



How to Use a Vegetable Peeler

Having a peeler in the kitchen is useful when removing skin on carrots, potatoes and apples. Important nutrients are "hidden" just under the skin on fruits and vegetables, and these are lost when cuts are made too deeply with a knife. Kids like to peel carrots, but encourage them to eat the apple peel—it contains lots of good fiber and nutrients!

Proper use of peelers is important. Most peelers have a stainless steel swivel blade that rotates back and forth to adjust to the shape of the food being peeled. Practice first on a carrot. Hold the peeler in the hand you write with and the carrot in the other hand. Hold the carrot near the top, and using some pressure, begin scraping the peel away from you and downward. Putting your thumb on the top side of the peeler and your fingers underneath helps guide the peeler. Turn the carrot after each top-to-bottom motion with the peeler to expose more skin.

You can peel potatoes using a similar method. Using an up-and-down motion, peel the skin off. Use slow motion in peeling so you don't accidentally scrape your thumb or nail. Many peelers have a pointed tip that can be used to remove the eyes in the potato.

Some prefer to use a swivel peeler to peel an apple. Hold the apple in the palm of one hand and the peeler in the other. Fingers wrap around the handle and your thumb is placed on



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the apple as you pull the peeler toward you and work around the apple, removing the peeling.

For kids, a harp peeler or T-shaped model works well. It is easy to control and doesn't have a pointed tip.

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For recipes: Contact your county extension office in Kansas or visit the website at www.kidsacookin.ksu.edu

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