**Expanding Possibilities with Countertop Cooking**

**Small Appliance Review**

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| **Countertop Appliance** | **Functions** | **Advantages** | **New Cook** | **Cost** | **VI Feature** | **Adaptations** | **Disadvantages** |
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| **Toaster Oven** | Bakes  Toasts  Broils  Keeps warm | Smaller than range/oven  Sits on countertop  Costs less  Quick pre-heat  Doesn’t warm up house. | Simpler to insert/remove items.  Easier to clean  Faster than full-size oven | $35 small to $159 larger  $279 Smart Oven Pro. | Dial controls  Built-in timer  Pull-out feature on tray.  Sound indicators for preheat & done. | Tactile markings or dots. | Doesn’t cook as evenly as large oven.  Small size limits what can go in. |
| **Countertop Grill** | Grill meats, sandwiches.  Quesadillas, paninis | Heat up quickly  Use electricity – more even heat surface.  Easy to clean  Fits in a small space  Healthier cooking | No turning/flipping  Some have automatic sensor for doneness  Fast and easy to clean and maintain. | George Foreman $39 & up Cuisinart $100  Optigrill $179  DeLonghi $250 | Tactile selector buttons.  Visual cues (lights)  Sound indicators | Tactile markings or dots for buttons. | Drip tray can be messy.  Depending on size, may have to cook one at a time.  Danger of hot surfaces. |
| **Instant Pot** | Pressure Cooker  Slow Cooker  Rice cooker  Bread baker | All-in-one device  Quick cooking time  Cooks from frozen  Can set and forget | Everything goes in one place.  No need to time or check for doneness. | 3 Qt. $69.99  6 Qt. $99.99  Magic Chef  $59.99 6Qt. | Tactile selector keys.  Sound indicators.  Simple controls | Tactile dots.  Template for control panel. | Heavy  Bulky |
| **Air Fryer** | Fries, roasts and bakes | Smaller size good when cooking for 1 or 2. Doesn’t heat up kitchen.  Healthy alternative to frying  Faster cooking times | Enclosed unit – avoids working over flame/burner or in oven.  Gets food crisp/brown without standing over pan/grease/oil.  Easy to clean | $64 to $299 | Knob controls or digital controls where each button has specific purpose rather than toggling between several options. | Tactile markings/dots on controls | Need larger model or cook in batches for larger amounts of food.  Larger models bulkier, take up more space  Desired texture of some food may be better achieved in oven. |
| **Super Blender**  **(NutriBullet)** | Blends smoothies, shakes, sauces, soups, grains | A way to incorporate fresh veggies and fruit into diet  Fast, easy prep,  Simple to operate | Encourage healthy eating.  Instant results.  Easy to use  Quick clean up. | $39 to $249  Depending on power and features | Tactile pushbutton controls.  The less complicated/  Simple, the better. | Tactile markings if needed. | Can be loud.  Difficult for arthritis/limited grasp.  Limited uses. |