



NOT RACHAEL RAY



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Breakfast Casserole with Sausage and Spinach



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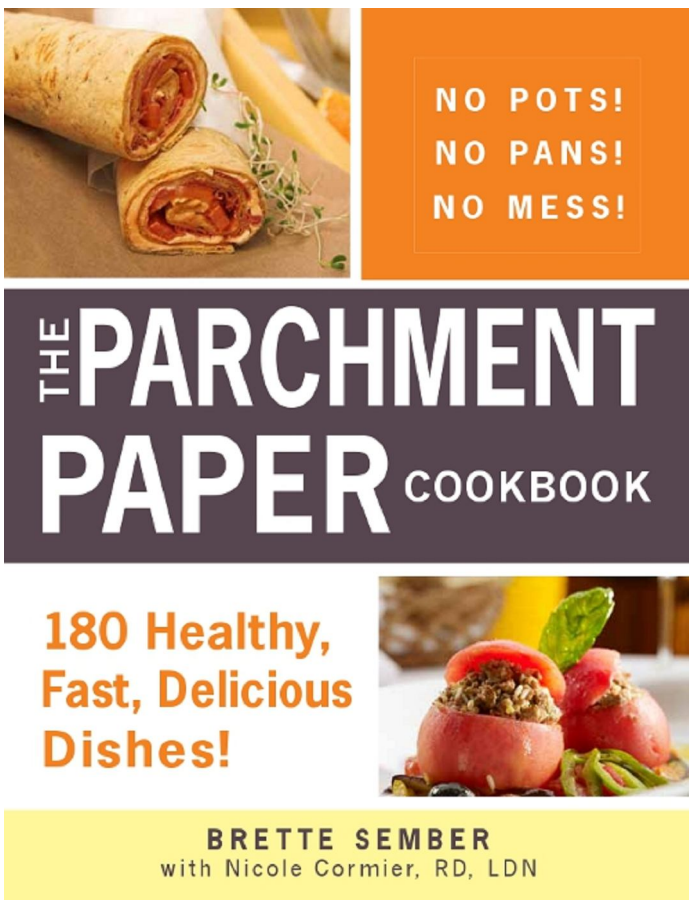
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Salmon with Veggies and Creamy Mustard Sauce {Guest Post and Giveaway}

by RACHEL on NOVEMBER 11, 2011 · 54 COMMENTS

I'd like to introduce you to Brette Sember. She is the author of *The Parchment Paper Cookbook*, which might be the best idea ever. Imagine 180 recipes that you can prepare without getting a single pot or pan dirty! I'm in, are you?

I'll pass the microphone (or keyboard, I guess) over to Brette and she can tell you more. I asked her to bring us a fish recipe since you don't really get any from me. I'm not a huge fish fan, but I figured that at least one or two of you might be.



**NO POTS!
NO PANS!
NO MESS!**

THE PARCHMENT PAPER COOKBOOK

180 Healthy, Fast, Delicious Dishes!

BRETTE SEMBER
with Nicole Cormier, RD, LDN

Parchment Paper Means No Clean Up!

ads by GOODIEBLOGROLL

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By Brette Sember

I love cooking, but sometimes the clean up gets to me. I set out to find a way to make dinner without having to do a sink full of dishes—and I found it in parchment paper! Parchment paper packet cooking is a wonderful, revolutionary method that decreases the amount of fat needed for cooking and locks in flavor and nutrients. Best of all, with parchment paper cooking, there is no mess to clean up— no pots and pans to scrub. The food cooks in a parchment paper packet in the oven, making this perfect for busy moms, people with small kitchens, and anyone tired of doing a sink full of dishes after dinner.

Parchment paper is recyclable and compostable. Cooking with parchment also means you can cook your entire meal in one oven without turning any burners or using lots of hot water to scrub pots and pans.

You can buy parchment paper in your grocery store next to the foil and plastic wrap, or online from sellers like Amazon. Wilton and Reynolds both make parchment. The secret of parchment paper is that it is coated with silicone, which keeps moisture and flavors in, and keeps food from sticking. You layer your food onto the paper (no pots, pans, or big mixing bowls needed), fold it and bake. It's that simple!

Parchment paper packets are a snap to cook with. Cut off an 18-20 inch piece of parchment and place your food in the center. Leave at least 4 inches on the sides. Now, grab the long ends of the paper and have them meet in the air in the middle, then just fold them down until you get to the food. You'll end up with a long package. Now all you have to do is simply twist each end. (You can see illustrations at: <http://nopotcooking.com/index.php/technique/>). Place the packets on a baking sheet or toaster oven tray for easy in moving them around.

Salmon with Veggies and Creamy Mustard Sauce

Serves 2

2 salmon fillets
 1 cup snap peas
 1/4 cup light sour cream
 1 tbsp honey mustard
 1 tbsp lime juice
 4 baby carrots, minced
 Salt and pepper to taste
 1/4 teaspoon dill

Preheat oven to 400 degrees. Place the salmon on the parchment and place the peas on top and around it. Mix the other ingredients in a bowl then pour over the top. Fold the parchment and bake for 20 minutes.



