

Feel Good About Frozen Foods

Choose frozen foods for the convenience **and** the nutrition. Did you know, fruits and vegetables are picked at peak ripeness and often frozen within hours, locking in nutrients and flavor?

Frozen foods can be an easy and budget-friendly way to incorporate healthful foods from food groups, such as whole grains, fruits, vegetables and proteins. In addition to a time-saving convenience, frozen foods can be a benefit for individuals with limited kitchen space or utensils. Not only can frozen foods be more affordable in price, but they also can aid in reducing food waste because you can just use what you need. Frozen is a great choice when your favorite produce is not in season.

Try out these frozen conveniences that may or may not be new to you: chopped onions, chopped green peppers, sliced peppers and onion mix, brown rice, riced cauliflower, wild blueberries, cubed butternut squash, whole grain rolls, shrimp and salmon are a few to try out. Meat and seafood – not breaded or fried – are the best options. The frozen section is also a terrific place to find meat alternatives, such as plant-based burgers.

Easy Baked Salmon with Creamy Lemon-Dill Sauce

Cooking salmon when frozen increases cooking time by about 50%. This recipe shows you how to turn frozen salmon fillets into a simple and delicious weeknight meal.

Olive oil, for brushing on salmon fillets

Four 4- to 5-ounce skin-on frozen salmon fillets

Salt, optional

Freshly ground pepper, optional

2 teaspoons lemon juice

6 ounces plain yogurt (Greek-style yogurt works well)

2 Tablespoons fresh dill, chopped (or 2 teaspoons dried dill)

1 large garlic clove, finely chopped (or 1/8 teaspoon garlic powder)

1. Position an oven rack in center of the oven and preheat to 450 degrees F. Line a rimmed baking sheet with aluminum foil.
2. Rinse the salmon fillets with cold water, removing any ice glaze or ice crystals. Pat them well with paper towels.
3. Brush the fillets on both sides with olive oil. Place the fillets, evenly spaced, in the middle of the prepared baking sheet.

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4. Bake for 8 minutes; remove baking sheet from the oven and season the tops of the fillets with salt and freshly ground pepper, if using. Continue to bake another 8 to 16 minutes until the salmon is opaque throughout and the insides flake easily when you insert a fork between the layers. You also know it is done when an instant-read thermometer reads 145 degrees F.
5. While the salmon is baking, whisk together the lemon juice, yogurt, dill and garlic in a bowl. Whisk until the sauce is smooth. Top each salmon fillet with sauce.

Nutrition Facts per serving: 209 calories, 6.6 gm total fat, 1.2 gm saturated fat, 122 mg sodium, 2 gm carbohydrate and 34 gm protein.

Nutrition Facts		Amount	% Daily Value*	Amount	% Daily Value*			
Amount per	188 g	Total Fat	6.6g	10%	Total Carbohydrates	2g	1%	
1 serving (6.6 oz)		Saturated	1.2g	6%	Dietary Fiber	0g	1%	
Calories	209	Trans Fat	0.1g		Sugars	1g		
From fat	59	Cholesterol	67mg	22%	Protein	34g	67%	
<i>HappyForks.com</i>		Sodium	122mg	5%	Calcium	7%	Iron	4%
		Vitamin A	3%	Vitamin C	2%	* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.		

Source: Hall-Perrine Cancer Center