

# APOCALYPSE NOW: DINNER EDITION

Your biggest food desire? Healthy weeknight dinners that don't take as long as an Adele album to produce. Because, really, who's got the ingredients, the time, or the patience every single night? Beyond Delivery.com, we give you our two-pronged plan of attack.

## SLASH PREP TIME

### 1. DUST OFF YOUR FOOD PROCESSOR.

You probably have one stashed deep in the cupboard and unearth it only for Cinco de Mayo guac. But that sucker is an ace multitasker, says Emilie Raffa, author of *The Clever Cookbook* (out February 16). Use it to grind a hunk of Parmesan. Or pop in an attachment to thinly slice or grate everything from butternut squash to zucchini.



### 2. GET ALL RUSTIC.

Think you need to peel those carrots you're cooking just because the recipe says so? Look, they'll be just as tasty—not to mention boast more fiber—if you give them a good scrub under the faucet and toss into your processor or a roasting pan. Same goes for potatoes and beets; just try to buy organic for anything with a thin skin.

### 3. DON'T OVERDO.

Stir-fry sounds delish, right? Not if you crowd the pan with a billion veggies, turning your

dinner into a literal hot mess. (A jam-packed pan also adds on 10 minutes of cook time, depending on the size of your fixings.) Instead, Raffa advises sticking with one or two picks. Boiling pasta? You don't need an entire pot of H<sub>2</sub>O. Stick with just enough to cover your noodles, and reserve half a cup of the starchy water to thicken your sauce without more cal.

### 4. GO VEG OVER GRAIN.

TV host, author, and nutritionist Ellie Krieger, R.D., swaps out rice and other starches, which can take 20 to 45 minutes on the stove, for chopped cauliflower, which is ready in a fraction of the time.

## MAKE IT IN ADVANCE

### 1. PREPARE HOMEMADE FLOURISHES.

Krieger—whose new cookbook, *You Have It Made*, is devoted to do-ahead recipes—often relies on DIY spice combos. Buy a couple of glass jars and load them up with equal amounts of chili powder, garlic powder, and oregano or smoked paprika, garlic powder, and crushed dried rosemary; they'll go with just about anything (veggies, fish, meat) and stay good for at least six months.

On Sundays, Krieger also devotes an hour to scratch-making versatile barbecue sauces, salsas, and dressings that can doctor up a variety of mains. "They keep for about four to seven days, so you can just brown the meat the day of," she says.

### 2. STOCK YOUR FREEZER.

And we don't mean with packaged dinners (the sodium in those babies—bonkers). "When a protein goes on sale, I buy a lot and prepare



a marinade or two," says Raffa, who then portions her ingredients into freezer bags. "The protein absorbs the marinade as it freezes, then again when it defrosts." Any cut of chicken will work, as will her three other go-tos: salmon, pork tenderloin, and flank steak. Just skip this method with veggies, which get too watery, and pre-frozen shrimp, because of bacteria hazards.

Mini meatballs also hold up well. "Use a one-inch ice cream scoop to portion them out onto a baking sheet," says Raffa. Once they're cooked, you can toss them in baggies to reheat over the next three months. Gotta have grains? Prep those in advance too, then thaw them when you want to stuff peppers or add a crunchy bottom to a frittata.

## YOU! ON A COOKING STREAK!

Whipping up healthy fare can seem like a pain in the butt if you're not naturally cheffy. But, you told us, it would be so much less of a drag if you had simple and fresh back-pocket recipes.

Enter our compadres at *Men's Health*, who devised the 21-Day #CookingStreak: Eat Great, Lose Weight! challenge. By cooking one meal a day, you'll learn how to apply five techniques to dozens

of recipes—the pork chops with cider-mushroom pan sauce are calling our name right now—in less than a month. Head to [RodaleU.com/StartCooking](http://RodaleU.com/StartCooking) to sign up (for just \$9.99!).

