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MOM

# Confessions of an Overworked

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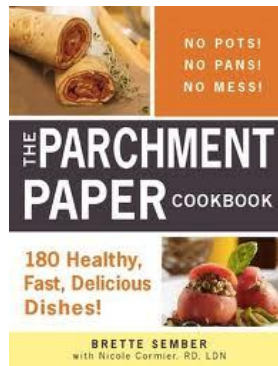
## [Cook with practically no cleanup with The Parchment Paper Cookbook](#)

When I first heard of parchment paper years ago, I was convinced that it was something that only chefs trained to make fancy dishes with unpronounceable names would use. What I didn't take into consideration was the fact that using parchment paper means that there is virtually no mess at all to clean up after you're done cooking. Cooking something in parchment paper instead of in a ramekin or on a cookie sheet, takes scrubbing out of the process.

The Parchment Paper Cookbook is a collection of 180 healthy, fast, and delicious dishes using parchment paper. Before reading this cookbook, about all I had used parchment paper for was to bake cookies on so they didn't stick to the pan. I had no idea how versatile cooking with parchment paper really was. This cookbook has recipes for Breakfast Dishes, Chicken and Turkey Dishes, Pork and Lamb Dishes, Beef and Veal Dishes, Seafood Dishes, Vegetable Dishes; Bread, Rice and Potato Dishes, and Desserts.

There is a selection of color photographs in the section of the book that shows different dishes that have been prepared.

Each recipe has an ingredients list, a detailed instruction list and a short paragraph about the recipe itself. Some recipes also include a tip on where to find a certain ingredient, what a word means or different ways that uncommon ingredients can be used. Recipes include the nutrition information as well which is vital for people who are watching what they eat. There's also a very handy chapter in the front of the book that explains all about cooking with parchment paper and its benefits. It's a much healthier way to cook because it eliminates the need to grease pans or use added fat. The authors encourage you to continue on with the healthy cooking theme by

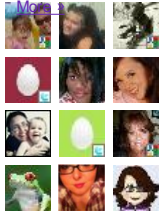
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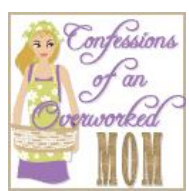
choosing organic, whole grain products and avoiding overly processed foods.

Don't be at all intimidated by using parchment paper. There is a step by step description with drawings included in the front of the book that shows you how to make a parchment packet and ideas for serving your creation once it's done cooking. I had no idea that this was so easy or I would have tried it ages ago! I also love that parchment paper is a much more eco-friendly option that using aluminum foil. You can recycle or compost the parchment paper when you're done with it and you can't do that with aluminum foil.

I made the Chocolate Chip Strawberry Pizza and it was amazing!



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About Ellen Christian

Ellen is a busy mom of two teenagers who left the corporate world in 2008 to focus on a more eco-friendly life. She lives in rural Vermont where she juggles family, two blogs and a career in social

media.

The Parchment Paper Cookbook by Brette Sember. Best Price \$8.95 or Buy New \$12.13. Buy from amazon.com

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4 COMMENTS:

Rachel Ferrucci said...

I always had the same feeling about parchment paper. I may have to check this out! Thanks for sharing!

JANUARY 10, 2012 9:17 AM



Close to Home said...

love using parchment, never thought you could make rice etc with it. What a great book will have to check out.

Close to Home

http://stayingclosetohome.blogspot.com

JANUARY 10, 2012 11:27 AM



royalegacy said...

Parchment paper is something we always have in the house. We can't live without it anymore.

JANUARY 10, 2012 2:19 PM



blessedchick said...

Im gonna have to check this book out. I usually use aluminum foil on the bottom of everything that I cook in the oven for easy cleanup.

JANUARY 10, 2012 4:04 PM

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MY NAME IS ELLEN CHRISTIAN AND I'M A BUSY MOM OF TWO TEENAGERS WHO MANAGES TWO BLOGS: [CONFESSIONS OF AN OVERWORKED MOM](#) AND [THE SOCIALITE'S CLOSET](#) AS WELL AS HOLDING DOWN A CLOSE TO FULL TIME JOB IN THE SOCIAL MEDIA FIELD.

I BEGAN BLOGGING IN 2008 IN AN ATTEMPT TO CHRONICLE OUR JOURNEY TOWARD A MORE ECO-FRIENDLY LIFE. LEARN MORE [ABOUT ME](#), [CONTACT ME](#) OR CONNECT WITH ME ON [TWITTER](#) AND [FACEBOOK](#).

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