



## **Gear Up with the right Gadgets this Fall**

By Joy Lenz, RD CD



I will never forget the day my husband said he had ordered a food processor. I was not happy. I did not want another gadget taking up space in my kitchen. I thought I was functioning just fine without it. Well, it came. He had plans to use it, so I really couldn't send it back. Then I started using it too. I fell in love with it in no time. How had I lived without a food processor? During my time teaching cooking classes at, I loved showing people how to use these kitchen appliances to save time and money (in the long run) and eat more fruits, vegetables, whole grains, beans, and leafy greens. They would tell me these small appliances were up in the cupboard and they just did not know how to use them. Let me tell you some of my favorite uses for some of these different tools.

**Food Processor:** Now that it is soup season, I quickly chop my onions and peppers in it. I use the slicer blade to do carrots and celery in no time. I also use the grater blade when I want to do carrots, especially for the *Carrot Cake Baked Oatmeal* in my cookbook. I also love to make homemade pizza dough using the plastic dough blade. I use it to pulse ingredients for my homemade black bean burgers and beet burgers, also in my cookbook. Don't forget delicious dips! You can make homemade hummus or Baba Ghanoush (roasted eggplant dip) in no time in a food processor. The flat bottom of a food processor means that the contents are more easily removed than from a blender.

- Chopping onions and bell peppers
- Slicing carrots or celery
- Grating carrots, zucchini, or jicama
- Pizza dough
- Veggie Burgers ([here is a link to Dr Kumar's recipe](#))
- Dips

- Energy Bites or [Dr Kumar's Cacao Truffles](#)

**Mini Food Processor:** I love my mini food processor for individual servings of banana soft serve and some sauces that don't have as much volume.

**Pressure Cooker:** A pressure cooker is such a versatile tool nowadays. I love that you can sauté your onions and garlic, then add the rest of your ingredients, close the lid and voila, the most amazing soups or cooked beans in less than one hour. A pressure cooker has replaced rice cookers too, because it can cook whole grains beautifully. Some families, like ours do use *both a rice cooker and pressure cooker at the same time* though, so we love having both. My favorite things to cook in my pressure cooker are sweet potatoes and black beans. I have recipes for both in my cookbook. Pressure cookers have endless possibilities.

- Soups
- Beans
- Squashes and potatoes
- Rice
- Whole grains like barley, farro, wheat berries, and steel cut oats or oat groats
- Risottos (dairy-free)
- Vegetable Broth
- Fruit desserts
- Even vegan cakes

**High Powered Blender:** A good blender is so nice to have. I use my blender for smoothies, sauces, and grinding grains to make flours like oat flour myself. I also prefer to use my blender instead of immersion blenders when I want to puree my soups. I would say our blender is by far the most used gadget in our home for smoothies that everyone enjoys!

- Smoothies
- Blending soups
- Grinding grains to make flour (like oats or millet)
- Sauces with more volume

**Air Fryer:** I really did not know if an air fryer was necessary, like my thoughts about the food processor. Well, let me tell you I have fallen in love with my air fryer too! We use it almost daily in our house. I love it for cubed tofu and making my lentil meatballs, veggie burgers or falafel in minutes. I also love it for sweet potatoes and other vegetables because it is fast and doesn't require pre-heating. In the summer, it does not heat up your kitchen! My family uses it like a pizza oven (I'm imagining because we never owned one) to reheat leftovers to restore the crispiness in foods. I do use parchment paper in my air fryer to prevent sticking.

- Tofu
- Tempeh
- Sweet potatoes or regular potatoes
- Pretty much all vegetables (Brussels sprouts with balsamic glaze are the bomb)
- Homemade veggie burgers
- Taquitos (fill flour tortillas with veggies, roll and place in air fryer for crispy, no-oil south-of-the-border goodness)

If you would like more information about how you can start using gadget to eat well and get more plants, I'd love to work with you. My cookbook (which is included in our first session) has lots of recipe ideas and I can

teach you which recipes to start with. Schedule an appointment through The Ommani Center. I can't wait to chat with you and help you gear up for better health.

**©November2021, Joy Lenz, RD CD is a Registered Dietitian at Ommani. She offers consultations via Zoom. Call our office at 262.695.5311 to schedule an appointment.**