

Food Connection

February 8, 2021

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Freezing Fruits & Vegetables

To save your produce to use later in soups, smoothies, stews, or casseroles – freezing them is a great option! Good containers to store frozen fruits and vegetables in include plastic freezer containers, Ziploc freezer bags, or wide-mouth glass canning jars.

1. **Wash** produce first in cold water.
2. **Blanch** (boil or steam for 3-4 minutes) vegetables first – this helps keep the flavor, color, nutrition, and texture of vegetables. Fruits do not need to be blanched.
3. **Cool** vegetables quickly by plunging into cold water for a few minutes.
4. **Drain** vegetables well, and spread onto a cookie sheet to place in the freezer until firm.
5. **Fill** freezer bags or plastic containers with vegetables and store for 8-12 months.

Happy Valentine's Day!

C U J B F R I E N D
A C R E G N T D C U
N A Q S F V O E X H
D R F T V C T D S I
Y D R F H E A R T H
Z S A A Y P B M P P
X H G I F T S J E O
F L L A V O L O V E
J B S N G B D Y Z M
F J K M M D P D V S

BEST
FRIEND
JOY

CANDY
GIFTS
LOVE

CARDS
HEART
POEM

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Recipe of the Week:

Sugar Snap Pea, Carrot & Pepper Stir-Fry

Ingredients:

- 1 tablespoon oil
- 1 red bell pepper, sliced
- 2 cups sugar snap peas
- 1 cup carrots, sliced
- 1 onion, sliced
- 2 cups cabbage, shredded
- ¼ cup soy sauce
- 3 garlic cloves, minced (or 1 ½ teaspoons garlic powder)
- 2 tablespoons brown sugar
- 1/3 cup chicken broth, or water
- 1 tablespoon cornstarch



Instructions:

1. In a large skillet, add 1 tablespoon oil over medium high heat. Once hot, add pepper, peas, carrots, onion, and cabbage. Stir and cook until vegetables are almost tender (3-4 minutes).
2. In a small bowl, whisk together the soy sauce, garlic, brown sugar, broth or water, and cornstarch.
3. Pour the sauce mixture over the vegetables and cook until the sauce has thickened.
4. Serve over rice or noodles. Enjoy!

Recipe adapted from therecipecritic.com

Stir-Fry Tips

- Stir-frying is a traditional Asian method of cooking. It is a fast way to cook small pieces of food in a hot skillet or wok.
- Chop food in small pieces so they cook evenly.
- You can make a stir-fry from what you have on hand – use any combination of vegetables, and you can also add meat like chicken, pork, shrimp or beef.
- Make it spicy by adding crushed red pepper flakes.

