Kitchen Appliances and Tools For Healthy Cooking

Healthy cooking begins with the food and ingredients, but you also need certain products and appliances along the way. The following kitchen appliances and tools will be helpful for all those homemade fall meals you intend to make.

**Slow Cooker**

Everyone should have a slow cooker in their kitchen, especially during the fall. You will probably want to cook a lot of hot meals in the fall when the temperature gets colder and you want to warm your family’s bellies. The slow cooker lets you make nutritious meals like soup, chili, chicken, and pork chops, that are also easier to prepare. If you are busy running errands on a Sunday, you can put all the ingredients into the slow cooker, run your errands, then return home in the afternoon to a meal that is just about done.

**Baking Dishes**

If you are going to cook meals in the fall, you will also need some baking dishes. A lot of meals and desserts use these dishes to make things in the oven. Get a variety of sizes to have on hand, from small dishes if you want to make French onion soup, to cookie sheets for baked goods, and deep dishes for casseroles.

**Rice Cooker**

Another good cooking appliance to have at home for fall cooking is a rice cooker. This really helps to simplify the process when you are making rice, whether white rice, wild rice, or brown rice. You just put the rice in the cooker, add water, and turn it on. By the time you are done preparing the other components of the meal, your rice is done and you’re ready to eat! It couldn’t be simpler than this.

**Pressure Cooker**

A pressure cooker is an excellent appliance to use for your meals. You can make a lot of different things with a pressure cooker, including meat, veggies, and grains. Pressure cookers will help you to retain more of the nutrients, vitamins, and minerals from your foods, while cooking them slowly so you can do other things while your meal is cooking.

**Spiralizer**

This is a type of tool that turns your vegetables, primarily zucchini and squash, into pasta. It helps you get pasta that is low in fat, calories, and carbohydrates. It is perfect for your healthy fall meals when you want to have more vegetables by making it the pasta itself!