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Veggies for One

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Frozen veggies are not only cheaper than fresh produce, they also hold the same nutritional content and have a longer shelf life (obviously). So skip the cans and grab a variety of vegetable bags from the freezer aisle. This is a must-have for every college kitchen and these recipes will help you utilize them in single-person servings.

cauliflower mash

INGREDIENTS
- 1 cup frozen cauliflower florets
- 1 clove garlic
- 1 tablespoon butter
- 1 tablespoon milk
- Salt and pepper

1. Place the cauliflower in a microwave-safe dish with 3 tablespoons of water.
2. Microwave on HIGH for 4 minutes, microwave in 1 minute intervals until tender.
3. Add cooked cauliflower to blender or food processor with garlic, butter and milk.
4. Blend until smooth (the texture should resemble mashed potatoes).
5. Season with salt and pepper, serve.
### Spinach Penne

**INGREDIENTS**
- 2 tablespoons olive oil
- 1 cup frozen chopped spinach
- 1 clove garlic
- 1 cup cooked penne pasta
- Salt and pepper
- Parmesan cheese

1. Heat the oil in a skillet over medium heat.
2. Add the spinach and garlic and cook until heated through.
3. Toss with the cooked pasta, season with salt and pepper.
4. Top with Parmesan cheese, serve.

### Veggie Stir-Fry

**INGREDIENTS**
- 1 tablespoon sesame oil
- 1 cup frozen stir-fry vegetables
- 1 clove garlic
- 2 tablespoons teriyaki sauce
- Salt and pepper
- 1/2 cup cooked brown rice

1. Heat the oil in a skillet over medium-high heat.
2. Add the vegetables to the skillet and cook until tender.
3. Add the garlic and teriyaki sauce, cook until heated through.
4. Season with salt and pepper, serve over cooked rice.

### Balsamic Brussels Sprouts

**INGREDIENTS**
- 1/2 cup frozen Brussels sprouts
- 1 tablespoon olive oil
- 1 tablespoon balsamic vinegar
- 1 teaspoon garlic powder
- Salt and pepper
- 1 teaspoon lemon juice

1. Preheat the oven to 450 degrees F. Place brussels sprouts in a microwave-safe bowl with 2 tablespoons of water.
2. Microwave on HIGH for 4 minutes, or until tender enough to be pierced with a fork.
3. Cut each sprout in half lengthwise, return to bowl.
4. Arrange the sprouts on a baking pan, cut-side down sprinkle with oil, vinegar, garlic, salt and pepper.
5. Bake in oven for 20 minutes or until the outer leaves are dark brown. Toss with lemon juice and serve.