

# the six o'clock SCRAMBLE



INSPIRING IDEAS FOR QUICK  
AND HEALTHY DINNERS!



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Photo by **Rachael Spiegel**

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**TWO OPTIONS FOR PRINTING THE MENU PLAN EACH WEEK:**  
**CUSTOMIZE THIS WEEK'S MENU PLAN | PRINT THIS WEEK'S MENU PLAN AS IS**

Having trouble reading this?  
Increase print size with <control> "+" on your keyboard (<apple> "+" if you are a Mac user)

## Do Ahead AND Delegate

I just can't cook when my kitchen counters are messy. Perhaps it makes the scene feel too chaotic from the start. Or maybe it creates more clutter in my already cluttered brain. But I need some space to spread out when I cook. Of course by the time dinner is ready the counters are often covered with dirty pans and dishes, open jars, sticky sauces and vegetable peels, but if they start out that way, I can't get my cooking Mojo on.

Getting a jump start by doing some prep earlier in the day can definitely ease dinner-time stress. To make this even easier, we recently introduced a new feature in The Scramble newsletter, **Do Ahead or Delegate**. (You'll find these suggestions under the recipe directions in most new Scramble recipes.) In addition to those suggestions, here are a couple of my dinnertime sanity secrets:

- Before I start to make dinner, I find it extremely helpful to pull out the evening's recipe and read through the

## THIS WEEK'S MENU

### Spiced Chicken with Maple Butter Glaze

**EX** 30 minutes

### Pan-Fried Tilapia with Mango Lime Salsa

**EX** 20 minutes

### Crispy Stuffed Tex-Mex Potato Skins

**V** **M** 20 min./70 min

### Japanese Vegetable Noodle Soup

**V** **EX** 10 minutes

### Indian Spiced Lentils with Rice

**V** **M** 15 min./55 min

**V** = Vegetarian or Veg-friendly alternative

**M** = Make ahead

**EX** = Scramble Express (30 minutes or less total)

**S** = Side Dish Only

**The Scramble makes a  
wonderful gift for friends,**