

SLICE AND CHOP

Use a vegetable's traits to discover the best way to cook it

What About Vegetables That Are Best Raw?

Not all veggies benefit from cooking. Consider eating the following vegetables raw...

- Avocados
- Cucumbers
- Lettuce
- Radishes
- Sprouts

Throw these into your next sandwich for a nutrient boost with no stove or oven required.

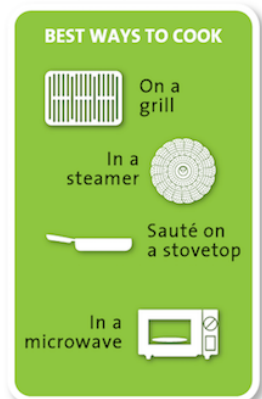
You could also combine all of these veggies with a dash of olive oil and vinegar for a cool and refreshing salad.

Remember to follow food safety principles when dealing with these foods. Check out <http://www.fda.gov/Food/> for a great guide to food-safe preparations.

Cooking Guide:

If a vegetable is easy to slice, then it's important to cook it quickly. Overcooking it will result in a limp, bland, and sad-looking dish. Try preparing these vegetables on a grill, in a steamer, or in the microwave. They're also great when sautéed in a pan on the stovetop.

EASY TO SLICE: Cook quickly, do not overcook



If a vegetable is hard to chop, then you need to cook it until it's tender. Undercooking it can reduce the flavor and make the veggies harder to eat. Roast these vegetables in the oven, boil them in a pan, or put them in a microwave or pressure cooker.

HARD TO CHOP: Cook until tender

