

Cooking Light

MAY 2015

SUPER **FAST!**

EVERY RECIPE IN **25 MINUTES OR LESS**

78 Speedy Recipes

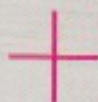
**Sensational
Chicken**

**Go-To
Ground
Beef**

**Succulent
Shrimp**

**Perfect Pork
Tenderloin**

**Extraordinary
Eggs**



**A Fresh & Easy
Mexican Fiesta**

Tacos, Guac & Corn Salad!



**Crispy
Chicken!**

with Pasta and
Herb Salad
Recipe p. 97



Fast, Fresh Around Beef Mains

Spin sirloin into bold global-
inspired meals and tempting twists
on comforting family favorites.

Recipes by IVY MANNING

Bloody Mary Burgers
Recipe p. 112



Thai Beef and Basil Noodles with Shiitake Gravy
Recipe p. 112



25
Mains in
25
Minutes
or less

Swedish Meatballs with Red Currant Pan Sauce
Recipe p. 113



Middle Eastern Kofta Kebabs
Recipe p. 113



Fast, Faster.

When forming burgers, meatballs, or kofta, work with wet hands; the moisture helps prevent the meat mix from sticking to your skin, so you can get the job done more quickly.