Frozen Fruits and Veggies

Great buys all year long!

A healthy shortcut

Frozen broccoli, carrots, peppers, green beans, peas and corn don't need to be washed, peeled or chopped. They are easy and ready to use in your favorite dishes. Frozen fruits and vegetables will save you a lot of time in the kitchen!

They add variety

Frozen fruits can be made into smoothies, warmed and added to breakfast cereal, or stirred into pancake batter. You can prepare a soup, stew or stir fry with frozen veggies. There are many vegetable combinations available in the grocery store.

They're just as nutritious as fresh fruits and vegetables

You and your family can enjoy the flavor and nutrition of fruits and vegetables that are not in season, but have been frozen for you.

Got extra bananas?

- Freeze the bananas in their peels.
- They will turn dark brown while in the freezer. When you are making a smoothie, remove the peel from the frozen banana and add to a smoothie. Smoothies will be thick and delicious!

### SHEPHERD’S PIE

| ½ pound lean ground beef or turkey | ½ cup water |
| ½ cup chopped onion | 1 cup frozen carrots, peas or green beans |
| 1 can (10 ½ ounces) fat free beef gravy | 2 cups mashed white or sweet potatoes |

Cook ground beef or turkey in skillet for 5 to 7 minutes or until meat is no longer pink. Drain off any excess fat. Add chopped onion to meat. Cook for 2 more minutes. Stir in gravy, water and vegetables. Bring to a boil. Pour the meat and vegetable mixture into a casserole dish. Top with mashed potatoes, spreading evenly over meat mixture. Bake in a 375° oven for 20 to 30 minutes.

### BANANA BERRY SMOOTHIE

| 1 large ripe banana | 1 cup skim milk |
| 1 cup frozen berries | |

Place the banana, berries and milk in a blender. Blend until smooth.

### LOADED BAKED POTATOES

Baked sweet or white potato

Frozen broccoli, carrots and cauliflower

Shredded cheddar cheese

Cook broccoli, carrots and cauliflower until hot. Top a baked sweet potato or white potato with cooked vegetables. Lightly sprinkle with cheddar cheese.
Wraps

Make it quick, Make it easy!
Use whole wheat tortillas to make wraps for lunch.

Steak Sandwich Wrap
Spread low fat Ranch dressing on a tortilla. Layer thinly sliced cooked steak, cooked mushrooms and/or cooked pepper and onion strips on tortillas. Roll up and eat.

Mexican Chicken Wrap
Layer cooked chicken strips, chopped lettuce, chopped tomatoes and shredded cheddar cheese on tortillas. Roll up and dip in a Mexican Dip. (Mix 1/2 cup salsa and 1/2 cup low fat Ranch salad dressing together.)

Ham & Cheese Wrap
Spread mustard on a tortilla. Top with deli ham slices, thin cheese slice and shredded lettuce. Roll up and eat.

Tuna Salad Wrap
Drain water off canned tuna. Mix tuna with low fat mayonnaise. Layer tuna salad, chopped lettuce and onions on tortillas. Roll up and eat.

Buffalo Chicken Wrap
Layer cooked chicken strips, chopped lettuce, and chopped tomatoes on tortillas. Sprinkle with buffalo sauce. Roll up and eat.

Super Easy Side Dishes
Serve a fruit or veggie with your wrap.

- Baby Carrots or Carrot sticks
  Serve with hummus or low fat dill dip.
- Dish of Pineapple Chunks
  Open a can of pineapple or cut up a fresh pineapple.
- Cooked Corn
  Serve with the Mexican Chicken Wrap, or add corn into the wrap.
- Steamed Broccoli
  Sprinkle with lemon juice.
- Banana or Apple Slices
  Slice fruit and add to your lunch plate. Serve with a little peanut butter for dipping.
- Strawberries or Blueberries
  Simply rinse and serve along with a wrap.
- Mandarin Oranges
  Open a can and serve a dish of oranges for lunch.
- Grapes
  Serve green, purple or red grapes along with a wrap.

For more health and nutrition information visit our website: http://www.extension.umn.edu/family/health-and-nutrition/