**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** | BakesToastsBroilsKeeps warm | Smaller than range/ovenSits on countertopCosts lessQuick pre-heatDoesn’t warm up house. | Simpler to insert/remove items.Easier to cleanFaster than full-size oven | $35 small to $159 larger$279 Smart Oven Pro. | Dial controlsBuilt-in timerPull-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 quicklyUse electricity – more even heat surface. Easy to cleanFits in a small spaceHealthier cooking | No turning/flippingSome have automatic sensor for donenessFast and easy to clean and maintain. | George Foreman $39 & up Cuisinart $100Optigrill $179DeLonghi $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 CookerSlow CookerRice cookerBread baker | All-in-one deviceQuick cooking timeCooks from frozenCan set and forget | Everything goes in one place.No need to time or check for doneness. | 3 Qt. $69.996 Qt. $99.99Magic Chef$59.99 6Qt. | Tactile selector keys.Sound indicators.Simple controls | Tactile dots.Template for control panel. | HeavyBulky |
| **Air Fryer** | Fries, roasts and bakes | Smaller size good when cooking for 1 or 2. Doesn’t heat up kitchen.Healthy alternative to fryingFaster 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 spaceDesired 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 dietFast, easy prep, Simple to operate | Encourage healthy eating.Instant results.Easy to useQuick clean up. | $39 to $249Depending 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. |