

3 Ways to "Cook Cool" in Summer Heat



Make Hydration Delicious

We get it. Water is tasteless. It literally has no taste. But nothing hydrates better than water. If you're someone who loves flavor, it's easy to punch up your drink.

Add cucumber slices, fresh raspberries, or sliced watermelon rinds to your water, then follow them with lots of ice to keep things cool.

Cook Once, Eat Twice!

You'll save time and money when you cook a batch of something and then repurpose the leftovers.

For example, use a simple marinade on chicken pieces, grill several servings, then use that chicken in multiple meals. Grilled chicken is a great addition to tacos, salad, pasta, or rice dishes.



Dust Off the Slow Cooker

Slow cookers use ten times less energy than the stove and require no babysitting while preparing your food. Did you know you can place an entire chicken in the crockpot with no liquid and have a completely cooked bird in 5 to 6 hours?

Slow cookers are also great for stewing leaner cuts of meat such as pork loin, and it also works well for beans and lentils.