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6. How is a toaster oven different from a regular oven?

7. What is the difference between a hand mixer and a stand mixer?

8. What considerations should you think about when selecting a coffee maker?

9. List three tips for selecting and using a microwave oven.

10. How can a slow-cooker save time?



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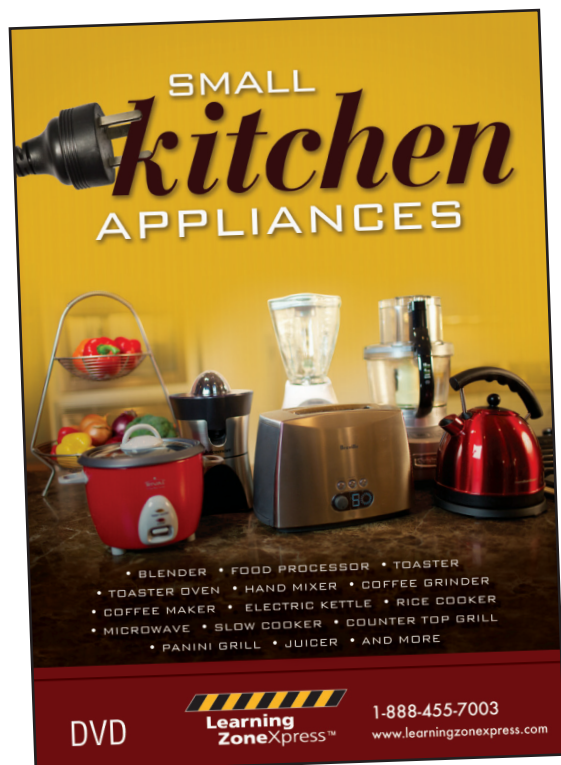
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12. Where should small kitchen appliances be stored when not in use?



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ANSWER KEY

1. What are the similarities and differences between a blender and a hand blender?

Both are designed to purée liquids, such as sauces, soups or smoothies. A blender has a jar where food or liquids are placed with a cover and a pouring spout. A hand blender (immersion blender) is inserted directly into the bowl or pot to blend ingredients.

2. Why shouldn't hot liquids be placed in a blender?

Hot liquids are unsafe to blend in a sealed container because of the pressure created in the jar. Foods must be cooled before blending in a standard blender.

3. A food processor is one of the most expensive small appliances you buy. What are some features you should look for? Name three features.

- ***Powerful motor that is 600 watts or more***
- ***Large capacity bowl to handle more ingredients***
- ***Sturdy construction with a heavy base (so it sits firmly on counter without moving)***
- ***Variety of blades***

4. How should you clean a food processor?

Wash food processor blade with a long handled brush and the bowl can be placed in the top rack of the dishwasher. Wipe the base with a damp cloth and never submerge it in water.

5. If bread gets stuck in your toaster, how should it be removed?

Unplug the cord and remove the toast using the handle of a wooden spoon. Steer clear of the metal element wires because damaging them will ruin the toaster. Never insert a knife or other metal utensil into the toaster.

6. How is a toaster oven different from a regular oven?

A toaster oven can do many of the same jobs as a regular oven, but on a smaller scale. It preheats quickly and uses less energy than a regular oven. A toaster oven won't heat up the kitchen on a hot day.

7. What is the difference between a hand mixer and a stand mixer?

A hand mixer is handheld and can be used for light mixing jobs such as mixing cake batter or making mashed potatoes. A stand mixer is much heavier and more powerful to easily mix stiff cookie dough or knead bread dough.

8. What considerations should you think about when selecting a coffee maker?

Think about the size (number of cups it will brew) and programming features such as delayed brewing or a keep-warm setting.

9. List three tips for selecting and using a microwave oven.

- ***Higher wattage microwaves cook faster and more evenly. Look for a microwave with inverter variable power with over 1000 watts***
- ***Defrost setting and other specialized heat and timing sensors***
- ***A turntable so you don't need to stop and rotate the dish while cooking***
- ***Nonstick interior for easy cleaning***
- ***Never use metal dishes in the microwave. Use microwave-proof cooking dishes***

10. How can a slow-cooker save time?

Slow-cookers cook at a low temperature, which makes them ideal for cooking when you're away from the kitchen for school or work. All you have to do is fill it, turn it on, and allow to cook for several hours.

