SLICING & CHOPPING GUIDE

EASY TO SLICE: Cook quickly, do not overcook

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

DON’T COOK: Most of these are served raw; follow food safety procedures and individual recipes.

- Avocados
- Cucumbers
- Lettuce
- Radishes
- Sprouts

BEST WAYS TO PREPARE
- Toss with vinegar and a dash of olive oil in a salad

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