

## **Haley's Homemade Blend**

I am always trying to think of ways to add disease fighting nutrients into my meals. One of my favorites is using the pre-chopped frozen bell pepper and onion blend you buy in the store. This blend can be sautéed and thrown into casseroles, spaghetti sauce, chili, eggs, fajitas or even topped on a burger.

During the quarantine frozen vegetables were sparse, and I was not able to find this blend. This prompted me to make my own. I purchased the fresh peppers and onions, chopped them and froze them myself in a Ziploc bag. To my surprise these vegetables were so much more flavorful than the pre-packaged frozen blend. I did not know what I was missing. It takes a little more work to do it this way, but man is it worth it.

*Submitted by: Haley Hampton, Dietitian-Diabetes Educator, Cardiac Rehabilitation*