

Nutritious Nibbler #2: You CAN find vegetables abundant in nutrients in the winter months!

*Frozen vegetables can actually be more nutritious than fresh, since they're packaged immediately after harvesting and the nutrients stay at their peak.

*Look for frozen vegetables where the vegetable is the only thing on the ingredient list.

*Make sure the vegetables haven't frozen into a lump—a sign that they have been thawed and refrozen and therefore retain fewer vitamins.

*"Avoid anything mixed with cheese, topped with sauce (such as garlic), or accompanied by pasta or rice" (Somer). Vegetables packaged this way usually have twice the amount of calories and 30x the sodium.

*Tip: "Speed up meal prep during the week and amp up nutritional content by adding frozen vegetables (thawed in the microwave or a bowl of cool water) to casseroles, stews, and soups" (Somer). You can also blend them into a yummy dip your child likes or use them to top fresh salads.

Source: *Real Simple* magazine, "Guide to Buying Frozen Food," by Elizabeth Somer, R.D.

