

WHERE GOOD TASTE MEETS GOOD HEALTH

EatingWell®

MAY 2019



crazy for carrots

...and all the other
vegetables too.
It's our 4th annual
Eat More Veg issue!

**4 Ways
to Improve
Cholesterol**

**15 Better
Breakfasts**

**Kitchen
Splurges**
*That Are SO
Worth It*

Grilled Carrots
with Smoky
Ketchup, p.96

MORSELS



Spring for These Kitchen Splurges

BOSTON-BASED INTERIOR DESIGNER KRISTINA CRESTIN SPECIALIZES IN FABULOUS-YET-FUNCTIONAL KITCHEN RENOS. HERE, SHE NAMES FIVE SPOTS WHERE IT'S TRULY WORTH THE SPEND—FOR A KITCHEN THAT LOOKS AS GOOD AS YOU COOK.

BY CAROLINE MCKENZIE

1 PERFORMANCE FABRICS

Spills should be expected, so Crestin recommends pricier stain-resistant, waterproof fabrics by Sunbrella or Perennials for barstools and seat cushions. Leather is another smart option. “You really *can* wipe it off,” she says.

2 ATTENTION-GRABBING HOOD

Crestin likes a focal point, and range hoods can present the perfect opportunity. She hires carpenters and metal workers to craft custom versions for clients from materials like stainless steel, brass, copper and even barn wood.

3 SHOW-STOPPING BACKSPLASH

“One kitchen trend I’m seeing is to-the-ceiling tile,” Crestin says. Adding more money to your tile budget for this continuous look creates a room with a polished and custom feel. (Bonus: Tiles are easier to clean than plain walls!)

4 PREMIUM WORK SURFACES

Crestin loves granite for its durability, though she says most clients ask for marble (which takes more work to maintain). Her answer: run granite countertops around kitchen perimeters and use marble as an accent on kitchen islands.

5 TOP-OF-THE-LINE FRIDGE

It is by far your kitchen’s most-used item and “high-end refrigeration matters,” Crestin says. The owners of the kitchen above chose a Sub-Zero Pro 48 (*not shown*) for its massive capacity and seamless cabinetry integration.