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Genius: The Muffin Tin Cookbook

Debbie Koenig

PARENTS NEED TO EAT TOO

posted: 05/01/2012, 5:09 am

in: [You and Your Family](#), [Food & Recipes](#), [Life & Home](#)

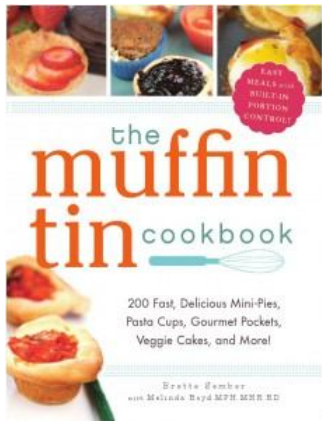
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I like to think I covered all the new-parent basics in [my cookbook](#): There's a chapter on [recipes to do in stages](#), while baby sleeps; another on [streamlined slow cooker recipes](#); a chapter of [recipes using only pantry ingredients](#); even one featuring [meals you can eat with one hand](#). But, my friends, Brette Sember has come up with the most genius idea of all: An entire cookbook devoted to [recipes made in muffin tins](#).



Think about it. You've got built-in portion control. The recipes are freezer-friendly, so you can make a bunch and eat them whenever. If you've got older kids who are picky eaters, you can take advantage of the individual portions and leave out the broccoli in one or double the olives in another (that would be my son's serving, obv). And because the chicken potpie is pre-portioned, it spends 15 minutes in the oven, not an hour. Not bad, right?

Sember's [Muffin Tin Cookbook](#) may just be your new best friend. Check out these recipes—some are sophisticated enough for a cocktail party, while others just make you want to eat:

- * APPETIZERS & SNACKS: Spinach Artichoke Dip Cups, Scallop Bites, Mushroom Stuffed Brie en Croute, Hot Pretzel Bites
- * BREAKFAST: Cheese Danish Cups, English Muffin Casserole, Baby Dutch Babies, Smoky Saucy Stuffed Eggs, Italian Breakfast Biscuit
- * ENTREES: Stuffed Pork Tenderloin, Reuben Pies, Mango Tandoori Chicken, Shrimp and Pesto in Phyllo, Hearty Deep-Dish Pizzas

Hot Topic

On personhood and drug addicted infants

Betsy Shaw
Babes' Blog

05/01/2012, 11:32 am

14 comments



This New York Times Magazine feature, written by Ada Calhoun, along with the news that one baby is born every hour addicted to prescription painkillers in the U.S., is disturbing. While they are two different stories, they both focus on one central ingredient: mothers who abuse and/or are addicted to drugs and the consequences...
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