



List of Quick-Prep Vegetables

Ready without any “ground”work: these veggie delights are always within reach! Fresh, diced up, canned or frozen, they're ready to be tossed into recipes with zero drama!

Pre-sliced mushrooms	Frozen broccoli florets	Frozen veggie medley
Pre-washed spinach	Cole slaw or broccoli slaw	Green beans
Baby carrots	Radishes	Pre-chopped onions
Pre-washed salad mix	Snow peas	Shaved Brussels sprouts
Snap peas	Cauliflower rice	Shelled edamame
Baby potatoes	Jackfruit	Pre-cooked beets
Cherry tomatoes	Frozen peas or corn	Cucumbers
Bell peppers	Asparagus	Pre-washed arugula
Microgreens	Pre-chopped kale	Cilantro
Avocado	Frozen artichoke hearts	Bean sprouts
Celery	Canned tomatoes	Canned water chestnuts