

INGREDIENTS FOR THE GOOD LIFE

EatingWell[®]

MARCH 2021

**26
Ways to
Be a
Better
Cook**

**Essential
Advice,
Techniques,
Tools &
Recipes**

**FLIP
THE MAG
to get
started!**

**A New Way
to Tackle
Food Waste**

**20-MINUTE
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**Is Healthy
Food Only
for the
Wealthy?**

26

ways to be a

Better Cook

These days many of us are cooking a whole lot more often, whether we want to or not. So we figured it was a great time to talk to some of our most trusted contributors as well as our Test

Kitchen team about how to up your cooking cred. This highly opinionated and absolutely not complete list of **tips, tricks, techniques, nutrition advice and recipes** is the result.

It will not teach you *everything* you need to know about healthy cooking. But it does have a payoff: more delicious meals with a lot less effort.

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1

Keep knives sharp.

Cooking can feel like a chore if it takes too long to chop up all those healthy vegetables. We asked blogger Katie Webster of healthyseasonalrecipes.com what her timesaving advice is for prepping. "You need a good chef's knife—they're designed to cut through food easily. And keep your knives sharp. It makes a world of difference. Either take them to a pro or use a handheld sharpener." (See page 71 for our knife, sharpener and other kitchen equipment recommendations.) When it comes to your cutting board, go big. "Make sure it's at least 15 by 20 inches so you have plenty of room to work," says Webster. "Put a piece of sticky shelf liner or a damp towel underneath to keep it from slipping, and work from left to right—using the left side to cut, then pushing the prepped food to the right. (Lefties, do this in reverse.) That way, you're giving your dominant side room to work. When you have the right tools and setup, you'll be amazed at how much more efficient you are."



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