



No need to feel frazzled in the kitchen! Speeding up your cooking is easy when you follow these make-it-easier strategies and tips.

### **Get Organized**

Locate your kitchen equipment at the point of first use: Store equipment and serving pieces so they're easily accessible: skillets and pot holders next to the stove, the coffee maker and mugs next to the sink, etc.

### **Clear the Cupboard**

Move kitchen equipment that you don't use often, such as items for holiday cooking, to a high cupboard or store in a "seasonal" cupboard.

### **Bring to a Boil**

Jump-start boiling water by starting with hot water. Cover the saucepan with a lid so it will come to a boil faster.

### **Mash it Faster**

Mash potatoes in minutes by cutting potatoes into small pieces (1 to 1/2 inches) to cut cooking time in half. This works great for other veggies, too!

### **Pasta Pronto**

For promptly prepared pasta, toss frozen or fresh vegetable into the pasta cooking water during the last few minutes of cooking instead of cooking the pasta and vegetables separately.

### **Quicken Chicken**

For faster-cooking chicken, pound boneless, skinless chicken breast halves between sheets of waxed paper with a meat mallet or the bottom of a heavy pan to about 1/4-inch thickness.

### **Nonstick in No Time**

For easy cleanup when measuring honey, syrup or other sticky stuff, spray measuring spoons and cups with cooking spray; the sticky stuff will slide right out!

### **Make it Mini**

Cut meat loaf bake time in half by pressing the uncooked meat loaf mixtures into muffin cups instead of a loaf pan.

### **Skip the Pan**

Save cleanup time by using aluminum foil instead of a baking pan. Bake fish sticks, chicken fingers and other foods on a piece that's large enough to hold the food, with extra to hang on to.

*Source: Betty Crocker's Quick & Easy Cook Book, 2002*