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**Prevent and Protect**  
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## KNOWING YOUR FREEZER –FRIENDLY FOODS

Yes, you can freeze cheese. And peanut butter sandwiches. Anything with little or no water will emerge from icy isolation beautifully. Proteins, carbohydrates, and fats, for example, withstand low temperatures with very little change. Check out some of our other freezing favorites.

TYPE OF FOOD	HOW TO FREEZE IT	HOW TO THAW IT	GOOD TO KNOW
<b>Berries</b>	Wash and thoroughly dry. Spread the berries in one layer on a cookie sheet, leaving space between them. When frozen, transfer to a container or bag.	Place the frozen treats right in the blender for smoothies, or let them thaw at room temperature and use to top off oatmeal or granola.	When thawed, berries taste great, but they won't look as plump and pretty as they did fresh.
<b>Raw Vegetables</b>	Sauté or blanch veggies before freezing to lock in nutrients. To freeze, spread on a cookie sheet in a single layer. Once frozen, transfer to a container or bag.	Drop frozen greens and cooked vegetables right into soups and stews, or let defrost slightly and sauté with olive oil.	If you don't cook your veggies before freezing them, their cellular structure breaks down during thawing, making them mushy.
<b>Hard Cheeses</b>	Wrap chunks tightly in freezer paper and seal the package with aluminum foil or plastic wrap.	You can grate dry, crumbly cheeses like Parmesan straight from the freezer, or thaw them all the way in the refrigerator.	If you buy big wheels of cheese, cut them into smaller sections and freeze separately.
<b>Cooked Grains and Legumes</b>	Place cooked grains in zip-top bags or portion – appropriate containers filled to the brim.	Microwave until hot in a glass bowl, or warm in a pot with a tablespoon of water. Add to stir-fries or use as an aide to protein.	Long-cooking whole grains like brown rice will defrost in just minutes, turning them into a quick and easy staple.
<b>Lean Proteins</b>	Freeze raw meats, roasted or grilled chicken, or cooked meatballs in freezer paper with foil or plastic wrap around them, or in a zip-top bag with all the air removed.	Thaw cooked meats in the refrigerator or microwave. For uncooked meats, thaw in the refrigerator. They're perfect for stir-fries.	Cut protein into smaller pieces before freezing to make defrosting fast.
<b>Breads</b>	Wrap in a double layer of freezer paper and plastic or place in a zip-top bag with the air removed.	Breads can sit out to thaw over night or go right into the toaster oven to defrost as they toast.	Pre-slice breads before freezing so that you can pull out just the amount you need.
<b>Tomato and other sauces</b>	Pour sauce into zip-top bag and let it cool in the fridge. Place bags flat in the freezer.	Place bag in cold water. Use sauce on pasta or in casseroles and lasagnas.	Once the sauce is frozen, turn bag vertically (like a book standing on a shelf) for easy storage.
<b>Casseroles and Lasagnas</b>	Prepare the recipe up to the point that it should go into the oven, and then freeze	Allow it to thaw at least overnight in the refrigerator, and then follow the cooking instructions for the recipes.	If you don't have time to thaw a casserole first, add 10-15 minutes to the cooking time called for in the recipe.
<b>Soups, Stews, and Stocks</b>	Pour into proportioned containers (a one-pint bin for a single serving lunch to go, say, or a four-cup bin for a family dinner)	Run under warm water until the soup loosens, then heat on the stovetop.	Freeze stock in a pint (two-cup) container, so that you know exactly how much you have when using in recipes.