans Fat 0.0g	
Cholesterol 0mg	0%
Sodium 45mg	1%

Amount/serving	% Daily Value*
Total Carbohydrates 15g	4%
Dietary Fiber 7g	29%
Total Sugars 4g	
Protein 11g	

Vitamin D 0mcg 0% · Calcium 77mg 7% · Iron 2mg 12% · Potassium 669mg 14%

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Honey Garlic Shrimp & Broccoli

recipes FROZEN

ingredients

- 1 Tbs Olive Oil
- 1 cup Onion, frozen, chopped
- 2 tsp Garlic, frozen, minced (2 Frozen Cubes)
- 1 tsp Ginger, frozen, grated (1 Frozen Cube)
- 1 1/4 cup Vegetable Broth, low sodium
- 2 cup Brown Rice, frozen
- 12 oz Broccoli, frozen, florets
- 1 lb. Shrimp, frozen, peeled and deveined
- 2 tsp Honey
- 1 1/3 Tbs Soy Sauce, low sodium (Tamari, low
- sodium)
- Salt and Pepper
- Red Pepper Flakes, Optional

Prep Time: 5 mins
Total Time: 20 mins
Meal Type: Lunch,Dinner,Snack
Servings: 4

directions

1. Heat the olive oil in a medium pot over medium heat. Add the frozen onion, cooking until slightly translucent, about 3 minutes. Add the garlic and ginger and cook until aromatic, about 1 minute.
2. Pour the vegetable broth into the pot and bring to a boil. Add the frozen rice and shrimp. Reduce heat to a simmer and cover for 10 minutes. The shrimp will be a bright pink color when it is done cooking.
3. Add broccoli and simmer until just cooked. remove the pot lid and stir in the honey and soy sauce. Season with salt and pepper and garnish with red pepper flakes [optional].

Nutrition Facts

4 servings

Calories per serving 292

Amount/serving	% Daily Value*
Total Fat 5.1g	7%
Saturated Fat 0.7g	3%
Trans Fat 0.0g	
Cholesterol 182mg	60%
Sodium 364mg	15%

Amount/serving	% Daily Value*
Total Carbohydrates 36g	11%
Dietary Fiber 5g	19%
Total Sugars 6g	
Protein 29g	

Vitamin D 0mcg 0% · Calcium 134mg 13% · Iron 2mg 10% · Potassium 708mg 15%

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Simple Chicken Gumbo

recipes

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ingredients

- 1 Tbs Olive Oil
- 2 cup Soup Mix Vegetables, frozen (Mixed frozen carrots, celery, onion, okra)
- 1/2 cup Bell Pepper, frozen, Chopped
- 2 tsp Garlic, frozen, minced
- 1/2 tsp Black Pepper, ground
- 1/4 tsp Cayenne Pepper, ground
- 1/4 tsp Thyme, dry
- 3 cups Vegetable Broth, low sodium
- 1 lb Chicken Breast Tenders, chopped
- 2 1/2 cup Brown Rice, frozen
- Salt and Pepper

Prep Time: 5 mins
Total Time: 50 mins
Meal Type: Lunch,Dinner
Servings: 4

directions

1. Heat the olive oil in a large pot over medium heat. Add the mixed soup vegetables and bell peppers, cooking until soft- about 5 minutes. Add the garlic and cook for an additional minute. Stir in the black pepper, cayenne pepper, and dry thyme.
2. Pour the vegetable broth into the pot and bring to a boil. Reduce to a simmer and cover, allowing the gumbo to cook for 20 minutes. Remove the lid and stir in the chopped chicken, cooking uncovered for another 5 to 10 minutes, or until the chicken is cooked all the way through.
3. While the gumbo is cooking, prepare the frozen brown rice according to package directions. Divide the cooked rice evenly into bowls.
4. When the gumbo is finished cooking, season to taste with salt and pepper. Ladle it over the cooked brown rice and serve immediately.

