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TREND great frozen foods

Smarter technology and tastier recipes are transforming the freezer aisle. Here are four new frozen foods that are more delicious than many versions sold fresh.

1. PLUMP FISH NUGGETS
   EcoFish, a sustainable favorite among chefs, batters wild Alaskan seafood for its amazing nuggets.
   From $6 for 12 oz; ecofish.com.

2. FLAKY HOR D'OEUVRES
   DeBoer Food’s Puff Pastry Delights—mini bites with fillings like goat cheese and tomato—are airy and crunchy.
   From $7 for 9 oz; deboerfood.com.

3. CRUNCHY SPRING ROLLS
   Spring Kitchen’s founders use their grandfather’s recipe for these crispy Vietnamese rolls.
   $5 for 5 rolls; springkitchen.com.

4. FROZEN BROWN RICE & MORE
   Village Harvest’s cryogenically frozen cooked whole grains thaw in seconds without turning mushy.
   From $8.5 for 20 oz; villageharvestrice.com.