

Kim's Kitchen Essentials

Is your kitchen equipped to create safe, healthy food?
Keep this checklist handy to make sure!

Prep

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Knives	Cutting Board	Mixing Bowls	Peeler	Can Opener	Strainer Colander
					
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Measuring Spoons & Cups	Instant-Read Food Thermometer	Pot Holders	Oven Mitts		
					
<i>Cook</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pots, Pans, and Lids	Whisk	Rubber Spatula	Tongs	Apron	
					
<i>Serve</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Serving Spoons	Place Setting	Leftover Containers			
					

@kitchendietitiankim

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