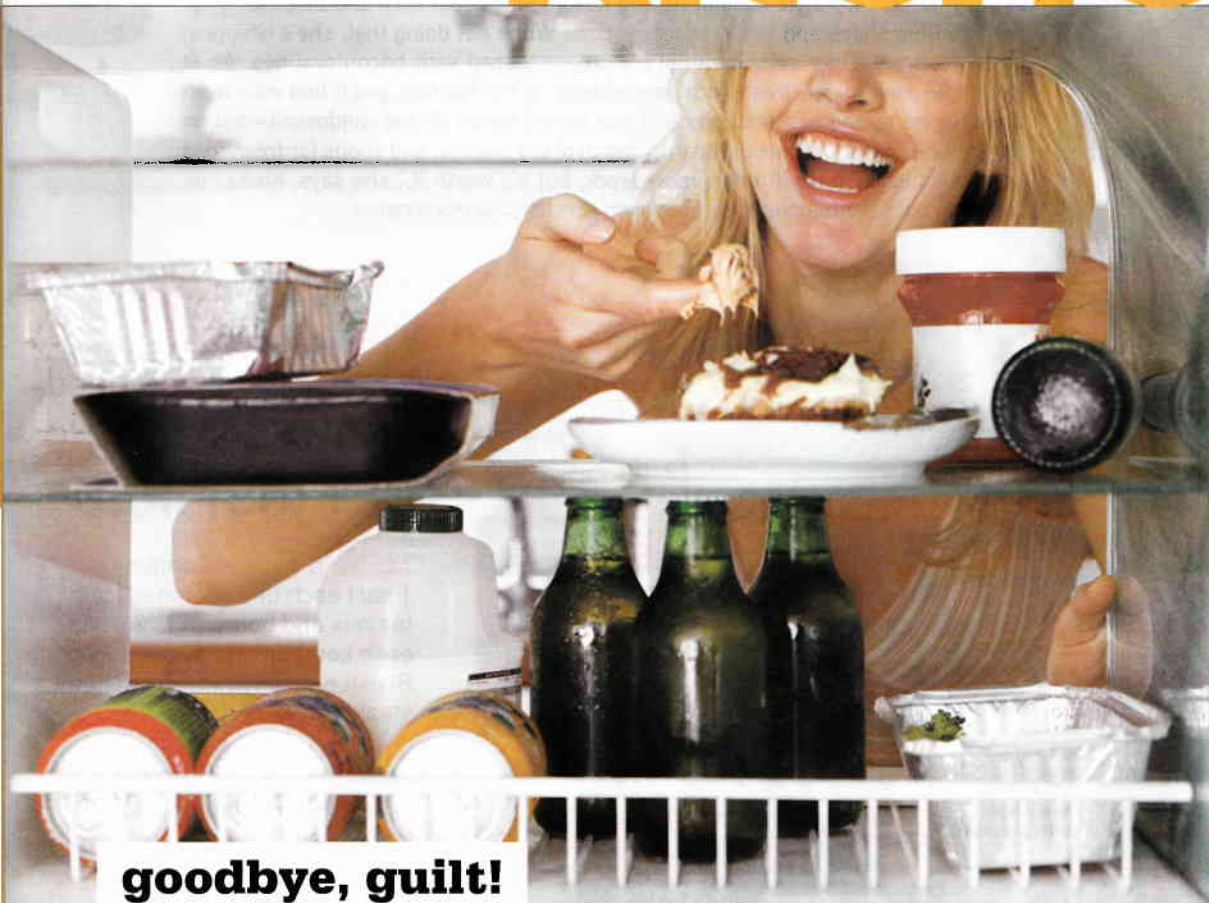


# EVERYDAY **Kitchen**



## goodbye, guilt!

Hey, don't be so hard on yourself. There are easy ways to avoid...

BY DINA CHENEY

### ...UNHEALTHY DINNERS.

Mix and match: Stock pantry staples like whole grains, beans, nuts and dried fruit. Shop weekly for produce and lean protein, then cook ahead (think hard-boiled eggs and grilled chicken). A **healthy meal** (say, farro salad with chickpeas, roasted red peppers and feta) is now minutes away.

### ...RECIPE RUTS.

Shake off menu blues by dusting off your **cookbooks**. Member service Eat Your Books ([eatyourbooks.com](http://eatyourbooks.com)) lets you search its database of 100,000 titles. Make shopping lists and search by on-hand ingredient (in way less time than it'd take to check 14 different indexes for "chicken").

### ...WASTED FOOD.

Refashion "vintage" leftovers, says dietitian Jackie Newgent, author of *Big Green Cookbook*. Puree grilled veggies with hummus for a dip, or mix rice pilaf with ground poultry for burgers. And don't overlook **scraps**: Toss clean strips of citrus peel into hardened brown sugar to soften it.

### ...KITCHEN CLUTTER.

Toss out all your extras, from dishes to spices, says Julie Morgenstern, author of *SHED Your Stuff, Change Your Life: A Four-Step Guide to Getting Unstuck*. Then, establish activity zones—food prep and cooking, serving, cleanup and **recycling**, and paperwork—and stay in the zone.



## tip from the EVERYDAY test kitchen

Don't let storage space—or lack thereof—limit your love of kitchen gear. Hang utensils, tools and even small appliances in an over-the-door shoe organizer.



Share your tips for **making the kitchen guilt-free** at [rachaelraymag.com/august](http://rachaelraymag.com/august).