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Time-Saving Kitchen Tools

We all want to prepare great meals for our families, but often do not have lots of time in which to do it. The University of Nebraska Cooperative Extension in Lancaster County polled groups of dietitians, home economists, chefs, and other food professionals and ask them to share their favorite time-saving kitchen tools. They compiled a list of tools that should help you quicken your cooking time. They are:

- Tool 1: Garlic Peeler
- Tool 2: Anything Dishwasher Safe
- Tool 3: Flexible Plastic Cutting Board
- Tool 4: More Than One Cutting Board
- Tool 5: Pump-Spray or Mist-Spray Bottle for Oil
- Tool 6: A Good Quality, Sharp Chef's Knife
- Tool 7: Food Processor and Blender
- Tool 8: Lots of Colanders
- Tool 9: Kitchen Shears
- Tool 10: Apple Corer/Wedger
- Tool 11: An Assortment of Whisks
- Tool 12: 1- and 2- Quart Microwave Safe Glass Batter Bowls/Mixing Cups
- Tool 13: A Good Quality Vegetable Peeler
- Tool 14: Digital Timer
- Tool 15: Egg/Mushroom Slicer
- Tool 16: Cookie Dropper
- Tool 17: Funnels
- Tool 18: Detergent Dispenser with a Brush on it
- Tool 19: Salad Spinner
- Tool 20: Long-Handled Bottle Brush
- Tool 21: Non-Stick Skillet with Sloping Sides
- Tool 22: Heat Resistant Spoon-Shaped Spatulas
- Tool 23: Jar Opener
- Tool 24: Cheese Slicer
- Tool 25: Multi-Tiered Food Storage Shelves
- Tool 26: Food Clips

Try these tips and they will help you prepare those healthy meals for your family, while getting you out of the kitchen faster! For a more complete list of their “Tools of the Trade,” visit their website at <http://lancaster.unl.edu/food/ciql.htm>.

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