Jump Start New Year's Resolutions to Get Healthy



NESCO Food Steamer Makes Healthy Eating Easy

It's the holiday season, and the time we all start thinking about our resolutions for the coming year. For many, that means getting healthier. NESCO makes a variety of kitchen appliances that can help with healthy eating goals—including the NESCO 5 Qt Food Steamer which provides quick, healthy meal options for the entire family.

Food preparation is a crucial step in a person's healthy eating journey. Sometimes it's not just a matter of what you're eating,

but how you're preparing what you're eating.

Steaming allows foods you're cooking to retain more vitamins, minerals, and enzymes than other cooking methods. So the vegetables you've vowed to eat more of in the new year, are actually healthier than if you decided to boil or sauté them. Steaming also doesn't require oil which can add unnecessary calories to a meal.

Steaming meats like lamb or pork makes for easier removal of fat than grilling, baking, or frying. Removing the fat from meats can lower calories and cholesterol, while still giving you the protein a healthy diet needs.

A Quality Food Steamer is an Essential Part of a Healthy Eating Journey

In the Food Steamer, water is heated in the bottom, and food is stored in sealed containers at the top. The steam from the water easily cooks food in a matter of minutes.

Vegetables, seafood, meat, poultry, fruits, eggs, and grains can be steamed in NESCO's 5 Qt Food Steamer. Take this recipe for chili-spiced asparagus, for example. It pairs perfectly with delicate salmon fillets and, thanks to the steamer's two BPA-free steaming bowls, you can steam them together at the same time.

"*Because of the Food Steamer's design, a variety of foods can be cooked at the same time without compromising flavor,*" says Dan Kuenzi, senior vice president of sales & marketing at NESCO. "*It's all about quality, affordability, and convenience.*"

At NESCO, we continue to innovate and meet the growing needs of

our customers. Our goal is to provide you with the right equipment for your lifestyle. So whether that's a vintage NESCO Roaster Oven that can feed an entire family, a Food Steamer for healthier living, or a Coffee Roaster, we're here for you—always.

NESCO: Your Key Ingredient

At NESCO, we believe life is an occasion worth celebrating. We're dedicated to being Your Key Ingredient in those celebrations by making cooking enjoyable again with our complete line of innovative small kitchen appliances and accessories. NESCO began as the National Enameling and Stamping Company and created the first Roaster Oven in 1931. NESCO is currently headquartered in Two Rivers, Wisconsin.

To purchase NESCO products visit nesco.com or for more information call 1-800-288-4545.