Now is the Time For Flexible Cooking

When it's tough to find the exact ingredients for a recipe, it's time to employ flexible cooking skills!

#1 Can't find fresh spices? Go for dried! Just use less (about 25% as much as fresh) & taste as you go!

#2 Try frozen or canned instead of fresh if you can't find fruits & vegetables in the produce aisle!

#3 Enjoy the frozen vegetables with NO sauces & choose reduced sodium or no-salt-added canned foods for healthier options!

#4 Try beans for protein! They are low cost, easy, and mix well into many dishes. Try 1/2 pinto beans and 1/2 beef for taco night

#5 Lemon & lime can be used to add a lot of flavor to rice, noodles, and salads. It's flavor without the fuss!

#6 Substitute with fruits & vegetables you have on hand! Broccoli instead of peppers, apples instead of peaches, or green onion instead of cilantro. It's okay to experiment!