

Kitchen Wisdom – Tips, Tricks, and Time-Savers from a Seasoned Cook

Because the best meals start with smart prep.

Time-Savers You'll Love

- **Sheet-Pan Everything:** Roast an entire dinner—protein, veggie, carb—on one pan.
- **Plan Leftover Nights:** Build them into your weekly meals (taco bowls, soups, paninis).
- **Cook Once, Eat Twice:** Double recipes and freeze half for later.

