



Information

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LOWER ENERGY COSTS WITH SMALL KITCHEN APPLIANCES

Stoves come in a variety of styles and price ranges. There's drop in stoves, slide in stoves; smooth top, ceramic top, glass top; radiant heat, induction heat; conduction ovens, convection ovens, one oven, two ovens, etc. The choices are endless. All are self cleaning so the days of coating your oven with Easy Off are long behind us unless you have an older model.

I'm always fascinated by the importance placed on this major kitchen appliance which doesn't get a huge amount of use in our household. It's the small appliances that I rely on most which cost significantly less and use considerably much less energy.

The question I pose to you, "Are you getting the most out of your small kitchen appliances or are they gathering dust on your counter?" According to U S Dept of Energy and Allegany Power the typical wattage of various appliances is:

- Coffee maker = 900–1200
- Microwave oven = 750–1100
- Range = 12,000
- Toaster = 800–1400
- Toaster oven = 1225

For those not listed you can find the wattage stamped on the bottom or back of the appliance, or on the nameplate. I randomly checked some of my favorite kitchen appliances and found the wattage to be:

- Blender = 330
- Crock pot = 215-250
- Electric skillet = 1400
- Kitchen Aid mixer = 300
- Quesadilla Maker = 900

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The higher the kilowatts the greater the cost to operate. For appliances that have a range of settings, the power used will depend on the setting used. For example, do you have your Crock pot on the high, medium, or low setting. The higher the setting the great the wattage required.

Looking at these numbers you can easily see it makes more sense to cook that casserole in the toaster oven versus the oven in your stovetop range. That one behavior change results in 90% less energy use. Another example is heating up water in the microwave. You can use that beautiful tea kettle that sits on your stove or you can heat water in a Pyrex dish for one-tenth the energy. With electricity bills at an all time high, now is the time to seriously think about new ways for preparing meals.

Take for example the plug-in electric skillet, my all time favorite small appliance. Years ago I invested in a high quality stainless steel model which I use practically every single day regardless of the meal I'm preparing. It's great for making eggs, French toast, and pancakes; toasted sandwiches, sautéing vegetables, making a pot of soup or stew; and even baking a meatloaf. The plug in receptacle allows me to regulate the temperature much better than my electric stove. An added bonus, it's easy for my sons to operate, so they can prepare their own menu items. I'm all for an equal opportunity kitchen!

Back to that toaster oven. Recently I went shopping for a new one and found lots of new features. The one I selected from Black and Decker has the ability to be turned into a convection oven, great for when time is an issue. Another great feature is it's curved in the back so it can hold an entire 12 inch pizza. We cook a lot of pizza and over a year that equals lots of savings on energy.

During these challenging economic times every dollar counts so get out your small appliances and put them to work.

CROCK POT BEEF VEGETABLE SOUP

1 pound round steak
2 cans beef broth
1 can tomatoes
1/2 cup diced carrots
1/2 cup diced celery
1/2 cup chopped onion
1 cup frozen green beans
1 cup frozen corn
1 cup canned pinto beans, including juice
2 bay leaves
1/2 teaspoon basil
1 tablespoon parsley

Place round steak in *Crock Pot* and cook for 4 hours on high temperature. Remove from Crock Pot and let cool. Chop steak into small pieces using knife or hand held food chopper. Wash and cut carrots, celery, and onion. Place steak, beef broth, tomatoes, green beans, corn, and pinto beans into electric skillet. Add diced fresh vegetables and bay leaf. Heat at 350°F or until

boiling. Lower temperature to simmer and cook for 1 hour. Add basil and parsley the last 20 minutes of cooking.

To decrease sodium use no-salt added pinto beans and low sodium beef broth.

SPICY SALSA CHOPS

2 medium tomatoes, chopped
1/4 cup sliced red onion
1 tablespoon brown sugar
1/2 teaspoon salt
2 tablespoons lime juice
2 garlic cloves, minced
1/4 teaspoon crushed red pepper
4 (1/2-inch thick) boneless pork loin chops

In large nonstick *electric skillet*, combine tomatoes, onion, brown sugar, salt, lime juice, garlic and crushed red pepper; mix well. Cook over medium heat until mixture comes to a boil. Add pork chops; spoon sauce over chops. Cook over medium-high heat for 5 minutes. Turn pork chops; cook an additional 5 minutes to 10 minutes or until pork is no longer pink. Yield: 4 servings.

BLENDER COLE SLAW

1 medium-sized cabbage
1 carrot, peeled
1/2 green pepper
1 slice of onion
3 tablespoons salad oil
1/3 cup vinegar
2 tablespoons sugar
1 teaspoon salt
1/4 teaspoon pepper
1/2 teaspoon dry mustard
1 teaspoon celery salt

Quarter & core cabbage. Cut cabbage, carrot & green pepper into chunks & place in *blender* container. Cover with water & turn blender on High for about 5 seconds. Drain off water. Repeat until all ingredients are chopped. Combine remaining ingredients & blend until thoroughly mixed; pour over vegetables and toss. Makes 6 to 8 servings.

Deborah Rhoades, MA, RD, LDN, is a licensed Registered Dietitian and Extension Educator in Family and Consumer Sciences. For more information about the Frederick County Extension Office check out our website <http://Frederick.umd.edu>

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