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Vegetarian Picnic Food Ideas

Everyone loves a picnic, children, parents, grandparents, dogs. The list just goes on and on. But, not everyone at your picnic will like the same sort of picnic food, which is why it's important to have a wide variety of picnic cuisine. If you're a vegetarian or sharing a picnic with a few, you'll need to make sure that there is plenty of vegetarian picnic food available. Here are a few options.

Veggie Burger

A veggie burger is a meatless hamburger patty. Instead of beef, a veggie burger can be made from vegetables, soy meat, dairy products, wheat or other ingredients. Veggie burgers made of soy meat can be tossed on the grill just like regular burgers. A few of the most popular versions of the veggie burger are the portabella mushroom burger and the spicy black bean burger.

Falafel

Give your picnic food some Middle Eastern flair by preparing a few falafels. This tasty vegetarian dish consists of a ball or

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patty constructed of ground chickpeas and fava beans and usually served in a pita. It is often topped with vegetables and tahini-based sauces.

Big salad

Toss all of your favorite veggies together in a delicious salad and you have a killer picnic meal. Here's a swell recipe for a sun-dried tomato salad that will satiate any picnicker's hunger.

Tofu Dog

Want a hot dog without the meat? Then, just toss a tofu dog on the grill. A tofu dog is high in protein, low in fat and a delicious picnic food. Feel free to slather it in ketchup and mustard just like you would with a regular hot dog.

Deviled Eggs

Typically composed of hard-boiled eggs, mayonnaise, salad dressing and mustard, deviled eggs are a delectable picnic food option. Spice your deviled eggs up by by tossing a little paprika or garnish on them.

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Pasta Salad

A pasta salad can be made in a variety of options, from Greek salads to anti-pasta salads to Italian pasta salads. Toss in vegetables like baby carrots, sweetcorn, snow peas and others to give your pasta salad some extra punch.

The bottom line on vegetarian picnic food

Everyone loves a picnic, children, parents, grandparents, dogs. The list just goes on and on. But, not everyone at your picnic will like the same sort of picnic food, which is why it's important to have a wide variety of picnic cuisine. If you spend some time considering your options, you should be able to find numerous vegetarian dishes for your picnic and ensure that all of your fellow picnickers are accommodated.

John Moxly has spent more than 30 years working as a writer in various facets of the outdoors and camping industries. He is an avid camper and buys all of his picnic baskets and backpacks from Picnic World.

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Chicken Recipes – Where Can I Find Chicken Recipes and Other Kinds of Barbecue Food?

I would like to continue the topic of barbecue meals. It's becoming really popular these days, so I think this topic can be really interesting. I would like to give you some information about tools used for barbecues, about some meals (especially chicken meals and chicken recipes), and about some additions, such as sauces or salads.

The first thing I would like to describe is corn. The corn from barbecue is very popular and a tasty appetizer in the United States of America. It's good to put a toothpick at the ends of the corn, so it will be easier to handle it.

The next thing (or things) that I want to describe are barbecue tools. You should remember about the cutlery of course (knife, fork etc). I think that a metal barbecue graticule can be useful (for example for fish).

Of course the most important part of a barbecue is meat. I

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prefer chicken meat. You can prepare it in many ways, because there are many chicken recipes. Chicken meat is very tasty and delicate. It is also very cheap meat and it is healthy, so people with health problems can eat it. They can forget about heart diseases or a high cholesterol level in the blood when eating chicken. You can make a lot of chicken meals, such as chicken breast with spinach or chicken shish-kebab with banana-coconut sauce and many more dishes. As you can observe, there are lots of chicken recipes for barbecue.

I also want to add some information about things that are making barbecue food more tasty. These things are marinades made from oil, fresh herbs and garlic. Chicken meat is very soft, so you can put it in marinade for half an hour. If you prefer stakes, use herb butter. There are also other barbecue additions or appetizers such as figs (or other fruits such as bananas or peaches). I think that roasted potatoes are also a very tasty barbecue appetizer. You can eat them in salad as well (which is very tasty). Of course, don't forget about different sauces. You can prepare them yourself or buy some.

I think that the facts included in this article are the most important ones and that they can be very helpful for you. Remember them when you are preparing your barbecue. You should

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also remember chicken recipes for barbecues because they are really good. That's all I wanted to write. I hope you have enjoyed this article.

