ReFresh Social Post Captions

**Recipe**: Cauliflower Florets with Romesco Sauce

**Caption**:

Say goodbye to mealtime monotony and hello to a burst of flavor with Cauliflower Steaks with Romesco Sauce.💥 Elevate your dining experience and refresh your taste buds - your palate will thank you.

#ReFresh #ReDiscoverDairyandFrozen #EasyRecipes

**Edutainment**: Easy Weeknight Vegetables

**Caption**:

Transform your weeknight dinner game with the ultimate kitchen hack: frozen veggies! 🌽🥦 Say goodbye to prep time stress and hello to quick, nutritious meals.

#TimeSaver #FrozenVegetableHacks #WeeknightWins #ReFresh #ReDiscoverDairyandFrozen

**Recipe**: Sheet Pan Salmon with Dill sauce

**Caption**: Looking for a quick and easy weeknight meal that's healthy and delicious? This Sheet Pan Salmon with Dill Sauce is just the fit! 🍽️

#ReDiscoverDairyandFrozen #ReFresh #WeeknightWins

**Infographic/Video**: #ReFresh

**Caption**: Dairy and frozen foods can fit into a healthy lifestyle! These aisles offer an array of:

🍎 Fruits

🥦 Vegetables

🌾 Whole grains

🥩 Protein

#EasyHomeMeals #ReFresh #ReDiscoverDairyandFrozen