

This Mama Cooks! On a Diet™

Healthy recipes & lifestyle tips for busy moms & their families

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Parchment paper packet cooking: Easy Greek Chicken



Today's guest post is by Brette Sember, author of . She blogs about parchment paper cooking at **No Pot Cooking** and writes the popular food blog, **Martha and Me**.

I've cooked **fish in foil**, but never tried parchment paper cooking. It's a great time to try it since this week only (until 11/19/2011) Brette's is available for ONLY \$0.99 on **Amazon** and **iTunes**. Wonderful timing with **Thanksgiving** just around the corner.

The ebook features parchment paper packet cooking recipes that offer a twist on tradition dishes like:

- Spinach Artichoke Pie Hors d'Oeuvres
- Turkey with Tarragon, Rosemary, and Cranberry
- Roasted Carrots, Parsnip, and Rutabaga with Maple Syrup

- Brussels Sprouts with Pumpkin Seed Oil and Pecans
- Sweet Potatoes Gone Light
- Rustic Apple Tart
- Easy Indian Corn Pudding

Parchment paper means no clean up!

I love cooking, but sometimes the clean up gets to me. I set out to find a way to make dinner without having to do a sink full of dishes - and I found it in parchment paper! Parchment paper packet cooking is a wonderful, revolutionary method that decreases the amount of fat needed for cooking and locks in flavor and nutrients. Best of all, with parchment paper cooking, there is no mess to clean up – no pots and pans to scrub. The food cooks in a parchment paper packet in the oven, making this perfect for busy moms, people with small kitchens, and anyone tired of doing a sink full of dishes after dinner.

Parchment paper is recyclable and compostable. Cooking with parchment also means you can cook your entire meal in one oven without turning any burners or using lots of hot water to scrub pots and pans.

You can buy parchment paper in your grocery store next to the foil and plastic wrap, or online from sellers like Amazon. Wilton and Reynolds both make parchment. The secret of parchment paper is that it's coated with silicone, which keeps moisture and flavors in, and keeps food from sticking. You layer your food onto the paper (no pots, pans, or big mixing bowls needed), fold it and bake. It's that simple!

Parchment paper packets are a snap to cook with. Cut off an 18-20 inch piece of parchment and place your food in the center. Leave at least 4 inches on the sides. Now, grab the long ends of the paper and have them meet in the air in the middle, then just fold them down until you get to the food. You'll end up with a long package. Now all you have to do is simply twist each end. (You can see **parchment paper cooking illustrations here**.) Place the packets on a baking sheet or toaster oven tray for ease in moving them around.

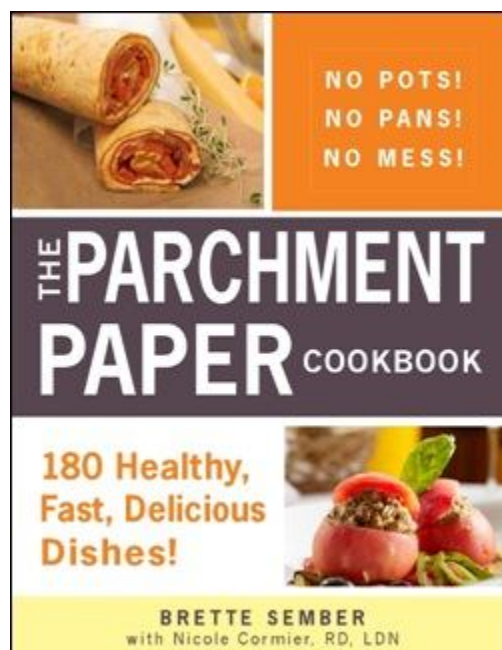
Easy Greek Chicken

Each packet serves 1

Ingredients:

- 1/2 cup cooked couscous
- 1 boneless skinless chicken breast
- 1/4 cup packed fresh baby spinach leaves
- 2 slices tomato
- Salt and pepper to taste
- 1/8 teaspoon Greek seasoning (substitute oregano if you don't have this mix)
- 1/8 teaspoon onion powder
- 1/4 cup feta cheese

Directions:



1. Preheat oven to 400 degrees F and prepare parchment paper.
2. Place the couscous on the paper in roughly the shape of the chicken breast. Place the breast on top and place the spinach over that, then the tomatoes.
3. Season with salt, pepper, Greek seasoning and onion powder and crumble the feta cheese over it.
4. Fold the parchment and bake for about 35 minutes.

Tip: You can also add 1/8 cup sliced black olives to this or substitute one canned whole tomato, chopped, for the tomato slices.

More about Brett Sember

Brette Sember is the author of , published by Adams Media. She blogs about parchment paper cooking at **No Pot Cooking** and writes the popular food blog **Martha and Me**. She's also the author of the upcoming titles *The Organized Kitchen* and *The Muffin Tin Cook Book* from Adams Media.

Brette's 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's also a member of the International Association of Culinary Professionals.

She lives in Buffalo, NY with her husband, two children, and two golden retrievers. Her web site is www.BretteSember.com and you can follow her on Twitter @brettesember.