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Being A Raw Versus Cooked Food Vegan

As with all things, being a vegan is an evolutionary process. Many who begin as cooked food vegans evolve into raw food vegans. Then, of course, there are those who opt to remain cooked vegans, which is generally a matter of individual preference and often primarily depends on where one is in his or her journey. Some are in a place where they can stand to make more of a dietary sacrifice, while others are happy with the status quo and don't feel the need to be any more extreme,

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so to speak.

Either way, there are certainly pros and cons for both as well as a fair share of differences. For one, maintaining a cooked vegan diet, at first glance, appears to be more convenient as it requires only that one omit all meat and meat products and eat only plant-based foods whether cooked or raw. Meanwhile, a raw vegan diet consists of the same with the exception of the state of the food. Specifically, raw vegans eat only uncooked plant-based foods. The term 'uncooked' means that the food has not been heated above 118 degrees, which is said to destroy the food's nutrients, minerals and enzymes.

Essentially, a raw food vegan diet consists of one that is at least 75 percent uncooked, unprocessed, fresh, natural fruits, vegetables, nuts, seeds, some seaweeds and juices. The remaining 25 percent of the diet generally consists of plant-based foods that have either been cooked above 118 degrees and/or are minimally processed.

For many cooked food vegans the observation of such restrictions proves to be unbearably challenging and admittedly so. However, the source of the challenge is mainly external, specifically with regards to how others perceive raw foodists. Raw vegans are often viewed as extremists. Yet,

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unlike cooked food vegans who are viewed this same way by non-vegans, raw vegans are viewed this way by both non-vegans and vegans alike.

Nonetheless, despite the perceptions of this group of nutrition enthusiasts, most who try it admittedly experience improved health, the need for less medications, healthy weight loss and weight management, improved vision, enhanced moods and most commonly, increased energy. Increased energy is usually due to the fact that a raw food diet enables the body to absorb more nutrients from food which translates into more energy. Also, with fewer toxins being absorbed, the body exerts less energy trying to process and digest foods and substances that it doesn't recognize, subsequently freeing up a lot of energy.

Either way you look at it there are vast benefits to both. A cooked vegan diet is more convenient and a lot healthier than most alternatives, whether meat or dairy-based. However, it is no match for a nutrient-dense raw food diet.

Amirah Bellamy is a Vegan Coach, Vegan Fitness Meal Planning Expert, and Author. To learn more about her fabulous Vegetarian Meal Plans, purchase her infamous eBook "The 50¢

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Book "That's Hotter Than 50 Cent," or INSTANTLY grab her FREE Vegetarian Starter Kit go to www.AmirahBFit.com

Old Fashion Comfort Food Casserole Recipes

In today's society with all the worries about jobs, finances, etc most families are trying to cut back on spending everywhere they can. One of the areas where many families are cutting back is on eating out and the food budget. Casseroles to the rescue. Casseroles are inexpensive to make, feed several, and they are comfort foods. Here is a variety of old-fashion casserole recipes for you to choose from. Try our Beef and Rice Hot Dish, Turkey Noodle Casserole, or Tamale Pie. Surely one will be a big hit with your family.

BEEF AND RICE HOT DISH

1 lb hamburger meat

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1 med onion, chopped

1/2 cup chopped green pepper

1/2 tsp salt

pinch pepper

1 1/2 cups uncooked instant rice

1 can (14 1/2 oz) stewed tomatoes

1 can (8 oz) tomato sauce

1 1/2 cups hot water

1 tsp prepared mustard

In a large skillet, brown hamburger meat and drain. Add onion, green pepper, salt and pepper to skillet and cook over medium heat until vegetables are tender. Add remaining ingredients; bring to a boil. Reduce heat; cover and simmer for 10 minutes. Serves 4.

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TURKEY NOODLE CASSEROLE

2 cups cooked, drained noodles

1 tbsp margarine, melted

5 tbsp grated Parmesan

4 to 5 slices cooked turkey

1 cup milk

1 cup shredded Cheddar cheese

Mix noodles, margarine, and half of the Parmesan cheese. Pour into a greased baking dish. Top mixture with turkey slices. In saucepan, heat milk and Cheddar cheese until cheese melts. Pour over turkey and top with remaining Parmesan. Bake at 350 degrees for 40 minutes.

