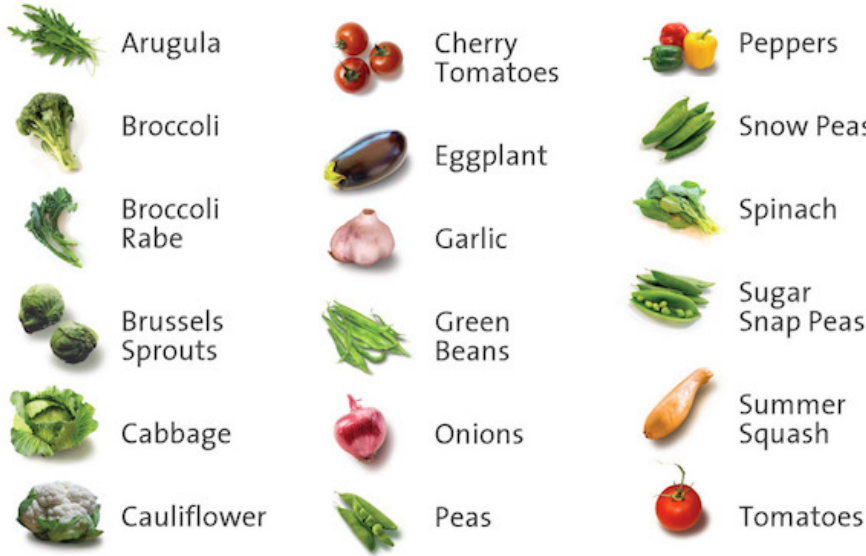



# SLICING & CHOPPING GUIDE





## EASY TO SLICE: Cook quickly, do not overcook




**BEST WAYS TO COOK**

 On a grill

 In a steamer

 Sauté on a stovetop

 In a microwave

## HARD TO CHOP: Cook until tender



**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.



**BEST WAYS TO PREPARE**

 Toss with vinegar and a dash of olive oil in a salad