Nutrition Facts

4 servings

Calories per serving 292

Amount/serving	% Daily Value*
Total Fat 5.1g	7%
Saturated Fat 0.7g	3%
Trans Fat 0.0g	
Cholesterol 182mg	60%
Sodium 364mg	15%

Amount/serving	% Daily Value*
Total Carbohydrates 36g	11%
Dietary Fiber 5g	19%
Total Sugars 6g	
Protein 29g	

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Vitamin D 0mcg 0% · Calcium 134mg 13% · Iron 2mg 10% · Potassium 708mg 15%

Turkey Cauliflower Street Taco Bowl

recipes

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ingredients

- 1 Tbs Olive Oil
- 1 lb Turkey, 93% lean, ground
- 1 tsp Garlic powder
- 1 tsp Cumin, ground
- 1 tsp Chili powder
- 1 tsp Paprika
- 1/2 tsp Oregano, dry
- 1 cup Onion, frozen, chopped
- 1/2 cup Bell Pepper, frozen, chopped
- 3/4 cup Vegetable Stock, low sodium
- 4 oz Tomato Sauce, low sodium
- 3 cup Cauliflower, frozen, riced
- Salt and Pepper
- 2 cup Coleslaw Blend, unseasoned
- 1 Avocado, sliced, optional
- 1 Lime, sliced into wedges

Prep Time: 5 mins
Total Time: 30 mins
Meal Type: Lunch,Dinner, Snack
Servings: 4

directions

1. Heat the olive oil in a large skillet over medium heat. Add the frozen onion and frozen pepper and sauté for 5 minutes.
2. Add the ground turkey and cook until almost completely cooked. Add the garlic powder, cumin, chili powder, paprika, and oregano to the meat and continue to cook until completely cooked.
3. Add the vegetable broth and tomato sauce to the pan. Cover and simmer on low heat for 15 minutes.
4. Uncover the pan and stir in the frozen cauliflower rice. Cook for 5 minutes or until rice is warmed through. Season with salt and pepper to taste.
5. Prepare bowls with coleslaw blend. Spoon taco rice mixture over the slaw. Garnish with optional sliced avocado and fresh lime juice.

Nutrition Facts

4 servings

Calories per serving 347

Amount/serving	% Daily Value*
Total Fat 20.7g	31%
Saturated Fat 4.1g	20%
Trans Fat 0.1g	
Cholesterol 84mg	27%
Sodium 155mg	6%

Amount/serving	% Daily Value*
Total Carbohydrates 19g	6%
Dietary Fiber 8g	33%
Total Sugars 7g	
Protein 26g	

Vitamin D 0mcg 4% · Calcium 86mg 8% · Iron 3mg 18% · Potassium 793mg 16%

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Unstuffed Bell Peppers

recipes FROZEN

ingredients

- 1 Tbs Olive Oil
- 1 cup Onion, frozen, chopped
- 2 cup Bell Pepper, frozen, chopped
- 1 lb Turkey, 93% lean, ground
- 2 tsp Garlic, frozen, minced (2 Cubes)
- 1 tsp Chili Powder
- 1 1/2 tsp Cumin, ground
- 1/4 tsp Cayenne Pepper, ground
- 3 cup Cauliflower, frozen, riced
- 1, 14 oz Can Tomatoes, diced, low sodium, drained
- Salt and Pepper
- 1/4 cup Cilantro, fresh, chopped

Prep Time: 5 mins
Total Time: 25 mins
Meal Type: Lunch,Dinner
Servings: 4

directions

1. Heat the olive oil in a large skillet over medium heat. Add the frozen onion and bell peppers and cook until translucent, about 3 minutes. Add the ground turkey to the pan, using a spoon to break up any large pieces.
2. When the turkey begins to brown, add the frozen garlic, chili powder, cumin, and cayenne pepper. Continue to cook until the turkey is completely browned the garlic is fragrant.
3. Add the frozen cauliflower rice to the skillet and stir to incorporate. Cook for 2 minutes. Add the diced tomatoes and cook for an additional 4 minutes. Season with salt and pepper to taste.
4. Garnish with chopped cilantro and serve.

Nutrition Facts

4 servings

Calories per serving 279

Amount/serving	% Daily Value*
Total Fat 13.3g	20%
Saturated Fat 3.0g	14%
Trans Fat 0.1g	
Cholesterol 84mg	27%
Sodium 131mg	5%

Amount/serving	% Daily Value*
Total Carbohydrates 16g	5%
Dietary Fiber 6g	22%
Total Sugars 8g	
Protein 25g	