11. What is a contact grill?

A contact grill is a type of countertop grill that has a top and bottom grill plate that closes over the food to cook both sides at once. This type of grill speeds up cooking time.

12. Where should small kitchen appliances be stored when not in use?

Small kitchen appliances should be stored in lower kitchen cabinets when not in use because these cabinets have more clearance for larger items and can take the weight. Appliances that are used infrequently should be placed toward the back. Keep appliances that are used daily on your countertop.

RECIPES

TUNA MELT Makes 2 servings

To make a tuna melt, use a stovetop grill pan, skillet, or Panini grill. Serve with a green salad, and a quick-to-prepare meal is complete.

- 1 (6-ounce) can water-packed tuna, drained
- 2 tablespoons low-fat mayonnaise
- 4 slices whole-wheat bread
- 1 tomato, sliced
- 4 thin slices Cheddar cheese
- Olive oil, as needed

Stir together the tuna and mayonnaise in a small bowl. Spread the mixture on 2 slices of bread; top with tomato and cheese slices.

Use a basting brush to lightly brush the outside of the sandwiches with olive oil. If using a stovetop grill pan, preheat over medium-high heat. Grill the sandwiches for about 3 minutes per side or until the bread is golden brown and the cheese is melted.

SUNSHINE CARROT SALAD Makes 4 servings

Save the juice when draining the pineapple. Use it for making smoothies!

- 1 (8-ounce) can unsweetened crushed pineapple, drained
- ¼ cup low-fat vanilla yogurt
- ½ teaspoon celery seed
- 2 large carrots, coarsely shredded
- ¼ cup raisins
- Pinch of salt
- ¼ cup of chopped pecans

Spoon the pineapple into a small bowl. Add the yogurt and celery seed; stir until combined. Stir in the carrots and raisins; season with salt. Transfer to a serving bowl and sprinkle with pecans.

RECIPES

BRUSCHETTA Makes 4 servings

Serve these open-faced sandwiches for a mouth-watering snack or as an accompaniment to soup or salad.

FOR THE BREAD

8 – ½ to ¾ inch thick slices of French bread
Olive oil for brushing

FOR THE TOPPING

2 plum tomatoes, finely chopped
1 tablespoon extra-virgin olive oil
2 tablespoons fresh basil, chopped or ½ teaspoon dried basil
2 cloves garlic, finely chopped
¼ teaspoon fresh ground pepper, or to taste
Dash of salt
¼ cup freshly grated Parmesan cheese, optional

Lightly brush the bread with olive oil. Arrange the slices in a single layer on a baking sheet. Broil in toaster oven for 30 seconds to 1 minute per side or until golden brown and crisp on the outside, yet still chewy on this inside.

Stir together the topping ingredients, except the cheese, in a small bowl. Taste and adjust the seasoning. Spoon topping onto the toasted bread slices. Sprinkle with Parmesan cheese.

HONEY BUTTER Makes ½ cup

Spread honey butter on warm whole-grain toast for breakfast or a tasty snack.

1 stick butter, at room temperature
¼ cup honey

Put the butter and honey into a small mixing bowl. Use a hand mixer on medium speed to combine. Increase the speed to medium-high and briefly beat until fluffy.

Transfer to a covered container and store in the refrigerator for up to 1 month.

RECIPES

BANANA-BERRY SMOOTHIE Makes 1 serving

This drink makes a tasty and healthful, quick-to-prepare breakfast or snack. The amount of juice needed will vary by the type of yogurt used.

1 cup low-fat vanilla yogurt

1 banana

½ cup berries, such as raspberries, blueberries, or sliced strawberries

½ cup apple or orange juice, or as needed

Put all the ingredients into a blender and purée. Turn off the blender and remove lid. Push down the sides of the mixture. Replace lid and resume blending to reach a smooth consistency.

