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Nutrition Counseling and Consulting

Nutrition Nibbles

June 2016

Volume 10, Issue 6

Not Too Cool for Tools!

When the weather heats up, many of us feel like avoiding our kitchens. Summer is actually a wonderful time to get back in the kitchen, enjoy the fresh bounty of the season, and experiment with some cool tools that make healthy eating happen. Read on for a few of my faves:

Steamer Basket: Cook up your veggies (even fish!) without added fat. Use fresh herbs and a dash of pepper or a squeeze of citrus for seasoning.

Oil Mister: Save a ton of calories by spritzing your oil into the frying pan or onto your salad. The average oil pour is one tablespoon (120 calories) or more, compared to a teaspoon spritz of oil at 40 calories.

Herb Stripper or Herb Mill: Brighten up your salads, liven up your dishes, or add some surprise to your sandwiches with fresh herbs. Herbs pack in the flavor without calories and fat.

Spiralizer: Zoodles, anyone? That's code for "noodles" made from zucchini. With a twist of the spiralizer, you can turn just about any vegetable into an appetizing entrée. This can be a fun way to get more high-nutrient, low-calorie produce into your diet.

Citrus Zester: This tool provides yet another way to up the taste factor of your favorite foods without the salt and calories.

Citrus Squeezer: An easy way to get a good and flavorful dose of vitamin C, a citrus squeezer comes in handy when a recipe calls for more than a Tablespoon or two of fresh juice.

Kitchen Scissors: Easily one of the workhorses of the kitchen, use scissors to trim meat, snip herbs into microscopic pieces, or chop veggies and enjoy a lighter meal all around.

Water Infuser: Stay hydrated this summer by sipping on water that you flavor yourself naturally. Good combos to try: mint with watermelon, strawberry with thyme, lemon and rosemary.

Hopefully this article has you inspired to "think inside the kitchen!" It may even give you a legitimate excuse to buy a new kitchen gadget or two. You're welcome!

Questions or Comments? Email me at
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