TAMALE PIE

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2 lb hamburger meat

2 medium onions, chopped

1 tbsp chili powder

1 bell pepper, chopped

1 cup vegetable oil

2 tsp red pepper

1 1/2 tsp salt

1 can whole kernel corn

1 can diced tomatoes

2 cups corn meal

1 cup milk

3 eggs

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In a large skillet, brown hamburger meat in oil with onions, chili powder, bell pepper, red pepper and salt. Do not drain. When meat is brown, add corn and tomatoes. In a large bowl, mix corn meal, milk, and eggs. Add skillet mixture and mix well. Bake in a greased 9 x 13-inch baking pan for 30 minutes or until done at 375 degrees.

Enjoy!

Grandma Linda shares her vintage recipe collection on her blog at <http://grandmasvintagerecipe.blogspot.com>

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Soul Food Recipes Websites Offering Healthy Heart Cooking Tips

Soul food recipes are growing healthier, to the delight of health experts and medical professionals. The popular

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southern cuisine have been a tradition of tasty eating for people for many decades. But the high calorie, fat and sodium have been a concern for health professionals. Traditional recipes have called for high amounts of fat, butter, salt and cream.

This has always worked to make food rich and tasty – but unhealthy. The ingredients have proven to contribute toward obesity, high blood pressure, diabetes and other health ailments. But new website offers visitors creative ways to cook healthy soul food recipes while keeping the robust flavors and taste people have come to love.

The experts do this by using natural herbs, spices and flavors to make the dishes interesting and entertaining. In addition, lighter cooking techniques is also demonstrated with free state-of-the art videos visitors can watch on demand. The website is updated each day, so visitors can get the latest healthy cooking tips.

More websites also offers entertaining video recipes and demonstrations by experts – of the top soul food recipes. The recipes are voted by readers and experts based on page views for the day. That means visitors get minute by minute updates

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on the most popular recipes.

An interesting addition to many websites is the addition of a soul food seasoning dictionary, where the reader can see what seasoning goes with what foods. This is an important aspect of cooking southern food. Why? Because robust flavors is the hallmark of southern cooking.

The biggest mistake people make when seasoning is either too much, or too little. The seasoning dictionary helps cooks to accurately apply herbs, seasonings and spices ... mistake free. The best way to prepare and enjoy soul food cooking now is the healthy way. This website helps visitors cook with flair, fun and health in mind.

See The Top 20 Soul Food Recipes Voted by Our Readers This Week Based On Taste and Ease of Preparation, Go to ... Free Soul Food Recipes

Diabetic Food List For Type 2

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Diabetics

A diabetic food list is not like the grocery list prepared by someone to cater the kitchen needs. The right person to suggest such foods is the physician who can diagnose the case and prepare the list of diabetic foods for type 2 diabetics. Food is prime that tops the human need for energy. People know that foods can do wonders in curing certain diseases. However when it comes to diabetes, they fail to develop the right concept in choosing proper diet to help reduce blood sugar. So if you are a diabetic, you ought to be careful in choosing diabetic foods to eat whatever medication you are taking. The right choice of foods will speed up to lower the risks of diabetes.

Unfortunately, consuming unlimited volumes of whatever one feels to have aggravates the diabetic condition. You can eat whatever you want, but you're to be within bounds on making better choices of foods for diabetes and avoiding some treats in volumes. There are lots of things to care when choosing the right type of diabetic foods to serve you to the need. You should keep close watch on what are the diets that really help you control blood sugar. However, I'm pleased to give you a simple and short list of diabetic foods for type 2 diabetes so

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that you are benefited anyway. Just spend a few minutes to have a glance of the following small list of diabetic foods.

Vegetables: You can consume vegetables in plenty and as much as you like. If the vegetables you choose to eat are fresh and green, the benefits will be more than what you can have from stored varieties. You have in this list Spinach, black beans, cabbage, etc. Potatoes should be excluded as they can give negative results in controlling blood glucose.

Fruits: Fruits have wonderful medicinal effects for diabetics when they eat just to the need. It's bad to take for stomach filling but can be justified if small servings are enjoyed by type 2 diabetics. There is no allowance for juices and fruits from freezers since they have no place in the list of diabetic foods to beat diabetes.

