

## Nutrition Nuggets: Time-Saving Tips to Healthy Eating

Even though most of us are very busy, it is important to find ways to incorporate healthy food prep into our lives or we'll have to start incorporating more trips to the doctor!

Using frozen vegetables can be a great time-saver and is a good choice nutritionally. There is no washing, chopping, or waste involved and you can keep a variety of vegetables and vegetable mixes on hand all the time.

Canned beans are always quick and easy and it's helpful to keep a variety of beans on hand in the pantry. If you're interested in saving money and eliminating the salt that's found in most canned beans, you can cook your own beans and then freeze them in containers that hold 1 ½ to 2 cups, the equivalent of 1 can. When you need a can of beans, it's quick and easy to take a container out of the freezer and thaw the beans in a colander under warm, running water.

[Cheesy-beany spread](#) comes in very handy when you need a nutritious snack. Keep some ready to eat in the refrigerator, along with some cut-up carrots and celery sticks. And [cheesy-beany spread](#) freezes very well, so make more than you'll need right away and put it in

the freezer for one of those days that you've run out and don't have time to make more.

[Seitan](#) also freezes extremely well. You can make a double batch, freeze half and use the other half. Cooked rice can also be frozen. Since it takes about 45 minutes to cook brown rice, you can plan ahead and make plenty at one time and schedule several meals over the course of a few days that might include rice, or put the extra in the freezer.



**It's great to go to the freezer, take out the beans, veggies, and frozen-thawed tofu, and have your chili ready to eat in 15 or 20 minutes!**

[Freezing and thawing tofu](#) creates a product that absorbs flavors really well and has a meaty texture. Keep some frozen tofu in the freezer so you'll have some ready to thaw when you want to prepare it. Another time-saver is to go through the whole process of thawing, flavoring, and baking the tofu so that it's ready for your chili, soup, or whatever, and then freeze the prepared tofu. It's great to go to the freezer, take out the beans, frozen veggies, and prepared [frozen-thawed tofu](#) and have your chili ready to eat in 15 or 20 minutes!

Planning ahead, preparing things when you do have a bit more time and freezing things for later will all make healthy eating easier and more fun.