

Tips On Creating A Tasty Dinner In 29 Minutes Or Less

(NAPSA)—There's good news for families that maintain a busy schedule but still want to enjoy home-cooked dinners together.

With a little planning, it's possible to turn out tasty and nutritious meals in as little as 29 minutes. Here are some tips and quick-cooking strategies from the Test Kitchen experts at The Pampered Chef®:

- Every month or so, stock up on pantry staples so ingredients will be on hand when you need them.

- When chopping vegetables for one night's meal, chop a little extra and refrigerate them for the next night.

- Begin cooking the ingredient of the recipe that takes the longest first. This is usually the meat or starch.

- Plan meals around foods that can be prepared quickly. A new cookbook, "29 Minutes to Dinner," offers nearly 60 main-dish recipes to get you in and out of the kitchen in 29 minutes or less, from start to finish. These impressive recipes are packed with flavor as well as time-saving tips, tools and techniques that will inspire you to make home-made meals more often.

One featured recipe, Shrimp Orzo Skillet, uses quick-cooking shrimp and orzo, which is a small pasta that cooks faster than rice. Both cook in the same skillet for fast cleanup, too. For more recipes, the cookbook is available at www.pamperedchef.com.

Shrimp Orzo Skillet

Total time: 29 minutes

Shrimp

- 8 oz large uncooked shrimp (21-25 per pound)
- 1 Tbsp vegetable oil
- ¼ tsp salt



A dish such as quick-cooked shrimp with orzo can be a time-saving way for families to enjoy a tasty and nutritious meal together.

¼ tsp coarsely ground black pepper

¼ tsp sugar

Orzo

8 oz orzo pasta

1 garlic clove, pressed

2 cups chicken broth

1 cup clam juice

1 lemon

1 Tbsp thinly sliced fresh mint

1 cup frozen peas

1 Tbsp butter

1. For shrimp, peel and devein shrimp. Add oil to 10-inch skillet; heat over medium-high heat 1-3 minutes or until shimmering. As skillet heats, combine salt, black pepper and sugar in small bowl; add shrimp and toss to coat.

2. Arrange shrimp in a single layer over bottom of skillet and cook about 1 minute or until one side is browned and

edges are pink. Remove skillet from heat and turn shrimp over with slotted turner; let stand an additional 30 seconds or until centers are opaque and shrimp are cooked through. Remove shrimp from skillet, set aside.

3. For orzo, in same skillet, combine orzo, pressed garlic, broth and clam juice. Bring to a boil; cover and reduce heat to medium-low. Cook 10-12 minutes or until orzo is cooked through.

4. As orzo cooks, zest lemon to measure 1 Tbsp; juice lemon to measure 1 Tbsp. Thinly slice mint.

5. Remove skillet from heat and stir in peas, butter and lemon juice. Arrange shrimp over orzo; cover and let stand 3-5 minutes or until heated through. Sprinkle with lemon zest and mint before serving. Yield: 4 servings