



## kitchen gadgets for healthier cooking

*Healthier eating begins with the right choice of foods. How you prepare it determines how healthy it remains.*

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 1-2 persons are also available. The best rice

types include brown, red, basmati and Doongara.

**5. Steamer** The original way to cook low-fat vegetables. Steamers usually come with a pot or set of pots, or you can buy them separately. For extra flavour, sprinkle vegetables with lemon juice and fresh herbs, or add a dollop of low-fat yoghurt rather than drowning them in oil or sour cream.

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

**7. 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 rocket or fresh herbs and berries.

See **page 31** for an easy, healthful tofu salad recipe that uses some of these appliances.

### FOR MORE INFORMATION

For further information on healthy eating, please contact *Sanitarium Nutrition Service*

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