

Healthier Cooking Starts Here

Make what's good for you with these smart new kitchen tools. *By Milena Damjanov*



Onion goggles—genius!

Do you tend to tear up while cutting onions? **RSVP International Onion Goggles** (\$20; bigkitchen.com) have a foam seal to help prevent those irritating sulfur vapors from bothering your eyes.

Scrub stars

Casabella Round Mesh Scrubbers (\$16 for set of three; casabella.com) scour your pots and pans without wrecking them. And they're so cheerful they almost make dish-duty fun.

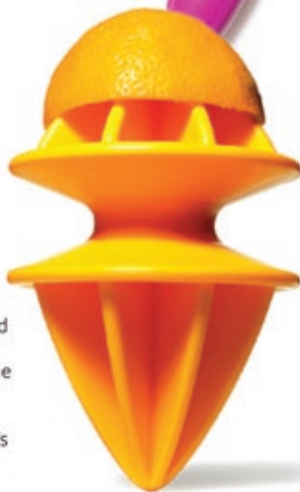
Why cast iron?

This type of cookware is super durable. It's also stick-resistant without containing the potentially harmful chemicals in traditional nonstick cookware, notes Jackie Newgent, RD, author of *Big Green Cookbook*.



Morning squeeze

You don't need to pull out your clunky juicer to enjoy fresh-squeezed OJ: Just place your citrus of choice atop the **Citrangle Juicer** (\$20; momastore.org) and twist into your glass. It's low-tech, but gets the job done—the funnel filters out the seeds.



Cut the fat

Expertly sear and brown chicken and meat in the **Cuisinart Chef's Classic Enameled Cast Iron 10-Inch Round Fry Pan** (\$40; cuisinart.com). Since it's enameled cast iron, you won't need much oil or butter. Plus, it's dishwasher safe.

Blend and go

Mix up a single serving of your favorite smoothie in the **Oster My Blend Blender** (starting at \$28; amazon.com). Simply blend in the bottle, pop on the sports lid, and you're off.



Berry helpful

The two-in-one **Kuhn Rikon Strawberry Knife Colori** (\$12; surlatable.com) easily scoops out the stems of strawberries, then slices them up for healthy snacking.

Whip it good

Don't you hate it when you can't get all the batter out of the bowl? Enter the **Tovolo Better Batter Tool** (\$12; chefscatalog.com), designed to whip up properly fluffed batter and scrape the bowl clean.



Chop herbs—and calories

Seasoning with fresh herbs adds big flavor to a dish without jacking up the calories. Make it easy on yourself: The compact **Microplane Herb Mill** (\$20; williams-sonoma.com) minces those herbs with a flick of your wrist.