



How to Freeze Vegetables: Step 1

Prepare vegetables:

Kale Beet Greens Spinach Chard

Wash. Remove leafy part from stalks. Cut into bite sized pieces.

Blanching Time:
2 minutes.

Beans Broccoli Carrots Cauliflower

Wash and trim ends or stalks. Cut into small pieces.

Blanching Time:
3 minutes.

Asparagus

Wash and snap off ends where they naturally break. Leave whole or cut into smaller pieces.

Blanching Time:
4 minutes.

Corn

Remove husks and silk. Blanch whole cobs. Cool. Cut niblet from cob.

Blanching Time:
4 minutes.

Peas

Remove from pods. Wash. If using peas with edible pods, leave pods intact.

Blanching Time:
2 minutes.

Vegetables should be blanched before freezing (see other side).

How to Freeze Vegetables: Step 2

Blanch vegetables:

1. Fill a large pot halfway with water. Cover and bring to a boil.
2. Plunge vegetables into boiling water. Start timing according to the blanching time (see other side).
3. When the time is up, pour vegetables into a strainer over a sink. Cool vegetables with cold water. Shake slightly to remove water.
4. Place vegetables in freezer bags or containers. Label and date. Use within six months for best flavour.

Frozen vegetables can be used in many ways. Use them as a side dish, or try adding them to soups, stews, frittatas, or stir fries. Be creative!

For more information on healthy eating, visit unlockfood.ca or speak to a Registered Dietitian at Telehealth Ontario at 1-877-797-0000.