Grains: Grains are working well if they are whole and not broken. Wheat and oats are the best of diabetic foods to eat. Don't get to bread daily but it may be something special when you are a diabetic of type 2.

With warning symptoms of diabetes, controlling diabetes is an

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art with diabetes foods to eat AND diabetes foods to avoid.

Varadharajan R is the author of this article. This article can be used for reprint on your website provided all the links in the article should be complete and active.

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French Food Recipes – Sesame Chicken With Aioli

This dish is a French classic, as aioli is a speciality of Provence. Many French food recipes are extremely rich and therefore not low in fat – this is no exception. For a lower fat version you could use ready made light mayonnaise, mixed with mustard, garlic and parsley – if you go this route, you can omit the egg and the olive oil from the list of ingredients.

Ingredients

4 skinless, boneless chicken breasts

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4 cloves garlic
bunch of spring onions
1/2 teaspoon Dijon mustard
1 egg
6fl oz/175ml olive oil
juice of 1/2 lemon
1/2 bunch parsley
1 tablespoon sesame seeds
4oz/100g quick cook noodles
2 tablespoons sunflower oil
4oz/100g sugar snap peas
2 tablespoons mango chutney
salt and black pepper

Method

Cut the chicken into thin strips. Trim the spring onions and slice them diagonally, approximately the same width as the chicken. Peel and finely chop the garlic. Finely chop the parsley.

To make the aioli sauce; blend the garlic, mustard, parsley and 2 tablespoons of the olive oil in a blender or food processor until creamy and smooth. Keep the blender running and add the egg, then slowly add the remaining olive oil,

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followed by the lemon juice. Season with salt and black pepper. Empty the mixture into a bowl and set aside in the refrigerator until required.

Heat a wok and toast the sesame seeds until golden, remove and set aside. Heat the sunflower oil and stir-fry the spring onions for 2-3 minutes. Add the chicken and stir-fry for a further 5-6 minutes until browned.

Add the noodles and peas and stir-fry for 2-3 minutes. Stir in the chutney, season and sprinkle the sesame seeds on top. Spoon the sesame chicken onto four plates and serve with the aioli sauce.

Be aware:- I should advise you that any dish containing raw egg should not be consumed by women who are pregnant, very young children or the elderly and infirm!

Bon Appetit.

In his latest project, James Martin concentrates on Fast Food Recipes – these are recipes which can be made quickly, rather than fast foods like burgers, fried chicken etc.

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Avoidable Food for the Diabetic

With diabetes, one's body is unable to regulate glucose to be converted into energy properly due to the lack of or inability to produce insulin. Because of this, diabetic people have specific diabetic food to consume in order to stay healthy. There is still a lot of food that diabetics can consume, just that there is some food they should avoid. Here are some of them.

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The number one rule for diabetics is to avoid sweet food. Food that is rich in sugar like candy, donuts, and chocolate can be detrimental to the health of a diabetic, as they are rich in glucose, in which diabetics cannot regulate well. Having too much glucose in the system would cause hyperglycemia, a nerve, blood vessel, and organ-damaging condition. High carbohydrate food is also high in fructose and glucose, so do avoid them as well.

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With diabetes, it is found that the condition lowers good cholesterol and raises bad cholesterol. Because of this, diabetic people are susceptible to cardiovascular diseases. Avoiding food that is rich in bad cholesterol like egg yolk, high-fat dairy products, poultry, and fried food helps reduce the chances of such diseases.

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Although fruits and vegetables may seem like the healthier choices of food, there are several fruits and vegetables that can be bad for diabetics. Fruits like mango and strawberries and vegetables rich in starch like potatoes, can raise blood sugar levels. You can substitute them with carrots, beans, or beet roots instead.

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Another avoidable thing to consume is alcohol. Especially when consumed on an empty stomach, one can get hypoglycemia, which is lower than normal levels of glucose, and can cause damage to the brain. A damaged liver due to excessive alcohol intake will also make a diabetic's body have difficulty controlling the glucose levels in their body.

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Fried food in general is unhealthy, because they tend to be fried with hydrogenated oil, which raises bad cholesterol. If a diabetic wishes to have some fried food occasionally, they should be cooked in healthier oil like canola or olive oil. Otherwise, they should go for other healthy cooking methods, such as steamed, baked, grilled, or boiled.

