

DEEP FREEZER - Friend or Foe?

A *deep freezer* can be a very good friend to us. Do you have containers that you can microwave in? Although glass isn't all that convenient for taking to work, it is doable. Plastic bags are handy for freezing; however, you would need to remember to take a container for cooking and eating.

When you prepare a meal, make enough to create for yourself a frozen dinner or two. Most food items freeze well. Cheesy items will need stirred more when cooking as the sauce tends to settle to the bottom of the container before totally freezing.

Label your container with contents and date prepared.

If you add fruit or other items that you do not want to cook, place it in a plastic bag and then place it in your frozen dinner container to freeze. When you get to work (or elsewhere) and are ready to cook your meal, always open your container to verify what is inside and remove these plastic bags before cooking.

A *refrigerator freezer* will work well for short term freezing of these dinners. However, it can become a foe if you have one that has auto defrost built in. Having a frozen dinner defrost and refrozen diminishes its pleasantness when ready to eat.

Deep freezers can become a foe if we continue to add to them and do not use the dinners you make. Be sure to eat your frozen dinners! Have a designated shelf or area for an easy to find grab and go frozen meal.

If you have had some experience with making frozen dinners and would like to share your ideas, send them to SoloSoaringSingles@gmail.com

