

EVERYDAY

kitchen

good for you!
lighten up



the good-for-you kitchen

Making your space healthier is easier—and cheaper—than you might expect.

BY AMY ZAVATTO

GO GREEN—REALLY. For better air quality, place at least two houseplants in the kitchen, says designer Sandra Gaylord of Gaylord Design in Charleston, South Carolina. Tropical plants like palms and **ferns** work best; they're better at absorbing gases because they grow in dense tropical canopies without much light. And they're pretty, too.

CLEAN SMARTER. Why buy organic food only to plop it on a counter cleaned with chemicals? **Lemons** cut through grime on countertops and cutting boards, and they even spruce up copper pots, says Eva Pesantez, executive chef at New York City's Savor Catering and Brother Jimmy's BBQ.

GET YOUR CRUSH ON. With garlic, that is. According to the USDA Agricultural Research Service, serving **crushed, baked garlic** is the best way to get its benefits. (Garlic has long been praised as a source of antioxidants and as an aid in lowering blood pressure.) Try popping it in the oven with a roasting pan of veggies.

LIGHTEN UP. Switch to **neodymium bulbs** to mimic daylight. To save energy, Joe Rey-Barreau, lighting designer and University of Kentucky College of Design professor, suggests fluorescents. For more impact, he likes layers of light: under-cabinet, recessed, decorative (e.g., over an island) and accent (e.g., on wall art).



tip from the test kitchen

Raw beets have tough skins. But if you cook them first, then peel while they're still warm, the skins will slip right off. To keep your hands stain-free, put the beets in a plastic bag, then rub the skins off from the outside.



Get more good-for-you kitchen tips at rachaelaymag.com/april.

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