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All in all, diabetic food consists of food low in sugar, carbohydrates, and cholesterol. Eat right, and you will be able to enjoy a healthier life.

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Vegetarian Food Recipes – 5 Reasons You Should Try Them!

Why go vegan? You'll be surprised how many benefits you can reap from trying vegetarian food recipes. Here are five of them for starters.

Eating dairy products and meat can make you fat. If you think you can load up on meat and still stay lean, think again. Super-sized meals and a greasy fast food diets have made the U.S. a "fatter" nation as a whole. 18 percent of meat-eating Americans are obese. In contrast, only 2 percent of those who are on a pure vegan diet have to worry about their weight.

Heart diseases usually start in childhood. Meat is laden with cholesterol and fat, and has no fiber. It increases the risk of coming down with heart diseases; and this is precisely why Dr. Benjamin Spock urges parents not to feed very young children meat.

A vegan diet may reverse heart diseases. In a study, it was found that vegetarian food recipes can go a long way in helping unclog arteries. This information is not entirely new, though. The medical community has acknowledged the role that

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one's eating habits play on one's health.

Meat has a high risk of contamination. In the U.S. alone, over 50 million cases of food borne illnesses relating to meat have been documented. This isn't new information, either. For years, people have known animals accumulate dangerously high levels of harmful chemicals in their fat and flesh.

Chicken is not clean. Sure, you love your broiler chicken. But, would you still feel the same way if you knew that 98 percent of all broiler chicken carcasses have detectable presence of E.Coli? This bacterial presence points to fecal contamination. In other words, every chicken package you get for yourself and your family comes with a little poop.

If you value your health, try to eat less meat and use vegetarian food recipes more. Your body will thank you for it!

Bill Hansen is a writer and researcher on vegetarian food recipes. If you want to know more about how to follow a healthy vegetarian lifestyle and at the same time receive a FREE vegetarian gift within a few minutes, that could prove extremely valuable to you, please visit:

<http://www.aboutvegetarianrecipes.com>

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Moroccan Food Recipes

To have a knowhow of the Moroccan food recipes one would have to travel back the time. Actually whenever we talk about the cuisine of a certain part of the world there is not one factor that makes the way it is; there is culture, history, climate, norms and values that devise the menu. This is the reason they say we are what we eat. Same is the case with Moroccan cuisine which culinary experts considered to be one of the richest cuisines of the world. Moroccan food is a major attraction that brings tourists to this North African country every now and then.

Before talking about the ingredients of the Moroccan food recipes let us have a look at the various influences on Moroccan cuisine. Diversity is the term that is commonly attributed to the Moroccan dishes. The reason behind this is the influence of a lot of other civilizations on the Moroccan culture. Berbers were the very first people who resided in this part of the Africa. After Arabs invasion, the culture of Morocco was greatly shaped by their influence. Being a

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Mediterranean country Morocco had been a gateway between Europe and Africa. Today's Morocco as we see it is not a single culture or civilization; it is a blend of Berber, Arab, Mediterranean and European culture. Whosoever came to Morocco brought with them different ingredients and the ways of cooking and native Moroccans adopted those making it a part of their cuisine. This is what makes the basis of when we call Moroccan cuisine a rich one.

It is not only the ingredients and the taste and the color and the aroma which makes Moroccan recipes unique but also the artistic details that make an essential element of food preparation in Morocco. The food is cut meticulously, prepared in an artistic way and also served keeping in mind the aesthetics of culinary art.

An overlook of the climate of the country is also essential to understand the different ingredients of the Moroccan cuisine. Morocco is an agricultural country with a climate that is suitable to cultivate a large number of crops most of which were brought here by the immigrants. Today we see Morocco growing wheat, tomatoes, beans, egg plants and all other crops and fruits.

Animal tending is also an old tradition in Morocco which makes available both red and white meat to be added to menu on daily basis. Beef and lamb is the most commonly used red wheat with

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chicken and fish to be the frequent element in white meat category.

A special ingredient of the Moroccan food recipes is the spices that are being traded through Morocco since ancient times. Some of the spices are native and grown in the country; Saffron being the biggest example of such spices. Other spices that are extensively used in Moroccan dishes are cumin, cinnamon, paprika and coriander.

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