

on hand

Tips from the Test Kitchens

Our Test Kitchens professionals share these strategies for successful cooking with frozen ingredients.

- Thaw foods that release water when cooked (like frozen boxed spinach or shrimp) overnight in the refrigerator. This allows you to squeeze excess water from the thawed food before adding it to the recipe.
- If you need to defrost high-water-content frozen ingredients in the microwave, place them in a microwave-safe colander set over a plate to catch excess water. Be careful just to thaw, not cook, the ingredient in the microwave. Once defrosted, make sure to wring out the ingredient or press it with a paper towel.
- Some frozen foods perform well even without thawing, including berries and bell pepper stir-fry mixes.

Sesame Chicken Edamame Bowl ▲

Frozen stir-fry mixes and frozen shelled edamame save prep time and don't require thawing. The slightly sweet and nutty stir-fried vegetables complement the delicately flavored chicken. You can serve this over udon noodles or rice stick noodles instead of rice.

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| 2 teaspoons canola oil | 2 cups frozen bell pepper stir-fry mix |
| 1 tablespoon minced peeled fresh ginger | 2 tablespoons low-sodium soy sauce |
| 2 teaspoons minced peeled fresh lemongrass | 1 tablespoon mirin (sweet rice wine) |
| 2 garlic cloves, minced | 1 teaspoon dark sesame oil |
| 1 pound skinless, boneless chicken breast, cut into bite-sized pieces | $\frac{1}{4}$ teaspoon cornstarch |
| 2 cups frozen shelled edamame (green soybeans) | $\frac{1}{2}$ cup ($\frac{1}{4}$ -inch) diagonally cut green onions |
| | 2 teaspoons dark sesame seeds |
| | $\frac{1}{2}$ teaspoon salt |
| | 2 cups hot cooked brown rice |

1. Heat canola oil in a large nonstick skillet over medium-high heat. Add ginger, lemongrass, and garlic; sauté 1 minute or just until mixture begins to brown. Add chicken; sauté 2 minutes. Add edamame and stir-fry mix; sauté 3 minutes. Combine soy sauce, mirin, sesame oil, and cornstarch, stirring with a whisk. Add to pan; cook 1 minute. Remove from heat. Stir in onions, sesame seeds, and salt. Serve over rice. Yield: 6 servings (serving size $\frac{2}{3}$ cup chicken mixture and $\frac{1}{3}$ cup rice)

CALORIES 277 (21% from fat), FAT 6.5g (sat 0.7g, mono 2.3g, poly 2.6g), PROTEIN 25.5g, CARB 27.1g, FIBER 5.4g, CHOL 44mg, IRON 2.4mg, SODIUM 452mg, CALC 72mg