

Easy to Slice

- Cook quickly
- Do not overcook

Hard to Chop

- Cook until tender
- Don't worry about overcooking

Don't Cook

- Don't cook these vegetables
- Ease of chopping is not a factor
- These are the exceptions

What are some easy-to-slice vegetables?

- Arugula
- Broccoli
- Broccoli Rabe
- Cabbage
- Cauliflower
- Cherry Tomatoes
- Eggplant
- Fennel
- Garlic
- Green Beans
- Onions
- Peas
- Peppers
- Snow Peas
- Spinach
- Sugar Snap Peas
- Summer Squash
- Tomatoes

What are some hard-to-chop vegetables?

- Artichokes
- Beets
- Carrots
- Potatoes
- Pumpkin
- Rhubarb
- Rutabagas
- Sweet Potatoes
- Turnips
- Winter Squash

What vegetables should not be cooked?

- Avocado
- Cucumbers
- Lettuce
- Radishes
- Sprouts

Best Approaches to Cooking:

- On a grill
- In a steamer basket
- On the stovetop
- In the microwave

Best Approaches to Cooking:

- Roasting in the oven
- In a pressure cooker
- In the microwave.

Best Approaches to Preparation:

- Tossed with vinegar and a dash of olive oil as a salad
- Shaved thinly and served carpaccio-style
- Sliced into wedges and served with dip

