

Microwave Days

Before jumping to prepackaged frozen entrées remember other home cooked fast meals from the freezer and pantry:

- Frozen steaks, chicken, & seafood (fish & shrimp) can be quickly grilled or cooked in the oven. (Note: Indoor grills do better with thinner cuts of frozen meat). To store fresh meat in the freezer, line individual cuts with parchment paper before placing into a single freezer bag (recommend double bagging). To avoid freezer burn use within 2-3 months.
- Homemade pasta sauce freezes well in Ball canning jars (remove the metal lid, microwave for 1 minute, and finishing heating on the stove in a sauce pan while water is boiling & pasta is cooking).
- Frozen green beans, peas, and corn can be quickly steamed in the microwave (place in a glass or ceramic bowl, cover with a damp paper towel, microwave for 1 1/2 minutes at a time, stirring in between, until vegetables are hot but not overcooked).

Recommended Frozen Entrée Brands & Items

- **Trader Joe's:** Not all items are particularly healthy, but in general Trader Joe's does frozen and pre-prepared food extremely well across the board. Items to try: "Spicy Black Bean Enchiladas," "Greens, Beans, and Grains," Burritos, Indian food entrées, and fresh handmade tamales. (Refrigerated tamales are better than the frozen ones, and the chicken tamales are the healthiest. All the fresh tamales freeze well).
- **Costco:** Wild caught Alaskan Salmon (This is frozen in individual pouches and cooks quickly in the oven).
- **Kashi:** All entrées are pretty good. Recommend supplementing their vegetarian dishes with grilled chicken or some other protein to make a more filling & complete meal.
- **Stouffer's:** Meat Lasagna, Vegetarian Lasagna, Mac&Cheese, Spinach Soufflé.
- **Halo Top:** Delicious low calorie ice cream that tastes like ice cream.

Adequate Brands to Consider Exploring

- Saffron Road, Evol, Luvo, Artisan Bistro

Microwave Tips

- **NEVER** put metal (including aluminum foil) in the microwave. It will catch on fire.
- Avoid cooking food in plastic. Transfer food to glass or ceramic dish before microwaving.
- Eat cooked entrées on a plate with regular utensils, rather than from the container.