

How to Do Anything Better Guide

BY LESLIE ROBARGE

How to Make Dinner in 10 Minutes Flat

We asked four busy women (including GLAMOUR's editor-in-chief!) to tell us what to cook when there's no time to cook. Never have cereal for dinner again!



The workday never ends for British music manager Nicola Carson, whose star client is pop singer Leona Lewis. "My job is 24/7," says Carson, who now lives in L.A. "Every single day is different—I'll be in the studio all day and then on a red-eye to New York that night." *Continued on next page* ▶

FASTER
THAN DRIVE-
THRU—AND
HEALTHY!

● **LOVE THESE
PRETTY GRILL
LINES?**

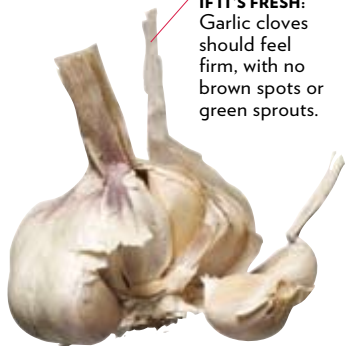
Get them by using a stovetop grill pan. It's the single girl's barbecue!

How to Do Anything Better Guide

So Carson, a vegetarian, relies on one go-to meal when she's hungry and in a hurry: the veggie wrap! "In England we sit around the table and have a proper meal," she admits. "If my mum knew I was eating a veggie wrap in my car for dinner, she'd be most disappointed!" But we're not—we tested it and it's good.

VEGGIE AND MELTED CHEESE WRAP

1 *tbsp. olive oil*
 ¼ *cup chopped zucchini*
 ¼ *cup cherry tomatoes*
 2 *slices Monterey Jack*
 1 *large flour tortilla*
 ½ *cup packed baby spinach*
Cooking spray
Salt and pepper to taste



HOW TO TELL IF IT'S FRESH: Garlic cloves should feel firm, with no brown spots or green sprouts.

1. In a sauté pan, heat olive oil over medium-high heat. Add zucchini and tomatoes; sauté until they soften and zucchini has just a tinge of golden brown on the edges, about 3 to 4 minutes. Remove from heat, set aside.

2. Assemble the wrap: First, center cheese in tortilla, then add sautéed veggies and spinach on top. Tuck in the top and bottom corners of the tortilla, followed by the side corners, until you've made a burritolike pocket. Wipe out sauté pan with a paper towel and generously

spray it, as well as the seam side of your wrap, with cooking spray.

3. Place in pan, and cook for about 2 minutes, or until tortilla is slightly brown. Spray the top of the wrap with cooking spray, then carefully flip, cooking another 2 minutes.



ON THE GO Carson, left, with her superstar client, Lewis



This recipe can easily be doubled or tripled for feeding friends.

The Fast Pasta You Can Even Cook for Company

Helena Andrews, former politico.com staff writer and author of the upcoming essay collection *Bitch Is the New Black*, is a veteran of the afterwork bar scene. "In D.C., it's where deals are done," she says. "Given the economy, I don't want to pay for dinner after." Here's her favorite weeknight meal.

CHICKEN AND SPAGHETTI WITH PESTO

2 *oz. dry whole wheat spaghetti*
 1 *chicken cutlet*
Salt and pepper to taste
 2 *tbsp. pesto sauce*
 1 *tsp. olive oil*
 1 *tsp. shredded Parmesan*
Basil (optional)

1. Bring a large pot of well-salted water to a boil. Add pasta and cook according to package instructions.

2. Meanwhile, place a sauté pan over medium heat.

3. Season chicken with salt and pepper. When pan is hot, gently lay cutlet in middle of pan. Cook approximately 3 minutes per side, or until the

meat in the thickest part of the cutlet is not pink. Let rest for a minute; slice crosswise.

4. Drain spaghetti, reserving ½ cup of cooking water.

5. Toss spaghetti with chicken, pesto, olive oil and enough cooking water so that the pesto spreads evenly over the noodles. Sprinkle Parmesan and basil on top.



LOVE FRESH PARM! Wrap it in wax paper and then plastic—it will keep for a few weeks.

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A Cooking Legend's Delicious Dinner for One



Judith Jones, the editor who worked on Julia Child's cookbooks (she figures prominently in the movie *Julie & Julia*), does not slap together a PB&J for dinner! Her new book, *The Pleasures of Cooking for One*, is full of great ideas for solo meals.

Try her delicious Sautéed Shrimp With Asparagus: Heat 2 tbsp. olive oil in a skillet. Scatter 1 clove of thinly sliced garlic and cook 1 minute. Add 10 oz. peeled shrimp, 1 cup chopped asparagus, salt and pepper and cook 2 minutes, until shrimp is opaque. Add a splash of white wine, cook down a few minutes, and scatter with fresh herbs. Bon appétit!

The 3-Minute Dinner!

Glamour editor-in-chief Cindi Leive could not make it through Fashion Week without this nearly instant eggs-for-dinner dish.

UPSIDE-DOWN OMELET

Nonstick cooking spray

2 eggs

¼ cup chopped, pre-cooked sausage (optional)

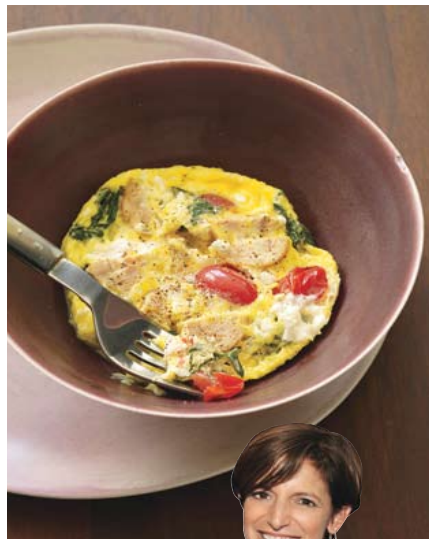
¼ cup cherry tomatoes

2 tbsp. chopped spinach

¼ cup grated Parmesan

Salt and pepper to taste

1. Spray a high-rimmed, microwave-safe bowl with nonstick spray.
2. Break eggs into bowl and whisk with fork until blended.
3. Mix in sausage, tomatoes, spinach and Parmesan until well blended.
4. Cover with a plate and microwave on high for 3 minutes. Season with salt and pepper.



NOTE: Microwave temperatures vary, so if your omelet looks a little soggy, zap it for another 30 seconds.



GO-TO GADGETS FOR THE BUSY GIRL'S KITCHEN



Khun Rikon Original Swiss Peeler, \$3.50 each, factorydirect2you.com

Khun Rikon, 10-inch Silicone Rainbow Whisk, \$16, amazon.com



Chef'n Sleek-Stor collapsible measuring cups, \$15 for set of four, amazon.com

Chef'n Switchit spatulas, \$10 each, amazon.com



Four-piece mixing bowl set, \$30, crateandbarrel.com



Victorinox Swiss Army 8" chef's knife, \$39, swissarmy.com



Cuisinart square grill pan, \$40, cuisinart.com



JONES: CHRISTOPHER HERSHEIMER; LEIVE: LARRY BUSACCA; STILL: STUART TYSON