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claudine m. jalajas

SHE WRITES

FRIDAY, NOVEMBER 18, 2011

Got Parchment?

Several years ago my sister in law and I were talking about cooking. I told her about a new recipe and she sighed saying, "I'm so sick of cooking dinner." I was shocked. I liked cooking and thought she did too. What was the problem?

The problem was three kids and a husband and the day in/day out cooking for them. Now I am her.. I've got three kids and a husband and after 20 years I'll be honest: I'm sick of cooking for them. But.. I can't afford a full time chef. Honestly, if I could, I think I'd rather have the full-time nanny. Or maybe the full-time house keeper. I digress...

I found this recipe, [Chicken with Broccoli and Cheese](#), recently on the blog No Pot Cooking by my friend Brette Sember. (I swear, she's my friend). I have a few picky eaters (who doesn't?) but the three main ingredients were ones they'd all eat. It looked really simple to prepare and almost no clean up. COOL. I made the dish and my kids ate so much that I actually ran OUT. My daughter Annabelle was yelling, "more broccoli please!"

What could I do? I bought her cookbook, [The Parchment Paper Cookbook: 180 Healthy, Fast, Delicious Dishes!](#) The first one I tried was Chicken Dijon. I LOVE Dijon, je suis française you know. The Greek chicken recipe was also great. But the most recent favorite is the cheese and artichoke stuffed chicken.

What I like about the packets is that I can customize them. Someone doesn't like broccoli? Eliminate it from their packet. Someone like extra cheese? No problem.

When Annabelle sees me take out the parchment paper she literally claps and says, "OH!!! You're cooking with those little packages again!" She even likes to help me and has mastered the technique for folding the parchment paper.

I bought a copy for my mom and she called me saying, "Oh it's so delicious I just went to BJ's and bought more parchment paper!"

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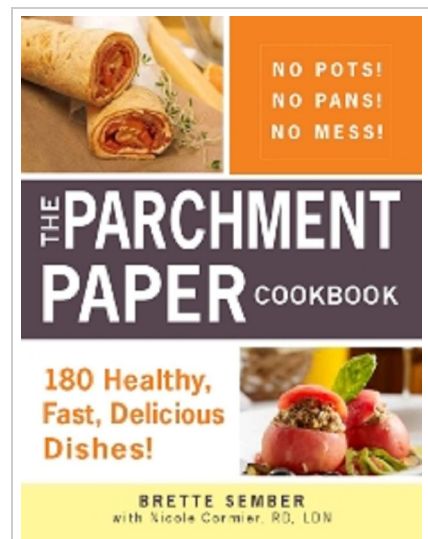
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HOW DOES SHE DO IT?



You know the moms that seem to have it all under their fingertips? Showroom home, car so clean you could eat off the floor, always impeccably dressed and their kids stay right by their side with nary a complaint?


That's not me.

To be honest, I'm just winging this...

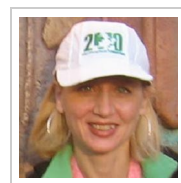
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If you want to able to whip up healthy meals that taste great and leave no mess behind, get this book. Seriously. Get the book. Go now. Why are you still here? You should be on amazon clicking the "submit order" button.

POSTED BY CLAUDINE M. JALAJAS AT 8:50 PM 

REACTIONS: interesting (1) cool (2)

2 COMMENTS:



Judy Stock said...

Claudine, love you style! Excellent post. And now I am sorry I don't have this book. I need to go get it. Thanks for the push that I needed...

NOVEMBER 18, 2011 10:00 PM



Claudine M. Jalajas said...

Thanks Judy!! :)

NOVEMBER 18, 2011 10:07 PM

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