



Setting Up Your Kitchen

Getting your kitchen set up doesn't have to cost a fortune, but you do need some basics.

Here's what you need:

- A set of pots and pans: these can be stainless steel or glass
- I also recommend purchasing a small and medium-sized cast iron skillet for toasting nuts and seeds - these can be used on the stovetop and in the oven.
- 2 stainless steel baking (“cookie”) sheets (with edges to avoid oven spills)
- A set of glass, ceramic, or stainless steel “nesting bowls” for mixing and storing foods
- A paring knife and a vegetable knife, or a set of knives. This is where an investment is worthwhile if you can make it. I love having a few Japanese vegetable knives - the blunt end also makes it safer to have kids helping in the kitchen.
- 3 wooden cutting boards - a large one for vegetables and fruits, a medium one for cutting meats, and a small one for cutting onions and garlic (otherwise everything tastes like those)
- A vegetable grater, vegetable peeler, and garlic press

- Stainless steel and wooden stirring spoons, a spatula, and a whisk
- 1- and 4-cup measuring cups; measuring spoons
- A large strainer for washing vegetables (and straining noodles)
- A blender (or Vitamix) for making smoothies and sauces
- Glass (not plastic!) storage containers for leftovers and batch cooking.

Optional:

- A vegetable juicer
- A slow cooker if you need to plan and prepare ahead, or have things cooking while you're at work
- A pressure cooker if you want to cook your own beans (canned beans are also an option)