**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/](http://www.fda.gov/Food/) for a great guide to food-safe preparations.

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**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

- Arugula
- Broccoli
- Broccoli Rabe
- Brussels Sprouts
- Cabbage
- Cauliflower
- Cherry Tomatoes
- Eggplant
- Garlic
- Green Beans
- Onions
- Peas
- Tomatoes

**BEST WAYS TO COOK**

- On a grill
- In a steamer
- Sauté on a stovetop
- In a microwave

**HARD TO CHOP:** Cook until tender

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

**BEST WAYS TO COOK**

- Roast in an oven
- Boil in a saucepan
- In a pressure cooker
- In a microwave