



FAST, EASY, FRESH  
TIME-SAVERS



#### LOVE THAT CRUNCH

Panko breadcrumbs are a great alternative to homemade breadcrumbs.

#### QUICK TIP #1

#### KEEP IT IN ONE POT

It's not just about cook time—one-pot meals also equal easy cleanup.

#### Thai Chicken Curry

ACTIVE 30 MINUTES TOTAL 45 MINUTES

4 SERVINGS

- 2 tsp. vegetable oil
- 1 4-oz. can or jar yellow curry paste
- ¾ lb. carrots, peeled, cut into ½"-thick rounds
- 1 medium onion, chopped
- 1 red bell pepper, cut into 1" pieces
- 1 lb. Yukon Gold potatoes (about 3), peeled, cut into ½" pieces
- 1 lb. skinless, boneless chicken thighs, cut into 1" pieces
- 1 13.5-oz. or 15-oz. can unsweetened coconut milk
- Chopped fresh basil and cilantro

Heat oil in a large heavy pot over medium heat. Add curry paste and cook, stirring, until fragrant, about 1 minute. Add carrots, onion, and pepper and cook, stirring occasionally, until onion is translucent, about 10 minutes.

Add potatoes, chicken, coconut milk, and 1½ cups water and bring to a boil. Reduce heat to a simmer and cook, stirring occasionally, until chicken is cooked through and potatoes are tender, about 20 minutes. Divide curry among bowls and top with herbs.

CALORIES 260 FAT 14 G FIBER 3 G

#### QUICK TIP #2

#### DON'T BOIL PASTA

Skip a step when making mac and cheese by not precooking the pasta. Instead, mix the dried pasta with a thinner-than-usual béchamel sauce, and it will bake perfectly in just 30 minutes.

#### No-Boil Mac and Cheese

ACTIVE 30 MINUTES TOTAL 1 HOUR

8 SERVINGS

- ½ cup (1 stick) unsalted butter, divided
- ½ cup all-purpose flour
- 3 cups whole milk
- 1 Tbsp. kosher salt plus more
- ½ tsp. freshly ground black pepper plus more

#### 1 lb. elbow macaroni

- 2 cups shredded cheddar, divided
- 2 garlic cloves, chopped
- 1 cup panko (Japanese breadcrumbs)
- 2 Tbsp. chopped flat-leaf parsley

Preheat oven to 400°. Melt ½ cup butter in a large saucepan over medium-high heat. Add flour; cook, whisking constantly, for 1 minute. Whisk in milk and 3 cups water. Bring to a boil, reduce heat to a simmer, and cook, whisking often, until a very thin, glossy sauce forms, about 10 minutes. Stir in 1 Tbsp. salt and ½ tsp. pepper. Remove sauce from heat.

Toss pasta and 1½ cups cheese in a 13x9x2" or other shallow 3-qt. baking dish. Pour sauce over (pasta should be submerged; do not stir) and cover with foil. Bake until pasta is almost tender, about 20 minutes.

Meanwhile, melt remaining ¼ cup butter in a large skillet over medium heat. Add garlic, panko, and parsley and toss to combine. Season with salt and pepper.

Remove foil from dish. Sprinkle with remaining ½ cup cheese, then panko mixture. Bake until pasta is tender, edges are bubbling, and top is golden brown, about 10 minutes longer. Let sit 10 minutes before serving. CALORIES 480 FAT 17 G FIBER 4 G