



as seen in
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GLAMOUR

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How to Do Anything Better Guide

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 slip 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 GIRLS KITCHEN



Kuhn Rikon Original Swiss Peeler, \$13.50 each, factory direct2you.com

Kuhn 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® chef's knife, \$29, victorinoxarmy.com

Cuisinart square grill pan, \$46, cuisinart.com

JONES: CHRISTOPHER HERRING/RETNA; LARRY BUSICKO; STEVE STUART/TYTON