Kitchen Hacks to save Time, Get Organized and Stay Calm

Keep potatoes white-Cover shredded or diced potatoes with cold water before cooking to prevent the spuds from turning that gross grayish/brown caused by the release of a starch that makes them oxidize.

Give bananas a longer life-Keep bananas fresh for longer by wrapping the end of the bunch with plastic wrap. Better yet, separate each banana. Both tactics block ethylene gases from releasing out of the stem, thereby ripening the fruit too fast.

Make cheese grating easier and less messy-Before grating semi-soft cheeses such as fontina and fresh mozzarella, freeze it for about 30 minutes. This hardens it up, making it easier to grate.

Deal with hard-to-open jars-To open a stuck jar lid, wrap the lid with a rubber band and give it another try. The band will provide extra traction. If that's still not enough (or your hands hurt too much), cover the rubber banded top with a dishtowel, and try again. Alternatively, lid grips can help and are easily found at the grocery store in packs of three.

Make your own buttermilk-Buttermilk adds richness to muffins, pancakes, and breads, but it can be a tall order to get through a whole container of the stuff. (Cause we're willing to bet you don't drink it straight.) To make your own buttermilk, add a tablespoon of vinegar or lemon juice to 1 cup of regular milk. The mixture won't get as thick and creamy as the real thing, but it will help create fluffy baked goods just the same.

Measure sticky stuff without the mess-Coat a measuring cup or spoon with hot water or a dab of cooking oil (or spray) before measuring sticky substances such as molasses or honey. The heat or oil will help it slide right off and into a mixing bowl without leaving any behind.

Save fresh herbs for later use-Accidentally bought too much basil or mint? Use an ice cube tray or muffin tin to freeze fresh chopped herbs in water, olive oil, or stock for later use as a seasoning agent.

Contact Carol Basina
Nutrition Educator
Red Cliff Food Distribution
715-779-3740

USDA United States Department of Agriculture