

Top a baked potato with cooked veggies and shredded cheese.

4 ways to eat frozen vegetables:

Veggies on the side. Just heat and serve!



nutrition

Mix thawed broccoli, carrots or cauliflower with cooked pasta. Heat through.

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## 4 ways to eat frozen vegetables:

Veggies on the side. Just heat and serve!



Add frozen carrots, peas or corn to your soup. Heat and serve.

Mix thawed broccoli, carrots or cauliflower with cooked pasta. Heat through.



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