



Equipping the Healthy Kitchen

Devices to Cut Fat and Cholesterol

Egg separator – separates yolk from egg white

Fat separating pitcher – separates fat free broth from liquid fat

Food processor or blender – blends fat free dips, dressings, and low fat beverages; grates and slices vegetables and fruits; grinds lean meats

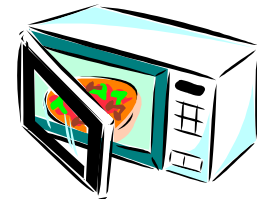
Grater – shreds cheese so it goes farther



Hot Air Corn popper – pops corn without added fat

Grill – grills meats, chicken, fish, vegetables and fruits without added fat

Microwave - cooks without added fat



Non-stick pans – cooks without added fat; easy to clean

Pastry brush – adds thin layer of oil or melted fat to food or pan

Pump sprayer – lightly sprays pans, breaded food and salads with oil

Roaster with rack or vertical roaster – fat drips from meat or poultry

Slotted spoons – lifts food out of fat or oil to drain

Steamers – cooks food quickly with little water or fat

Wok – food fried quickly in little oil



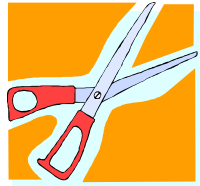
Yogurt cheese maker – strains yogurt to make sour cream or cream cheese substitute

Devices to Control Sodium

Coffee grinder – grinds spices

Juicer – Squeezes lemon juice to season meat, fish, poultry, and vegetables without salt

Kitchen scissors – snips fresh herbs (also can cut fat off meat and poultry)



Devices to Increase Fiber and Vegetable Intake

Pressure cooker – cooks dried beans and peas soups and stews quickly

Rice cooker – cooks rice perfectly

Salad spinner – dries greens well



Yogurt Cheese

1. Use a yogurt strainer or make your own. To make your own, line a colander with 2 layers of cheese cloth or 2-3 large coffee filters.
2. Pour 16-32 ounces of plain yogurt into the lined colander. (You will end up with half the amount of yogurt cheese as the amount of yogurt poured in.)
3. Place colander over a flat pan. Drain in refrigerator for 8-12 hours.
4. Remove cheese and store in closed container in the refrigerator for up to a month.