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WEDNESDAY, NOVEMBER 23, 2011

## Parchment Paper Asparagus & a Giveaway!!!



Happy week after Thanksgiving! I decided to take a few days off blogging to enjoy family and the "break" I have from school. I hope you have all done the same and relished the beginning to this wonderful holiday season. I want to start it off right with what else but a great recipe and a giveaway!

I was lucky enough to get an e-mail from the incredibly sweet Brette Sember asking if I would like to try some recipes from and review her creation The Parchment Paper Cookbook. Seeing as how I had never cooked with parchment paper I happily agreed! I am so glad I did because serving these rustic little packages of food gives any meal a special touch.

The first recipe I chose to make was Open Sesame Asparagus and I have quite a few more bookmarked for family dinners. It was delicious, I love asparagus and the Asian flare in this recipe was perfect.

Adapted from The Parchment Paper Cookbook

- 1 bunch asparagus, washed and trimmed
- 1 tbsp low sodium soy sauce
- 1/2 tsp dark sesame oil
- 1 large pinch of toasted sesame seeds
- 20 inch piece of parchment paper


Preheat oven to 400F

Mix soy sauce and sesame oil together

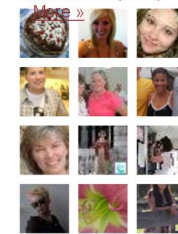
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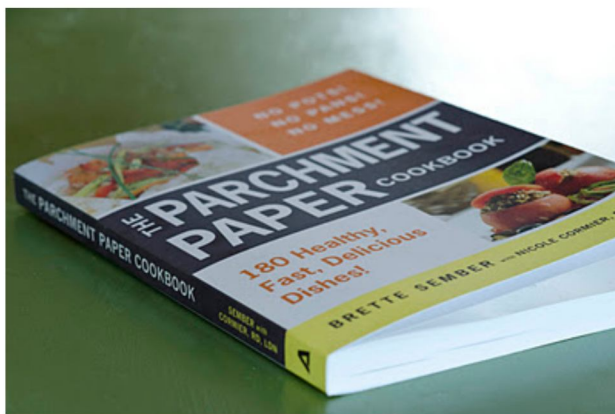
MegSmith @  
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Put asparagus in middle of parchment paper and pour soy sauce mixture over asparagus, sprinkle with sesame seeds and fold parchment paper into a closed package  
Put on a cookie sheet and bake in oven for 15 minutes until asparagus is tender

Servings 4

Per serving 25 calories

The cookbook comes with very easy to follow directions on how to fold your parchment paper packets and all the recipes include nutrition facts, which I love of course. Even though some of the recipes aren't vegetarian they are easy to work with and have great flavor. See below for how to enter and win this great book just in time for the holidays!




To enter do any of the following and leave a separate comment for each entry:

1. Like my page on Facebook by clicking [here](#) or the Facebook icon to the right
2. Tweet about this giveaway with a link back here or @cookingncollege
3. Follow me on Twitter: [here](#) or the Twitter icon below
4. Become a new follower of my blog or let me know you are already one
5. Mention this giveaway in your next blog post or on your Facebook with a link back to here

*I will announce the winners on Wednesday December 7th*


Update: I apologize for not mentioning this earlier but this giveaway is only open to the U.S. I hope I will be able to have an international giveaway sometime soon! Sorry to all of my foreign friends.




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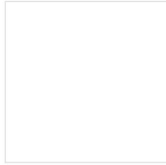
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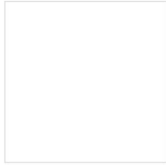
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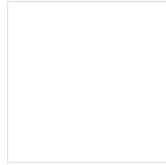
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Roasted Asparagus

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## Post a Comment

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## 26 comments:



**Katie said...**

Ooo I've never worked with parchment paper before. All of my work is computer-based! (\*knee slap\*) But seriously, this looks so good!

November 28, 2011 3:37 PM



**Vanessa @ Gourmet Runner said...**

I'm a follower! This looks fantastic - I've never cooked with parchment paper before but I've eaten from it in restaurants, yum!  
:)

November 28, 2011 4:39 PM



**Vanessa @ Gourmet Runner said...**

I just "liked" you on FB too!

November 28, 2011 4:39 PM

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[www.QuestProteinBar...](http://www.QuestProteinBar...)

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**Elizabeth @HEALingFoodie** said...

A cooking class I went to once did salmon en papillote. The fish was flavorful and moist and clean up was such a breeze!

November 28, 2011 5:16 PM

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**Heather Iacobacci-Miller** said...

Um that asparagus looks and sounds incredible. Love asparagus but typically just cook it the same old way.

I tweeted the giveaway

November 28, 2011 5:20 PM

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**Heather Iacobacci-Miller** said...

