



# Local frozen vegetables

Availability:  
year-round

## Benefits

→ Because they're a logical choice!

Frozen vegetables ensure a local supply of produce all year. They're an excellent choice in winter and they add variety to your menu.

→ Because they don't come from the other side of the world!

Often frozen immediately after harvesting, frozen vegetables retain nearly all their nutrients. The same cannot be said of imported fresh fruits and vegetables, which lose a lot of their nutritional value during transport and handling.



## WHY EAT LOCAL ?

- To gain an awareness and appreciation of the different foods growing around us.
- To purchase produce that's picked when ripe, guaranteeing exceptional freshness.
- To encourage Quebec farmers and support our local economy.
- To preserve our territory and agricultural expertise.
- To minimize the distances travelled by our food, thereby reducing the harmful environmental impacts.
- To reduce purchases of packaged and over-packaged food.

## Summer salad



PORTIONS: 4 TO 6

15 MIN

### Ingredients

- 500 ml (2 cups) frozen corn kernels
- 20 cherry tomatoes, quartered
- 1 green pepper, finely diced
- ½ English cucumber, finely diced
- 15 ml (1 tbsp) lime juice
- 7,5 ml (½ tbsp) olive oil
- 1 clove garlic, chopped
- 15 ml (1 tbsp) fresh coriander, chopped
- Salt and pepper to taste

### Directions

- 1 Mix together all the ingredients in a salad bowl.
- 2 Adjust the seasoning.

Source : Julie Strecko, RD

### Tip!

- If you want to thaw your vegetables, move them to the fridge for a few hours or use the defrost feature the microwave. But you can also cook them right out of the freezer!



## Veggie burgers



PORTIONS: 6 TO 8

20 MIN 40 MIN

### Ingredients

- 750 ml (3 cups) California-style frozen vegetables
- 2 green onions, finely chopped
- 1 clove garlic, chopped
- 1 540 ml (19 oz) can of white beans, rinsed and drained
- 125 ml (½ cup) breadcrumbs
- 180 ml (¾ cup) old cheddar cheese, grated
- Salt and ground pepper
- 15 to 30 ml (1 to 2 tbsp) olive oil
- 6 to 8 hamburger buns
- 8 lettuce leaves
- 16 dill pickle slices
- 2 tomatoes, sliced
- Condiments (mayonnaise, mustard, ketchup...)

### Directions

- 1 Preheat oven to 215°C (425°F).
- 2 In a pot, cook the vegetables in boiling salted water for 10 minutes or until tender.
- 3 In the meantime, purée the white beans along with the chopped green onions and garlic in a food processor. Transfer to a bowl.
- 4 Drain the vegetables in a colander and rinse under cold water to cool. Drain again.
- 5 In a food processor, process the vegetables into a coarse, but consistent, purée. Add to the white bean mixture.
- 6 Add breadcrumbs and cheese and season generously. Mix well.
- 7 Shape into about 8 patties and arrange on a baking sheet lined with parchment paper.
- 8 Baste with the oil and bake in the oven for 25 min. Turn and cook for another 10 to 15 min.
- 9 Heat the buns in the oven. Top each one with a patty, lettuce, pickles, tomatoes and condiments of your choice.

Source : Inspired by [arcticgardens.ca/en/recipes](http://arcticgardens.ca/en/recipes)