

# Kitchen Wisdom – Tips, Tricks, and Time-Savers from a Seasoned Cook

*Because the best meals start with smart prep.*

## Veggie Prep Shortcuts

- **Batch Chop with a Food Processor:** Slice carrots, celery, onions, peppers—all at once. Store in jars or freezer bags.
- **Freeze Caramelized Onions:** Cook big batches, freeze in tablespoon portions for quick flavor bombs.
- **Pre-Wash and Jar Lettuce:** Romaine and greens stay crisp 5–7 days in mason jars lined with a paper towel.
- **Fresh Herbs in Oil:** Freeze chopped herbs in olive oil in ice cube trays for sautéing.