

PASTA, RICE AND GRAIN DISHES



Tool: Plastic zip-top bags, plastic wrap, storage container.

How: Freezing not recommended, but undercooking and wrapping portions tightly in plastic wrap and placing in freezer safe ziptop bags. Use storage containers for refrigeration.

Storage Time: Up to a week in the refrigerator.

Freezer: Up to 6 months.

ANSWER

Storage Time: 3-4 days in the refrigerator.

Freezer: Pasta and grains - Up to 3 months
Rice - Up to 6 months.



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