



# CUTTLE PRODUCE

**Cuttler Produce** has been delivering top quality fruits, vegetables, and more for over three generations. Over the years, **Cuttler Produce** has become synonymous with quality, with our produce delivering the higher standards of quality, taste, and aesthetics.

When cooking, high-quality, fresh ingredients help deliver great results. **Cuttler Produce** delivers the highest quality fruits, vegetables, herbs, dairy products and specialty items on a daily basis. Combine our ingredients with these recipes for some incredible mouth watering delights.

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## ULTIMATE SAUTÉED VEGETABLES

*Sautéing is hands down the fastest way to cook vegetables. The word comes from the French work “to jump,” meaning that you’ll need to keep stirring or flipping the pan for the entire cook time. To sauté you’ll need a good skillet and a fat to use for cooking, typically either olive oil or butter.*

### **Ingredients:**

*(select any combination of 6 or more of these ingredients):*

- Peas
- Greens (kale or spinach)
- Mushrooms
- Broccoli
- Asparagus
- Cauliflower
- Onions
- Bell peppers
- Carrots



### **Recipe:**

- Chop the vegetables into bite-sized pieces.
- Add olive oil to a large skillet and heat it over medium high heat.
- Add the veggies and cook until tender, stirring frequently.
  - Use the following approximate timing for cooking each veggie, adding the longest cooking veggies first
    - Peas: 2 minutes
    - Greens (kale, spinach): 3 minutes
    - Mushrooms: 7 minutes
    - Broccoli, asparagus: 8 minutes
    - Cauliflower, onions: 10 minutes
    - Bell peppers: 10 to 12 minutes
    - Carrots: 12 minutes

### **CUTTLE PRODUCE, INC.**

749 Hope Road  
Eatontown, NJ 07724

phone: (732) 380-0620

fax: (732) 380-0625

email: [info@cuttlerproduce.com](mailto:info@cuttlerproduce.com)

[www.CuttlerProduce.com](http://www.CuttlerProduce.com)