

STOCK YOUR FREEZER

LOOK TO YOUR FREEZER FOR HELP INSTEAD OF CALLING FOR TAKEOUT!

In a rush to get dinner on the table? Turn to your freezer for help. Keeping it stocked with nutritious frozen foods and other essential ingredients that store well in the freezer will make it easy to whip together meals that are packed with whole grains, lean proteins and lots of veggies. Plus, filling your freezer with wholesome options makes it less enticing to run and get takeout. Here are some great ingredients to keep in your freezer.



1 Whole-Wheat Pizza Dough:

With as many toppings as your imagination can dream up, it's impossible to tire of pizza—and with whole-wheat dough at the ready, it's a quick, nutritious meal to pull together. Just transfer the dough to the fridge 24 hours before you want to use it. Top with lots of your favorite veggies, some lean protein (chicken sausage, anyone?) and a sprinkling of mozzarella or other cheese.



2 Fish Fillets:

Keeping frozen fish on hand is a great way to help boost your seafood intake, as recommended by the Dietary Guidelines for Americans. Versatile, easy-to-find picks include wild salmon and farmed tilapia, and fillets in individually vacuum-sealed packages are less likely to get freezer burn. Pull out what you need the night before you're going to cook it and put it in the refrigerator. A 5-ounce fillet takes 8 to 10 hours to thaw in the fridge.



3 Whole-Grain Bread:

Bread spoils easily, especially if it's kept on the counter in plastic. Fortunately, breads (and bread products like wraps and hamburger buns) freeze beautifully and don't take much time at all to thaw. In fact, slices of bread go from freezer to toaster without a problem. Or just pull out what you need and let it thaw in your fridge for an hour or two.



4 Chicken Tenders:

Why chicken tenders? Like conventional chicken breasts, they're a great source of lean protein but they're much smaller so they thaw quickly. Their smaller size also makes them easy to add to a soup or stir-fry without having to commit to thawing and cooking a whole breast. Just transfer them to your fridge to defrost the night before you're ready to use them.



5 Fruits and Vegetables:

Frozen fruits and vegetables are just as good for you as fresh, as they're picked and frozen at the peak of ripeness. Many also come chopped, which cuts prep time. If you thaw frozen fruits and vegetables, drain off any water that has collected in the bag or thaw in a fine-mesh strainer over a bowl. Depending on your recipes, you may not have to thaw them at all.



6 Nuts:

Nuts are full of good fats. They are also great for baking, topping a salad or just plain snacking. And, as it turns out, storing nuts in the freezer is actually *better* than storing them in your pantry: it prevents the oils from going rancid. They don't take long to thaw—10 minutes or so on the counter and you're ready to go.



BONUS: Shredded Cheese

Don't let loose-end blocks of cheese get moldy in the fridge. Shred what you don't use and freeze it. *This works best with solid cheeses like Cheddar or Monterey Jack.* It thaws almost instantly and the texture and flavor remain unchanged.

Facts Up Front
helps busy shoppers by summarizing important nutrition information in a clear, simple and easy-to-use format on the front of food and beverage packages. In this voluntary labeling program, the facts are straight from the FDA-regulated Nutrition Facts panel on the side or back of food packages.