	OXO Good Grips 11-Inch Balloon Whisk OXO \$9.99		The Flavor Bible: The Essential Gui... Karen Page, An... \$19.37
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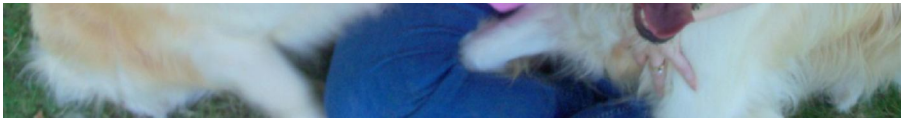
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Brette Sember is the author of *The Parchment Paper Cookbook*, published by Adams Media. She blogs about parchment paper cooking at www.NoPotCooking.com. She also writes the popular food blog www.MarthaAndMe.net. She is also the author of the upcoming titles *The Organized Kitchen* and *The Muffin Tin Cook Book* from Adams Media. Sember is a former attorney and author of more than 35 other books, including *How to Parent with Your Ex*, *The Complete Credit Repair Kit*, *The Divorce Organizer & Planner*, and *The Complete Divorce*. She is a member of the International Association of Culinary Professionals. She lives in Buffalo, NY with her husband, two children, and two golden retrievers. Her web site is www.BretteSember.com and you can follow her on Twitter @brettesember.

GIVEAWAY DETAILS:

One winner will receive one copy of *The Parchment Paper Cookbook*. Only open to US residents.

To Enter:

Comment on this post.

For Extra Entries (MAKE SURE to leave an extra comment for each or they won't count!):

1. Follow @not_rachaelray on [Twitter](#)
2. "Like" Not Rachael Ray on [Facebook](#)
3. Subscribe to my [RSS feed](#) or add your name to my email list (please confirm when you get the email asking you to do so).
4. Tweet about this giveaway! You can use this if you want: "Enter to win The Parchment Paper Cookbook from @brettesember and @not_rachaelray! <http://wp.me/p1AwA6-wg>"
5. Share this giveaway on your Facebook page.
6. Follow [Brette on Twitter](#).

That's up to seven chances to win! Enter by Tuesday night (11/15) and I'll choose a winner using random.org on Wednesday morning (11/16). Winner will have 48 hours to respond to my email before I choose another winner. Prize will be shipped by me. Good luck!

Disclosure: I was provided a copy of the book for free. However, all opinions expressed in this post are, as always, 100% my own. I was not compensated for this post other than the free book.

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54 Responses to *salmon with veggies and creamy mustard sauce* {*guest post and giveaway*}



Lesia @Edesia's Notebook says:

November 11, 2011 at 8:08 am

That salmon dish sounds really good. We aren't huge fish fans either, but we do love salmon. I'm definitely trying that recipe.

REPLY



Lesia @Edesia's Notebook says:

November 11, 2011 at 8:08 am

I like you on FB.

REPLY



Lesia @Edesia's Notebook says:

November 11, 2011 at 8:08 am

I follow you via RSS feed.

REPLY



Lesia @Edesia's Notebook says:

November 11, 2011 at 8:12 am

Shared your giveaway on my FB page.

REPLY



Tara @ Chip Chip Hooray says:

November 11, 2011 at 9:21 am

I do, in fact, love fish! Excited to see a recipe on your blog—plus this whole parchment paper thing sounds right up my alley. Yay! 😊

REPLY



Tara @ Chip Chip Hooray says:

November 11, 2011 at 9:22 am

I follow you on Twitter.

REPLY



Tara @ Chip Chip Hooray says:

November 11, 2011 at 9:22 am

And I am a fan of NRR on Facebook.

REPLY



Tara @ Chip Chip Hooray says:

November 11, 2011 at 9:23 am

I subscribe to your RSS Feed, too.

REPLY



Tara @ Chip Chip Hooray says:

November 11, 2011 at 9:24 am

Just tweeted about le giveaway (apparently I'm feeling French today).

REPLY



Tara @ Chip Chip Hooray says:

November 11, 2011 at 9:25 am

And I follow Brette on Twitter. Woo! Happy Friday. 😊

REPLY



charissa says:
November 11, 2011 at 9:35 am

love the idea of not using a pots and pans!

REPLY



Kitchen Belleicious says:
November 11, 2011 at 9:35 am

what an interesting book. I would love to win this!

REPLY



charissa says:
November 11, 2011 at 9:35 am

follow u on twitter

REPLY



charissa says:
November 11, 2011 at 9:36 am

follow brette on twitter

REPLY



charissa says:
November 11, 2011 at 9:36 am

tweeted about contest

REPLY



charissa says:
November 11, 2011 at 9:37 am

follow u on fb

REPLY



charissa says:
November 11, 2011 at 9:37 am

shared giveaway on fb

REPLY



Nelly Rodriguez says:
November 11, 2011 at 9:37 am

What a fun book idea!

