

# Cooking Light

JULY 2010

SECRETS  
of JUICY,  
HEALTHY  
BURGERS

Summer  
Fruit!

Cobblers, Freezer Pops,  
Salsas, Cocktails

65

DELICIOUS &  
NUTRITIOUS  
RECIPES

FAST & EASY  
MAIN-COURSE SALADS



BETTER-FOR-YOU  
SALMON  
BURGER

FANTASTIC  
LOWER-FAT  
TURKEY  
BURGER



KITCHEN | HEALTHY LIVING



**Ultimate juicer**  
A 12,500 RPM motor inside Breville's Ikon juicer helps extract every drop from beets, carrots, kale, what have you (\$200, brevilleusa.com).



**Great for everyday use**  
Metrokane's L-Press is industrial-styled and has comfy-handled levers that make squeezing a breeze (\$100, available from amazon.com).



**Improved design**  
A geared mechanism on a handheld press from Chef'n provides more force and, therefore, more juice (\$20, available from chefsresource.com).



**In-pot blender**  
The wavy stainless steel blade housing of KitchenAid's immersion blender creates perfect flow, not polluting suction (\$70, kitchenaid.com).



**Budget-friendly pick**  
Kalorik's BL series handles all the basic tasks perfectly well for a fraction of the cost of prestige or infomercial machines. Plus, it dismantles for thorough cleaning (\$50, kalorik.com).



**Right-sized for lemons and limes**  
Tovolo's double-headed hand reamer is made of hard polycarbonate that won't react with citric acid (\$10, available from amazon.com).

## Nifty Blenders & Juicers

Juice it, puree it, blend it: all the tools—hand or motor—for a tablespoon of lemon juice, a pot of gazpacho, or a pitcher of frozen margaritas.

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