

TIPS FOR SAVING TIME IN THE KITCHEN

Having a busy schedule makes home cooking even more of a challenge. Here are some tips to help you save time when cooking.

Create a shopping list. Make a shopping list before you go to ensure that you only buy what is on it. Making a list and sorting it by aisle, such as "produce," "frozen foods," and so on, allows you to do more in less time.

To save time, prepare in advance. Whenever you find a spare minute, wash, slice, and portion out a batch of fresh fruits and vegetables to be used as snacks or for the next meal.

Some vegetables can be eaten raw. So, you can spend less time in the kitchen. Cherry tomatoes or baby carrots are two examples of vegetables that can be eaten raw, and they are delicious as a side dish.

Think about using various kitchen appliances. Toaster ovens that are small, easy to carry, and heat up quickly can help you save time and energy. They work wonderfully for warming sandwiches, roasting vegetables, or broiling fish fillets. Another option is to use slow cookers, which also save time and require less attention when cooking. They are ideal for making soups and stews.

节省厨房时间的小窍门

繁忙的日程让居家烹饪变得更加具有挑战性。这里有一些技巧可以帮助您节省烹饪时间：制作购物清单。在前往购物之前制作购物清单，以确保您只购买上面列出的物品。制作一份清单，并按过道分类，比如“新鲜食品”、“冷冻食品”等，可以让您在更短的时间内完成更多事情。

为了节省时间，可提前备菜。每当你有空闲时间时，可以清洗、切片并分出一批新鲜水果和蔬菜，作为零食或为下一顿饭做准备。

有些蔬菜是可以生吃的。因此，您可以减少花费烹饪的时间。樱桃番茄或小胡萝卜是两种可以生吃的蔬菜，它们作为配菜非常美味。

考虑使用各种厨房电器。小巧、便携且能够快速加热的烤箱可以帮助您节省时间和能源。它们非常适合加热三明治、烤蔬菜或烤鱼。另一个选择是使用慢炖锅，这也可以节省时间，并且在烹饪时需要更少的注意力。它们非常适合做汤和炖菜。

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吃得好，保持健康!

Vegetable Spotlight: Okra

蔬菜聚光灯: 秋葵



References/参考资料:

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SAUTÉED OKRA WITH ONIONS AND TOMATOES (Serves 4) 洋葱西红柿炒秋葵 (4 人份)



INGREDIENTS

- 2 teaspoons Vegetable Oil
- 1 Onion small, chopped
- 1 pound Okra, ends trimmed, rinsed, and cut into ½-inch thick slices or 1 (16-ounce) package frozen okra
- 14 1/2 ounces Tomatoes, diced (canned or fresh)
- 1/4 teaspoon Black Pepper
- 2 cups Purple Rice cooked

配料

- 2 茶匙植物油
- 1 个小洋葱，切块
- 1 磅秋葵，切掉两端、洗净并切成 1/2 英寸厚的片，或 1 包（16 盎司）冷冻秋葵
- 14 1/2 盎司西红柿，切丁（罐装或新鲜的）
- 1/4 茶匙黑胡椒
- 2 杯煮熟的紫米

DIRECTIONS

1. Heat oil in a large skillet over medium-high heat.
2. Sauté onion until tender, about 3 minutes
3. Add remaining ingredients and cook, stirring frequently, until okra is slightly tender, but not mushy, about 5 minutes.
4. Serve sautéed okra with purple rice.

步骤

1. 在大平底锅中倒入油，中高火烧热。
2. 将洋葱炒至变软，约 3 分钟
3. 加入其余配料，边煮边搅拌，直至秋葵稍软，但不粘锅，约 5 分钟。
4. 将炒好的秋葵浇在紫米上即可。



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