REPLY



charissa says:
November 11, 2011 at 9:37 am

subscribe to your newsletter

REPLY



Nelly Rodriguez says:
November 11, 2011 at 9:38 am

I follow you on Twitter

REPLY



Nelly Rodriguez says:
November 11, 2011 at 9:38 am

I like you on FB

REPLY



Bev Weidner says:



November 11, 2011 at 9:40 am

I love parchment paper!!

REPLY



Nelly Rodriguez says:

November 11, 2011 at 9:40 am

I am subscribed to your RSS feed

REPLY



Nelly Rodriguez says:

November 11, 2011 at 9:40 am

I tweeted!

REPLY



Nelly Rodriguez says:

November 11, 2011 at 9:41 am

I Follow Brette on Twitter.

REPLY



Laura Janelli says:

November 11, 2011 at 11:21 am

Great Giveaway! I love cooking with parchment paper. The less to clean up the better!
Hope to win!!!

Chef Laura at Home

<http://www.facebook.com/cheflauraathome>

REPLY



Laura Janelli says:

November 11, 2011 at 11:21 am

I 'like' Not Rachel Ray on Facebook

REPLY



Laura Janelli says:

November 11, 2011 at 11:22 am

I subscribed to Not Rachel Ray's RSS feed!

REPLY



Laura Janelli says:

November 11, 2011 at 11:24 am

I shared this giveaway on my Facebook page!

Chef Laura at Home

<http://www.facebook.com/cheflauraathome>

Good Luck Everyone!

REPLY



Lynn @ Sit. Stay. Cook. says:

November 11, 2011 at 11:51 am

What a good idea for a cookbook!

REPLY



Mercedes says:

November 11, 2011 at 12:00 pm

I follow you on twitter And what a great idea for a cookbook!

REPLY



Jennifer @ Mother Thyme says:
November 11, 2011 at 12:06 pm

What a fabulous idea! Thanks for sharing this and this delicious recipe for Salmon. I love salmon and love trying new recipes for it!

REPLY



Jennifer @ Mother Thyme says:
November 11, 2011 at 12:06 pm

I follow you on Twitter! 😊

REPLY



Jennifer @ Mother Thyme says:
November 11, 2011 at 12:06 pm

I like you on FB! 😊

REPLY



Jennifer @ Mother Thyme says:
November 11, 2011 at 12:07 pm

I follow Brette on Twitter!

REPLY



Jennifer @ Mother Thyme says:
November 11, 2011 at 12:08 pm

I subscribe to your RSS! 😊

REPLY



Lizzie says:
November 11, 2011 at 12:46 pm

What a great idea!

REPLY

More Blog Tour Stops | No Pot Cooking says:
November 11, 2011 at 12:55 pm

[...] Not Rachel Ray [...]

REPLY



cassie says:
November 11, 2011 at 1:35 pm

I would love to win this.

REPLY



cassie says:
November 11, 2011 at 1:36 pm

I follow not Rachel ray on twitter.

REPLY



cassie says:
November 11, 2011 at 1:36 pm

I follow not Rachel ray on FB.

REPLY



cassie says:
November 11, 2011 at 1:37 pm

I follow brette on twitter.

REPLY



cassie says:
November 11, 2011 at 1:37 pm

I subscribe via RSS feed

REPLY



cassie says:
November 11, 2011 at 1:38 pm

I tweeted giveaway.

REPLY



Donna @ Cookistry says:
November 11, 2011 at 4:01 pm

This will help me use up the 2000 sheets of parchment I have. Yep, that many. Bought 1000 sheets of full-sheet size at a restaurant supply house for cheap, had it cut in half to fit home-sized half-sheet pans, and gave some away. Still have probably 1500 sheets. I use it like it's free.

REPLY



Donna @ Cookistry says:
November 11, 2011 at 4:02 pm

Of course I follow you!

REPLY



Donna @ Cookistry says:
November 11, 2011 at 4:02 pm

And I like you. Lots.

REPLY



Donna @ Cookistry says:
November 11, 2011 at 4:03 pm

Tweeted.

REPLY



Donna @ Cookistry says:
November 11, 2011 at 4:04 pm

Shared on FB

REPLY



Donna @ Cookistry says:
November 11, 2011 at 4:05 pm

Now following Brette

REPLY



jpetroroy says:
November 11, 2011 at 4:41 pm

That book looks great.

REPLY



jpetroroy says:
November 11, 2011 at 4:41 pm

I also subscribe via RSS feed.

REPLY



delia says:
November 12, 2011 at 12:23 am

The book looks good!

REPLY



Ashley@BakerbyNature says:
November 12, 2011 at 1:14 pm

I love no mess meals, and this looks delicious!!

REPLY

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