



No pots, no pans, no mess!

- The first cookbook to exclusively feature parchment paper recipes!
- 180 healthy, delicious, fast recipes that speak to cooking's hottest new trend
- Parchment paper cooking has received media attention including Martha Stewart Living, Everyday Food, Better Homes and Gardens, and Good Housekeeping
- The author served as a judge for the Bert Greene Awards for food writing for the International Association of Culinary Professionals

The Parchment Paper Cookbook

180 Healthy, Fast, Delicious Dishes!

Brette Sember with Nicole Cormier, RD, LDN

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What if readers could whip up healthy, mouthwatering meals that their family loved—without making a mess?

Well, it's as easy as parchment paper. Cooking in parchment paper is akin to cooking in foil—if foil were French, fast, and environmentally friendly. In *The Parchment Paper Cookbook*, award-winning author and food writer Brette Sember shows readers how parchment paper cooking can revolutionize the way they cook—and save them time and money, not to mention the grief that often accompanies dinnertime clean up.

With simple instructions on the art of parchment paper folding and preparation, readers will fold their way to their family's hearts with such nutritious, delicious offerings as:

- Swedish Meatballs
- Thai Chicken with Lemongrass and Coconut Rice
- Stuffed Flank Steak
- Scallops Coquilles
- Lamb and Yogurt Wraps
- Artichoke Pizza
- Portobellos with Goat Cheese and Spinach
- Quick Baklava
- Peach Pie Turnovers

Readers can forget dirty pots and pans. With *The Parchment Paper Cookbook*, dinner just got easier, faster, cleaner—and tastier!

Brette Sember (Buffalo, NY) is the author of more than 35 titles, including *The Organized Kitchen* and *The Muffin Tin Cookbook*, and her freelance work has appeared in over 175 publications. She blogs about parchment paper cooking at www.NoPotCooking.com and her website is www.BretteSember.com.

Nicole Cormier, RD, LDN (Middleboro, MA), the author of *The Everything® Healthy College Cookbook* and *The Everything® Guide to Nutrition*, is the owner of the nutrition counseling company *Delicious Living Nutrition*. For more information, visit www.DeliciousLivingNutrition.com.

For more information, please contact Beth Gissinger-Rivera at (508) 427-6757
beth.gissinger@fwmedia.com www.ADAMSMEDIA.COM