

Health Home

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Kitchen Gadgets for Healthier Cooking

By SUE RADD

Have you ever thought about how to make cooking healthier and easier? Here is my pick of the top seven gadgets that go some of the way.

1. Pressure cooker

An excellent investment to help you cook those healthy legumes and whole grains. Taking only about a quarter of the time of a regular stove-top saucepan, you'll not be put off by time. A high-legume intake is the strongest dietary predictor of a long life span!

2. Health grill

Char-grill your vegetables or lean meats without any added oil by

pressing them between non-stick ribbed cooking plates, which allow any fat to drain away in a removable tray.

3. Slow cooker

This ageless time-saving device helps make moist and tender meals, such as casseroles, legume curries, and soups with little effort. Simply set the meal in the mornings and it cooks all day without supervision.

4. Rice cooker

Steam rice so it is light and fluffy without adding oil or fat. Smaller rice cookers for one or two persons are also available. The best rice types include brown, red, basmati (grown in India and Pakistan) and Doongara (Australian variety).

5. Steamer

This is the original way to cook lowfat vegetables. Steamers usually come with a pot or set of pots, or you can buy them separately. For extra

flavor, sprinkle vegetables with lemon juice and fresh herbs, or add a spoonful of lowfat yogurt rather than drowning them in oil or sour cream.

6. Salad spinner

Enjoy dark leafy greens every day! Use a salad spinner to spin-dry washed leaves, so they are refreshed but not soggy. A mini spinner is also available, which is ideal for a single person or delicate greens, such as lettuce or fresh herbs and berries.

7. Wok

These make healthier stir-fries loaded with colorful vegetables but lean on the oil. Nonstick and titanium woks are now available, which don't require seasoning. Titanium is the premium choice, as it is an excellent heat conductor. 🍳

Nutritionist **Sue Radd** is the award-winning author of *The Breakfast Book* and coauthor of *Eat to Live*, internationally acclaimed for showing how savvy eating can combat cancer and heart disease, and improve well-being. See the latest at <http://www.sueradd.com>.

