

## helpful kitchen gadgets

An important part of living your best life includes preparing nourishing and energizing foods. However, health conditions can make cooking in the kitchen a challenge. Save time and fight fatigue with these suggested time-saving kitchen tools.



### Immersion Blender

Immersion blenders can be used to puree food to make smoothies, salad dressings, or soups.



### Mandoline Slicer

Mandoline slicers can be used to evenly slice and cut a variety of vegetables.



### Instant Pot

Instant Pots speed up cooking and can be used for a variety of cooking techniques: as a pressure cooker, slow cooker, to sauté and steam vegetables, cook rice, and make yogurt.



### Long Handled Mesh Strainer

Long handled mesh strainers can be used to remove pasta or vegetables from a large pot of water or strain off liquid from canned fruit, vegetables, or beans.



### Tongs

Tongs can be used to toss salad, remove cooked spaghetti noodles from a pot of water, or serve food.

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### **Mini Food Processor**

A food processor can be used to blend salad dressings, chop vegetables, or mash food items, such as avocados, to make guacamole.

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### **Smoothie Blender with Cup**

A smoothie blender that includes a travel cup is more compact and easier to lift compared to a regular sized blender.

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### **Crock-Pot (also referred to as a Slow Cooker)**

Crock-Pots cook food slowly, typically over 6-8 hours. Crock-Pots can be used to prepare soups, grains, beans, protein dishes, or breakfast items.

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### **Electric Can Opener**

An electric can opener allows for the ability to open a can without the hand strain of a manual crank.

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### **Mezzaluna**

A mezzaluna is designed to use both hands to rock the blade back and forth to chop or cut a food item. Mezzalunas can be used to cut herbs, vegetables, meat, or pizza.

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### Jar Opener

There are a variety of jar openers available including manual and electric options. Jar openers are designed to open a jar with minimal hand use or strain.

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### Herb Stripper

An herb stripper is built to remove herbs, or leafy greens, from the stem of a plant. Herb strippers minimize the use of hands by easily removing the plant of its leaves with minimal hand strain.

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### Rubber Pot Holder

A rubber pot holder is another tool to help open jars with minimal hand use.

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### Stove Top Pot Holder

A stove top pot holder helps keep pots or pans in place while stirring. This helps to prevent the pot from accidentally turning and spilling. It works best on electric stoves as it has suction feet that stick to the stove top.

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### Large Dial Timer

A timer can help keep track of what's cooking. A large font is more friendly on the eyes.

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### Aluminum Foil/Parchment Paper

Line pans with aluminum foil or parchment paper to make clean up easier and less time-consuming.

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### Cutting Board with Rubber Edging

Cutting boards are an essential kitchen tool. Rubber edges on a cutting board provide extra grip making it easier to chop food.

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### Stool or Chair

Although, technically not a kitchen cooking tool, a stool or chair is helpful to sit on when preparing ingredients. When feeling fatigued, sitting is easier on the body than standing.

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### Rotato Peeler

A rotato peeler can be used to easily peel both fruits and vegetables without the hand coordination necessary to manually peel produce items.

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