

DreamHost max coupon

Share Report Abuse Next Blog»

Create Blog Sign In



- Home
- Food Swapping FAQ
- Swap resources
- About Us
- Swap Buzz
- FOOD DAY CSP
- Sponsors

[View all 9 »](#)



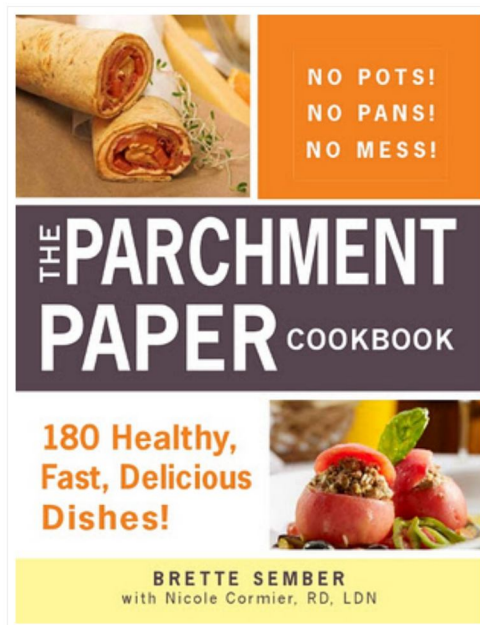
Pumpkin Mac And Cheese

MONDAY, NOVEMBER 7, 2011

## Guest Post: Parchment Paper Provides Solutions for Surplus

*Editor's Note: [The Parchment Paper Cookbook](#) goes on sale today, so author Brette Sember has graciously offered to share one of her deliciously simple recipes below. We're giving away copy of the cookbook to one lucky reader, and readers, this is one giveaway you won't want to miss.*

*I have the book sitting on my coffee table awaiting the winner, and there are at least dozen recipes inside that I'm dying to try. (I'll just have to buy my own copy ... or perhaps Santa will buy me a copy this Christmas.) Hope you enjoy the recipe, and read to the bottom for details on the cookbook giveaway.*



By Brette Sember

I love fall – the colors, the smells, and the feeling of being oh-so-frugal by using every single thing in the last CSA bags. Squash is one of my favorite late harvest items and I've fallen in love with acorn squash which I find much easier to process than butternut or

HELP BFS THRIVE

[Donate](#)



OUR UPCOMING EVENTS!

[RSVP for Nov Swap](#)

SUBSCRIBE!

- ☒ Posts
- ☒ Comments

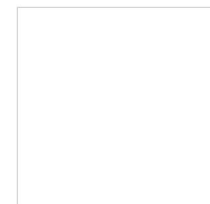


SEARCH THIS BLOG

powered by Google™

SWAP SWAG!



Men's Swap Tee

larger squashes.

I also love cooking in parchment paper. Everything cooks together in one attractive packet and there are absolutely no pots or pans to scrub. Parchment is also environmentally friendly since it is recyclable and compostable, and when you cook with this method you can cook your entire meal by turning only one oven on (no burners needed) and you don't need much water for clean up. Parchment cooking is also healthy, since the foods cook in their own juices, do not lose nutrients to cooking water, and don't need much fat for cooking.

This recipe is an easy way to use up your acorn squash, as well as apples, and is a perfect fall dish. The recipe serves one, so make as many packets as you have diners at your table.

1/2 cup cooked brown rice  
 1 chicken breast  
 1/2 cup peeled, roughly chopped acorn squash  
 1/2 of an apple, cored and roughly chopped (skin on)  
 1 teaspoon olive oil  
 Salt and pepper to taste  
 1/8 teaspoon cinnamon  
 1 teaspoon thyme  
 1 tablespoon apple juice or cider  
 1 teaspoon apple cider vinegar  
 Pinch of dry mustard

Preheat the oven to 400 degrees. Place the rice on the parchment and lay the chicken breast on top. Place the squash and apple on top. Drizzle with the olive oil, sprinkle on the cinnamon, thyme and dried mustard. Season with salt and pepper. Drizzle the juice or cider and vinegar. Fold and bake for about 22 minutes until the chicken is done (you can test by poking an instant read thermometer through the paper). Allow to rest about 3 minutes before opening.



