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## Cooking Without Cleanup

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*With Thanksgiving over and more festivities approaching, I've come to realize that although holidays can be wonderful, there's always a sigh of relief when you shut the door behind your last guest—no matter how much fun you had.*

After all the shopping, unpacking, prep work and actual cooking, it's then that the real stress and work begins: facing a sink full of dishes. Despite the fact that we all pitched in with the cleanup, I washed so many pots and pans this past Thanksgiving that I wore a hole through my extra-heavy-duty rubber gloves! And dishpan hands are no fun at all.



That night before I fell into bed, I told myself I couldn't face any more cooking for a long, long time. And then the next morning when I woke, it felt like a dream, since I was busy writing out my shopping list for dinner that night. (What was most disappointing—and I guess a sign of a meal enjoyed—is that there were very few Thanksgiving leftovers.)

How could I be so very fickle—one minute swearing off cooking and the next, planning on actually turning on my stove so soon? All it took was a new cookbook I happily discovered that could save the bother of washing pots and pans while still cooking fabulous meals.



The *Parchment Paper Cookbook* is a find. And it's good for your health—both mentally and physically. Mentally, because by the time you're finished cooking, you can be free of any **stress** and extra work. You can actually sit down and digest your meal in peace, without having to worry about a sink full of pots and pans or baking dishes to scrub. All you have to do is throw away (or recycle) some parchment paper. And cooking in parchment is a healthy way to go, because it uses a minimal amount of oil (if any) or other fat and seals in the flavors, even allowing a delectable sauce to form right inside the packet.

It's not just about dinner, either. The book's award-winning author, Brette Sember, has come up with creative and tasty recipes to cook up **breakfast** (so you don't ignore the most important meal of the day!), lunch, dinner and even dessert with this ingenious method. Some yummy examples: Baked Oatmeal, Green Tea Salmon with Ginger, Roasted Parmesan **Broccoli** and Cauliflower, Sesame Soba Noodles and Strawberry Dark Chocolate Crepes.

Now you know what was on my shopping list.

And now for some exciting news: since I love to share not only knowledge but books and other goodies, we're giving away a copy of this cookbook to one lucky reader. Your name will be chosen at random from the list of commenters. I'll notify the winner by e-mail (so make sure to include your e-mail address in your comment). You'll have 48 hours to respond. If you don't, a new name will be chosen—and you'll be forever scrubbing pots and pans.

#### Attachments

##### Image Attachment:



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