

FREEZER PLEASER MEALS

United Healthcare RENEW Magazine

1. **STUFFED PASTA:** Manicotti or jumbo shells make fabulous freezer fare. To boost your produce intake, use two fillings that include veggies and freeze them in pairs.
2. **SHEPHERD'S PIE:** Craft "personal" shepherd's pies. Simply divide your favorite meat and veggie mixture among six to eight ramekins or custard cups, top with mashed potatoes, wrap tightly and freeze.
3. **MEAT LOAF:** Craft this stick-to-the-ribs staple into petite portions by pressing the ground meat mixture into muffin cups. Most standard meat loaf recipes make enough mixture for six to eight muffin cups.
4. **CHILI:** Freeze cup-size portions for ladling over corn bread, folding into an omelet, rolling into a burrito or dressing a baked potato.
5. **PULLED PORK:** Simmer inexpensive pork roast to fall-apart tenderness. Shred, package in meal-size portions and freeze. Use in sandwiches, as taco filling or in soups.
6. **VEGGIE CASSEROLES:** When your appetite is light, a meat-free hot dish is just right. Divide a casserole into desired servings and freeze. For best quality, avoid freezing casseroles containing mayonnaise, sour cream or egg whites.
7. **PANCAKES:** Mix up your best whole-grain batter. Heat up the griddle and make a batch of silver-dollar pancakes for the freezer. Vary flavors by adding berries or nuts.
8. **BROWN RICE:** As delicious as this nutritious, nutty-tasting rice is, it seldom reaches our tables. Why? Because it takes 45 minutes to cook. But it freezes beautifully. Make a big batch, divide into meal-size portions and freeze. You'll love having it handy for stir-fries, soups and sides.
9. **QUICHE:** Make it easy by starting with frozen piecrust. Jazz it up with reduced-fat cheese, chopped vegetables and egg custard made with milk. Bake. Once cooled, cut the quiche into wedges. Wrap and freeze.
10. **PIZZA:** Make good-for-you frozen pies. Using homemade or purchased dough, pat the pies into 4- to 6-inch rounds. Bake the crusts for about 5 minutes, smear with a little sauce, add a bunch of veggies and sprinkle on some low-fat cheese. Wrap (first in waxed paper or plastic wrap, then in foil) and freeze. Unwrap the frozen pies and bake until they are hot and bubbly.