*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). She also writes the popular food blog [www.MarthaAndMe.net](http://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 lives in Buffalo, NY with her husband, two children, and two golden retrievers. Her web site is [www.BretteSember.com](http://www.BretteSember.com) and you can follow her on Twitter [@brettesember](https://twitter.com/brettesember).*

#### Want to win a copy of *The Parchment Paper Cookbook*?

Here's how to enter (one chance for each of these activities for a total of four possible chances):

- Click over to No Pot Cooking, choose which recipe looks most appealing, and leave a comment here on the Boston Food Swap blog with your favorite(s).
- [Sign up for our newsletter](#) and leave a comment on this post letting us know you want to be entered in the giveaway.
- [Like us on Facebook](#) and leave a comment on this post letting us know you want to be entered in the giveaway.
- Tweet about the giveaway, including the hashtag #notpotgiveaway and this link: <http://dld.bz/axKWB>. Example: Win a free copy of The Parchment Paper Cookbook from @Brettesember & @BOSswappers <http://dld.bz/axKWB> #notpotgiveaway

And a few rules:



Swap Mug



LogoColorTextBelow

[view more products by BOSswappers](#)

#### TWITTER UPDATES

- OH: "it's like a book club for your mouth!" yes, we are! [about 2 hours ago](#)
- RT @communityserv: Tues 7p-9p..@jbchang & @amytraverso @kitchenwares - Holiday Baking Tips & Book Signing! \$2/sale goes to @communityserv [about 8 hours ago](#)
- Win a free copy of The Parchment Paper Cookbook from @Brettesember <http://t.co/zr7k4z1R> #notpotgiveaway [about 11 hours ago](#)
- @lauradafinch Yum! See you then. [about 11 hours ago](#)
- Oh, swaperific friends! We've got big things in store... Stay tuned for details. [about 12 hours ago](#)

[Follow me on Twitter](#)

#### BLOG ARCHIVE

- ▼ 2011 (44)
  - ▼ November (2)
    - [Guest Post: Parchment Paper Provides Solutions for...](#)
    - [Sampling Sweets at Boston Pastry Rendezvous](#)
  - October (9)
  - September (10)
  - August (11)
  - July (5)
  - June (7)

#### FOLLOWERS

- Only those in the United States and Canada are eligible to win (sorry, but we're shipping the book ourselves and learned this the hard way).
- When commenting, please include a way to contact you for your mailing address. For instance, link your comment a website that contains your email address or include your email in your comment.
- All tweets, likes, newsletter subscriptions, and comments must be received by Sunday, November 13 at 11:59 EST. After that, we will use Random.org to chose the winner.
- If the winner does not respond to email requests for their address within one week, we reserve the right to choose another winner.

Like 8 7 3 3

Posted by Susan Johnston at 7:04 AM   
Labels: [csa](#), [giveaway](#)

## 1 comments:



**Jane Louise Boursaw** said...

Just shared on Twitter! Thanks so much for the giveaway. I don't have a copy yet, but would love one. Also check out Brette's post at Reel Life With Jane on her favorite food shows: <http://bit.ly/uDi1kt>

November 7, 2011 2:19 PM

## Post a Comment

Comment as:

## Links to this post

[Create a Link](#)

[Home](#)

[Older Post](#)

Subscribe to: [Post Comments \(Atom\)](#)

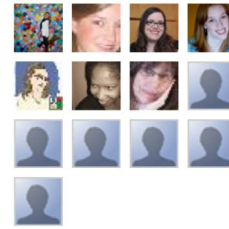


Join this site

with Google Friend Connect



### Members (13)



Already a member? [Sign in](#)

### CONTRIBUTORS

- [Lyn Huckabee](#)
- [Susan Johnston](#)
- [Tara Bellucci](#)

SUBSCRIBE VIA EMAIL

Enter your email address:

Subscribe

Delivered by [FeedBurner](#)

TOTAL PAGEVIEWS

**19,025**

Simple template. Powered by [Blogger](#).

