

LIST OF QUICK-COOK INGREDIENTS























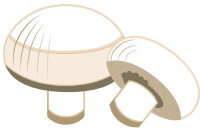















This guide teaches you what vegetables, proteins, and grains to use and methods for cooking them when you need to get dinner on the table in under 15 minutes!

Vegetables

Whether cooked or served raw, a variety of vegetables require minimal time to get them ready to eat. Dry heat cooking methods such as airfrying, baking, roasting, microwaving, and stir-frying, and wet heat cooking methods such as blanching and boiling work well when preparing vegetables quickly.



































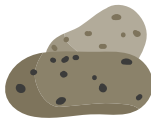

















 Crudité
  Salads
  Airfry
  Bake/Roast
  Blanch
  Boil
  Microwave
  Sauté/Stirfry

No-Cooking-Needed Vegetables

Arugula, pre-washed  	Bell peppers   	Broccoli  	Cabbage  	Carrots, baby   
Cauliflower  	Celery   	Cucumbers   	Lettuce / mixed greens, pre-washed  	Mushrooms   
Radishes   	Spinach, pre-washed  	Tomatoes, cherry   	Tomatoes  	Zucchini   





















Vegetables that Cook <15 Minutes

Fresh

<p>Asparagus</p>  <p>   </p>	<p>Bell peppers</p>  <p> </p>	<p>Bok choy</p>  <p></p>	<p>Broccoli</p>  <p> </p>	<p>Cabbage</p>  <p></p>
<p>Cabbage, napa</p>  <p></p>	<p>Cauliflower</p>  <p> </p>	<p>Celery</p>  <p></p>	<p>Green beans</p>  <p>  </p>	<p>Kale</p>  <p> </p>
<p>Mushrooms</p>  <p> </p>	<p>Okra</p>  <p></p>	<p>Potatoes</p>  <p></p>	<p>Snow peas</p>  <p></p>	<p>Spinach, pre-washed</p>  <p></p>
<p>Sugar snap peas</p>  <p></p>	<p>Swiss chard</p>  <p></p>	<p>Tomatoes, cherry</p>  <p></p>	<p>Tomatoes</p>  <p></p>	<p>Zucchini</p>  <p>  </p>

Frozen

Frozen veggies can be cooked directly from frozen state. If you do want to defrost, you can 1) use the microwave; 2) place in colander and run cool water over veggies; or 3) submerge the whole bag in cool water until thawed.

<p>Broccoli</p> 	<p>Butternut squash</p> 	<p>Carrots</p> 	<p>Cauliflower</p> 	<p>Corn</p> 
				
<p>Green beans</p> 	<p>Mushrooms</p> 	<p>Okra</p> 	<p>Peas</p> 	<p>Vegetable medleys</p> 
				


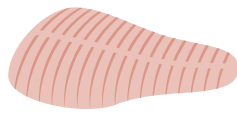
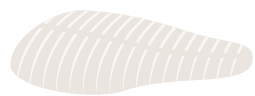



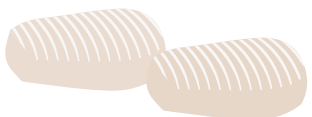

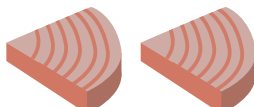



Proteins

Generally, the more tender and smaller the piece of protein, the quicker it is to cook and the quicker you'll want to cook it. Dry heat cooking methods such as airfrying, baking, roasting, grilling, pan-searing, sautéing and stir-frying that use high temperatures are ideal for quick-cook proteins because they minimize moisture loss while also preventing mushiness.











Fastest Cooking Protein (under 10 minutes)

Seafood

<p>Shrimp</p> 	<p>Tilapia</p> 	<p>Sole</p> 
		
<p>Cod</p> 	<p>Scallops</p> 	<p>Tuna steaks</p> 
		

Land-Roaming

<p>Thin-cut steaks (flank, hangar, skirt)</p> 	<p>Pork loin chops, thin cut</p> 	<p>Sausage, pre-cooked</p> 	<p>Chicken tenders</p> 
			



Vegetarian

Tofu



Tempeh



Seitan



Canned beans



Eggs



Quick-ish Cooking Proteins (11 to 15 minutes)

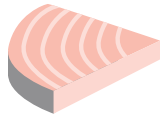
Seafood

Land-Roaming

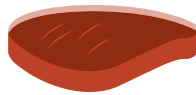
Salmon



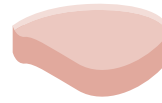
Swordfish



Steaks (NY Strip)



Pork loin chops



Chicken breasts, boneless & skinless, sliced






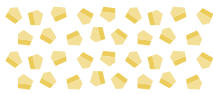











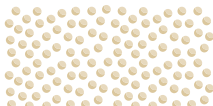


Grains

Grains like couscous and bulgur are ready in minutes and only need a pot of boiling water to cook them. Plus, they're inexpensive and a great way to add iron, protein and fiber to your diet. For the grains below, simply combine water and grains (using the ratio provided), bring to a boil, and then simmer for suggested time.

Grain to
water ratio



Simmer time

<p>Couscous</p>  <p> : </p> <p>5 minutes</p>	<p>Bulgur</p>  <p> : </p> <p>5 minutes</p>	<p>Oats, rolled</p>  <p> : </p> <p>10 to 15 minutes</p>	<p>Buckwheat groats (kasha)</p>  <p> : </p> <p>15 to 20 minutes</p>
<p>White rice</p>  <p> : </p> <p>15 to 20 minutes</p>	<p>Quinoa</p>  <p> : </p> <p>15 to 20 minutes</p>		