Vitamin D 0mcg 4% · Calcium 61mg 6% · Iron 3mg 14% · Potassium 661mg 14%

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Vegetable Bolognese with Whole-Wheat Pasta

recipes

ingredients

- 1 Tbs Olive Oil
- 1 cup Onion, frozen, chopped
- 13 oz Mushroom pieces and stems, canned, no salt added, Drained and Rinsed
- 2 tsp Garlic, minced (2 Frozen Cubes)
- 1 tsp Rosemary, dry
- 1 tsp Thyme, dry
- 1/2 tsp Paprika, smoked
- 1/4 tsp Nutmeg, ground
- 1 lb. Tomatoes, canned crushed, no added salt
- 1 cup Vegetable Broth, low sodium
- 1, 15.5 oz can lentils, drained and rinsed
- 8 oz Pasta, whole wheat, pre-cooked
- Salt and Pepper

Prep Time: 5 mins
Total Time: 30 mins
Meal Type: Lunch,Dinner, Side
Servings: 4

directions

Prep

1. Drain and rinse the canned mushrooms and lentils.

Make

1. Heat the olive oil in a large pot over medium heat. Add the onion and cook for 2 minutes. Add the canned mushrooms and continue to cook until they have leeched the rest of their liquid and start to stick to the pan. Stir in the garlic, rosemary, thyme, paprika, and nutmeg.
2. Pour the crushed tomatoes and vegetable broth into the pot and bring to a gentle simmer. Cook uncovered for 10 minutes. Stir in the canned lentils and cook uncovered for another 10 minutes.
3. While the sauce is simmering, prepare the whole wheat pasta according to the package directions. Divide evenly among bowls.
4. When the sauce is finished cooking, season to taste with salt and pepper. Serve immediately over the cooked pasta

Nutrition Facts

4 servings

Calories per serving 386

Amount/serving	% Daily Value*
Total Fat 5.5g	8%
Saturated Fat 0.8g	4%
Trans Fat 0.0g	
Cholesterol 0mg	0%
Sodium 61mg	2%

Amount/serving	% Daily Value*
Total Carbohydrates 69g	22%
Dietary Fiber 15g	59%
Total Sugars 9g	
Protein 18g	

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Vitamin D 0mcg 0% · Calcium 59mg 5% · Iron 6mg 32% · Potassium 1009mg 21%

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Vegetable Bolognese with Zucchini Noodles

recipes

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ingredients

- 2 Tbs Olive Oil [1 reserved]
- 1 cup Onion, frozen, Chopped
- 13 oz Mushroom pieces and stems, canned, no salt added, Drained and Rinsed
- 2 tsp Garlic, minced (2 Frozen Cubes)
- 1 tsp Rosemary, dry
- 1 tsp Thyme, dry
- 1/2 tsp Paprika, smoked
- 1/4 tsp Nutmeg, ground
- 1 lb Tomatoes, crushed, no added salt
- 1 cup Vegetable Broth, low sodium
- Lentils, Drained and Rinsed
- 12 oz Zucchini Noodles, prepped from store
- Salt and Pepper

Prep Time: 5 mins
Total Time: 30 mins
Meal Type: Lunch,Dinner, Side
Servings: 4

directions

Prep

1. Drain and rinse the canned mushrooms and lentils.

Make

1. Heat 1 Tbsp olive oil in a large pot over medium heat. Add the onion and cook for 2 minutes. Add the canned mushrooms and continue to cook until they have leeched the rest of their liquid and begin to stick to pan. Stir in the garlic, rosemary, thyme, paprika, and nutmeg.
2. Pour the crushed tomatoes and vegetable broth into the pot and bring to a gentle simmer. Cook uncovered for 10 minutes. Stir in the canned lentils and cook uncovered for another 10 minutes.
3. While the sauce is simmering, sauté zucchini noodles in 1 Tbsp olive oil until just soft. Season with salt and pepper. Divide evenly among bowls.
4. When the sauce is finished cooking, season to taste with salt and pepper. Serve immediately over the cooked zucchini noodles.

Nutrition Facts

4 servings

Calories per serving 231

Amount/serving	% Daily Value*
Total Fat 7.2g	11%
Saturated Fat 1.1g	5%
Trans Fat 0.0g	
Cholesterol 0mg	0%
Sodium 58mg	2%

Amount/serving	% Daily Value*
Total Carbohydrates 29g	9%
Dietary Fiber 11g	42%
Total Sugars 8g	
Protein 11g	

Vitamin D 0mcg 0% · Calcium 57mg 5% · Iron 4mg 20% · Potassium 987mg 21%

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www.YourForeverDiet.com

Noreen@yourforeverdiet.com