





























Cook Smarts'















LIST OF QUICK-PREP VEGETABLES

Save time in the kitchen, cook smarter and eat healthy with these quick-prep vegetables.

Zero Prep		
These vegetables are fresh, commonly pre-chopped or frozen ingredients that are ready to cook or eat straight from the grocery store or farmer's market.		
Fresh	Common Pre-chopped	Frozen
 Arugula, pre-washed	 Broccoli	 Broccoli
 Carrots, baby	 Brussels sprouts, shaved	 Butternut squash
 Lettuce / mixed greens, pre-washed	 Butternut squash	 Carrots
 Mushrooms, portobello (cooked whole)	 Carrots	 Cauliflower
 Potatoes, sweet or russet (baked whole)	 Cauliflower	 Cauliflower rice
 Spinach, pre-washed	 Cauliflower rice	 Corn
 Tomatoes, cherry	 Celery	 Green beans
	 Coleslaw mix	 Mushrooms
	 Corn, husked	 Okra
	 Onions	 Peas
		 Vegetable medleys

Minimal / Easy Prep

These "easy" vegetables don't require peeling or have soft skins that make chopping simple. And since they're so easy to prep, these veggies are great for kids to help with!

 Asparagus	 Eggplant	 Okra
 Bell peppers	 Green beans	 Snow peas
 Bok choy	 Mushrooms	 Sugar snap peas
 Celery	 Mushrooms, portobello (sliced)	 Tomatoes
 Cucumber		 Zucchini