I already follow your blog of course!

November 28, 2011 5:21 PM

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**Allison** said...

I already follow you on twitter :)

November 28, 2011 5:22 PM

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**Allison** said...

I like you on facebook!

November 28, 2011 5:22 PM

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**Joanne** said...

I'm reviewing this book also but still haven't made anything from it yet. your delicious asparagus has gotten me all excited about it!

November 28, 2011 6:14 PM

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**Lindsay @ biking before bed** said...

I won this cookbook from a giveaway on another blog. I just received it today and everything looks so amazing! I am excited to go out and stock up on parchment paper and give my pots and pans a rest (aka... i don't have to clean them!)

November 28, 2011 7:03 PM

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**Lena** said...

I love the idea of cooking in parchment paper, its like having a little present on your plate to unwrap. I'm already a follower! (Can I actually enter? I'm not in the US)

November 29, 2011 3:21 AM

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**Lena** said...

I also follow you on twitter now

November 29, 2011 3:22 AM

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**surlykitchen** said...

i love cooking with parchment paper. it makes veggies so bright and crunchy.

November 29, 2011 2:44 PM

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**Kristen (swanky dietitian)** said...

What a neat idea for a cookbook! That asparagus looks amazing!

I already follow you on twitter!

November 30, 2011 7:02 AM

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**Kristen (swanky dietitian)** said...

I just tweeted the giveaway!

November 30, 2011 7:02 AM

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**Brent | Cookapalooza** said...

Asparagus is soooo good! Never would have thought to cook it in parchment paper but it sure sounds like a good idea!

November 30, 2011 12:22 PM

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**Wanna Be A Country Cleaver** said...

Ooo this looks fabulous! -Megan

November 30, 2011 2:23 PM

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**Wanna Be A Country Cleaver** said...

Oh you know I already follow you here on Google follow!

-Megan

November 30, 2011 2:23 PM

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**Wanna Be A Country Cleaver** said...

And on Twitter, too! :) -Megan

November 30, 2011 2:23 PM

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**Wanna Be A Country Cleaver** said...

And I heart you on facebook! -Megan

November 30, 2011 2:23 PM

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**Beth** said...

Hope you had a great break! Your asparagus looks wonderful. I'm already a follower (although I don't know if this contest is international).

December 2, 2011 2:17 AM



**Belle (tinkeringinthekitchen) said...**

WOW. how delicious!  
Belle

December 3, 2011 5:47 AM

**lindsay said...**

i know i can't win this but just wanted to say good luck with  
finals friend!  
xoxo

December 3, 2011 8:38 AM

**Junia said...**

meg, blog more please! :)

December 3, 2011 8:46 PM

**Kavi said...**

You probably get this a lot, but I thought I should let you know  
how much I loved browsing your blog posts! :) Not only are the  
pics & recipes great, but your whole blog has a pleasant layout!  
Truly enjoyed my time here! :)

Ongoing Events:

**Jingle All The Way** &  
Microwave Easy Cooking  
Edible Entertainment

December 4, 2011 6:55 AM

**blackheartbetty said...**

My little one loves asparagus! Must try!

December 4, 2011 7:09 AM

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101 Cookbooks

A Girl and Her Carrot

A Nutritionist Eats

Annie's Eats

## MOST POPULAR RECIPES

Spicy Asian Noodles with Kale

I have a confession. I like shopping for produce. Okay, I don't just like it...I obsess over it, I love it. The produce manager

Carrots 'n' Cake

Chocolate and Zucchini

Chocolate Covered Katie

Cinnamon Spice and Everything Nice

eatingRD

EatLiveRun

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How Sweet It Is

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Kiss My Spatula

No Meat Athlete

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Smitten Kitchen

Still Life With...

Swanky Dietitian

Tasty Kitchen Blog

The Broccoli Hut

The Conscious Cook

The Healthy Tipping Point

The Novice Chef

Two Peas and Their Pod

Zen Habits



and...



Soy & Sesame Marinated Cucumbers & Giveaway Winner!

I thought for years sesame seeds were tasteless, purely decorative, and just one more thing I had to worry about getting stuck in my t...



Chocomize Giveaway!!!



Vegetable Samosas with Mint Chutney

I was trying to fall asleep but all I could do was think of recipes, I think there may be a few of you out there who can relate? I want...



Lemon Yogurt Cake

It happens at least once a year, my Grandma makes a brilliant yellow bundt cake slathered in creamy lemon glaze. It is one of the only t...



Muffin Bread Pudding

Have you ever been really excited about a recipe, whipped it up, waited anxiously for it to bake in the oven, pulled it out, waited for...



Blueberry Oatmeal Bars

I needed something simple to ease my way back into the realm of cooking. We recently moved to a different apartment complex so I...