



as seen in  
WOMEN'S HEALTH, SPRING 2008

# Women's Health COOKS!

SPRING 2008



10 SUPER FOODS—  
40 EASY RECIPES p.20

THE LATEST  
& GREATEST  
KITCHEN GADGETS



#### HANDHELD MIXER

For treats that taste bakery-made, you need a mixing machine. Our mechanical arm of choice is the **Hamilton Beach Classic Hand Mixer**. With 290 watts of power and six speeds, it's comparable to more expensive models. And the snap-on storage case for the cord and beaters is a nice touch. \$35, [hamiltonbeach.com](http://hamiltonbeach.com)

mixer in decent-size pitcher of juice.

ovens heat up fast, why burden yourself with an extra appliance?

#### Rice Cooker

Boil-in-a-bag options for one to several servings make this bulky and frustratingly slow device silly for all but the most raging rice addicts.

for stirring, a slotted spoon for serving and skimming, and a ladle for soups. Then grab a spatula, tongs, and a basting brush from **OXO Good Grips**.

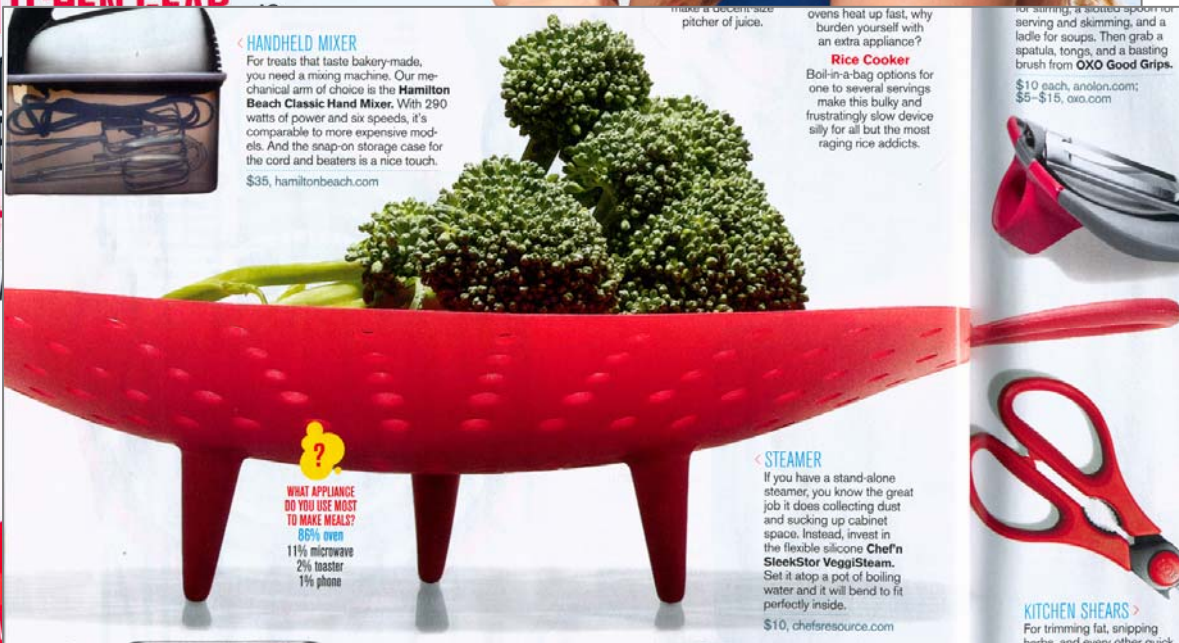
\$10 each, [oxo.com](http://oxo.com); \$5-\$15, [oxo.com](http://oxo.com)

#### UTILITY

#### VEGETABLE PEELER

Use a cheap, rusty peeler and there will be blood. The **Kyocera Perfect Peeler** rotates into several positions and features a nonslip handle and an ultra-sharp, rustproof ceramic blade. Another skin-saving option is the **Pampered Chef Vegetable Peeler**—slide it onto your index finger for an easy peeling experience that won't strain your wrist.

\$18, [kyoceraadvancedceramics.com](http://kyoceraadvancedceramics.com); \$6-\$50, [pamperedchef.com](http://pamperedchef.com)



#### STEAMER

If you have a stand-alone steamer, you know the great job it does collecting dust and sucking up cabinet space. Instead, invest in the flexible silicone **Chef'n SteekStor VeggiSteam**. Set it atop a pot of boiling water and it will bend to fit perfectly inside.

\$10, [chefsource.com](http://chefsource.com)



#### KITCHEN SHEARS

For trimming fat, snipping herbs, and every other quick

Not just for cheese, these can perform a host of shredding gings your Pad Thai. The **cheese grater** has a soft handle and around its base. A storage of measurement mds shredded bits

WHAT APPLIANCE DO YOU USE MOST TO MAKE MEALS?  
85% oven  
11% microwave  
2% toaster  
1% phone

FUNNY FOOD BLOGS  
WHAT'S REALLY IN THAT FROZEN DINNER?

