

Fun and games in the kitchen with a real-life working mom.

## Search

---

Search...

[Playing With My Dinner](#)

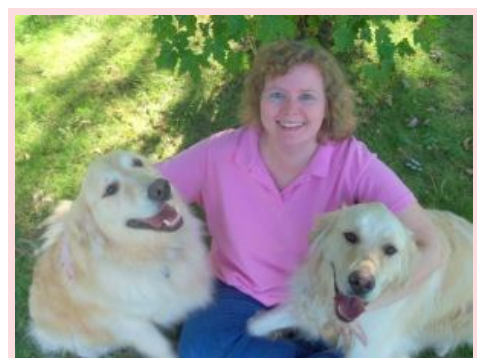
- [About](#)



## Parchment Paper Means No Clean Up!

16 Nov

*Hey gang! Please join me in welcoming cookbook author and food blogger Brette Sember to the blog today! Brette is one of my foodie heroes because of her commitment to yummy food that's easy, and her new The Parchment Paper Cookbook is all about that. Thanks for visiting with us and for this fantastic recipe, Brette!*



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 ease in moving them around.

Easy Greek Chicken

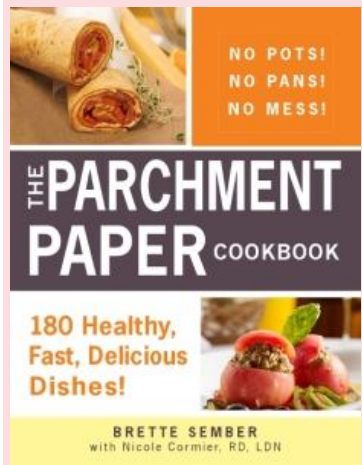


Each packet serves 1

1/2 cup cooked couscous  
 1 boneless skinless chicken breast  
 1/4 cup packed fresh baby spinach leaves  
 2 slices tomato  
 Salt and pepper to taste  
 1/8 teaspoon Greek seasoning (substitute oregano if you don't have this mix)  
 1/8 teaspoon onion powder  
 1/4 cup feta cheese

Preheat oven to 400 and prepare parchment paper. Place the couscous on the paper in roughly the shape of the chicken breast. Place the breast on top and place the spinach over that, then the tomatoes. Season with salt, pepper, Greek seasoning and onion powder and crumble the feta cheese over it. Fold the parchment and bake for about 35 minutes.

You can also add 1/8 cup sliced black olives to this or substitute one canned whole tomato, chopped, for the tomato slices.



Brette Sember is the author of [The Parchment Paper Cookbook](#), published by Adams Media. She blogs about parchment paper cooking at [www.NoPotCooking.com](http://www.NoPotCooking.com).

Share this post:






Like this:

 Be the first to like this post.

- Comments [Leave a Comment](#)
- Categories [comfort food](#), [Company-worthy](#), [dinner](#), [Gluten-free](#), [Guest Posts](#), [One-dish meal](#), [simple and easy](#)

[← Warm Pumpkin \(or any\) Breakfast Muffins](#)

**Leave a Reply**

Follow

Enter your comment here...

Fill in your details below or click an icon to log in:



Email (required)

(Not published)

Name (required)

Website

Notify me of follow-up comments via email.

Notify me of new posts via email.

Post Comment



## Categories

Select Category

## Subscribe!

Enter your email address to subscribe to this blog and receive notifications of new posts by email.

Join 85 other followers

Sign me up!

## “Like” me on Facebook!

[Playing With My Dinner](#)



[Promote Your Page Too](#)

## Blogroll

- [101 Cookbooks](#)
- [A Year of Crockpotting](#)
- [Babette Feasts](#)
- [Gourmet Live](#)
- [Grace Before Meals](#)
- [GreenLiteBites](#)
- [Martha and Me](#)

Follow

- [Shannon's mADD Family](#)
- [Steamy Kitchen](#)
- [The ScramBlog](#)
- [Words to Eat By](#)

## Archives

---

- [November 2011](#)
- [October 2011](#)
- [September 2011](#)
- [August 2011](#)
- [July 2011](#)
- [June 2011](#)
- [May 2011](#)
- [April 2011](#)
- [March 2011](#)
- [February 2011](#)
- [January 2011](#)
- [December 2010](#)
- [November 2010](#)
- [October 2010](#)
- [September 2010](#)
- [August 2010](#)
- [July 2010](#)

[Blog at WordPress.com.](#)

Theme: [Bueno](#) by [WooThemes](#).

☺