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Healthy And Cheap Recipes For Your Family

What mom doesn't want to find healthy and cheap recipes to serve her family? In today's world, it is getting harder and harder to find good affordable food that you can actually serve to your kids. Junk food is usually cheaper and of course, it's also easier to whip up or just buy and serve. This has created a society where children struggle with obesity and parents are constantly in a battle over healthy food.

Healthy food doesn't have to cost a lot, but you do need to be willing to prepare it yourself. The premade meals that are so common these days are expensive, particularly if they are healthy, so look for your own recipes and you will be able to change the way your family eats while on a budget.

Healthy and cheap recipes are actually not difficult to find. Places like TheGourmetMama.com offer quick and easy recipes that you can whip up in no time and on a budget. However, you can also create your own.

If you understand the basics of meal planning, including a

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protein, vegetable, and grain, you can come up with your own recipe. A grain base such as rice or pasta is a great way to start. Then work on a topping that incorporates vegetables and protein. Sautéing onions, celery and garlic will get you off to a good start for any sauce. Add tomatoes or cream for a pasta sauce, or include some meat or beans as a protein.

There's really no reason not to experiment with the various combinations that your family has enjoyed in the past. If they liked spaghetti and meatballs, try the same thing with different veggies, blend cooked broccoli or spinach into the sauce or add some squash puree for creaminess and added nutrition without having to pay huge sums of money.

Healthy eating really doesn't require a lot. You can even make perfectly balanced meals from canned food, all you need to do is plan ahead a bit. Chop up a cooked chicken breast and add it to a simple broth, along with chopped carrots and parsley and you have a very simple, yet healthy meal. Add some beaten egg and you up the protein content without spending more than a few pennies.

You'll find that many healthy and cheap recipes are really very simple. There's no need to get very complicated . . . a

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simple meal of rice with beans and a little flavoring can be just what you need for a quick and easy dinner and it can feed your family for just a dollar or two, depending on whether you buy canned beans or opt to cook your own.

Healthy and cheap recipes combined with meal planning on a budget can really make all the difference in your family's health and happiness. Everyone will be happier when they enjoy proper, healthy food that is prepared in the home and you don't need a ton of time to manage it.

Looking for healthy and cheap recipes? TheGourmetMama.com has plenty of quick and easy recipes so you can feed your family cheaply without compromising on quality.

3 Easy Kid Recipes That Make Up a Healthy Meal

As a mother of two, I always want what's best for my kids. So I am constantly on the lookout for recipes that are for the health and nutrition for young children. Whether it be done solely for mealtimes, or it is just for the three main food

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times of the day, I am all for it.

If you're looking for a way to spice things up, then here are 3 easy recipes for the healthy eater:

1. Extra crispy French toast. Beat 2 eggs. Add $\frac{1}{2}$ cup of milk, $\frac{1}{4}$ teaspoon of sugar and $\frac{1}{4}$ teaspoon of cinammon; mix. Coat each bread slice with the egg mixture by dipping each slice into the mixture one at a time and soaking it well. Heat oil. Cook bread slices on a griddle or a skillet over medium heat for 2 to 3 minutes each side. Gently press down on the bread while cooking so that the French bread is crispy and golden at the center. Makes 6 slices. (Suggested toppings are cream cheese, honey and pure maple syrup.)

2. Hamburgers. In a mixing bowl, mix 1 pound of ground beef, $\frac{1}{2}$ minced onion, $\frac{1}{2}$ teaspoon garlic salt (you can use regular garlic, but garlic salt will be much more flavorful and will be mixed more easily than real garlic), $\frac{1}{2}$ teaspoon of salt, and $\frac{1}{8}$ teaspoon of pepper. Make 4 patties. Fry (and do not burn) and drain on paper towels. In a different pan, heat hamburger buns. Fry 4 eggs. Put burger patty on bread. Top it with the fried egg, slices of cheese, tomatoes, lettuce and your favorite burger toppings (mayonnaise, mustard, etc.).

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Serves 4.

3. Chicken pizza. A friend of mine gave me this recipe, swearing that she got her 5 year old to eat anything else other than hot dogs and fried chicken. Clean and cube 2 boneless chicken breasts (preferably skinless, so that it would be healthier); marinate in hot sauce or barbecue sauce. Heat 2 tablespoons extra virgin olive oil in a skillet on medium heat. Add chicken when hot and cook until done. While you're waiting for the chicken to cook, bake your pizza dough (my friend buys canned pizza dough instead of making one from scratch), 8 minutes at 400 degrees Fahrenheit. After baking, top pizza crust with mozzarella cheese and the cooked chicken, then put some additional sauce (hot sauce or barbecue sauce). Put it back in the oven for an additional 3 to 5 minutes – this is to melt the cheese and to finish browning the crust a little. This is optional, but you can try serving it with a small cup of blue cheese dressing on the side for dipping.

Three healthy, simple meals that your kids will surely love. And at the same time of loving it, they do not realize that they've just eaten a lot of extra nutrients that only a mother's loving, cooking hand can give him.

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Have fun, safe and easy kid recipes at your disposal. Click on the link for more info.

Related [Kids Recipes Articles](#)

Is Microwave Cooking Safe and Healthy?

Almost every modern house owns a microwave oven today. Many people find it convenient, quick and safe to use. But, is it safe to use a microwave oven? Many health experts believe that microwaves are not good for health, and thus should never be used. Here's why:

Microwaves harm food particles

Microwave Oven produces microwaves that can severely harm the cell wall of foods. As a result, the gut receptors fail to identify microwaved food particles as food. Do you know that microwave technology is used in the field of gene altering technology to reduce the strength of cell membranes? Therefore, you should avoid using a microwave oven.

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Microwaves affect the nutritional value of food

Many health studies indicate that foods cooked in a Microwave Oven lose lots of important nutrients. According to a study, broccoli cooked in it loses more than 90% of its antioxidant chemicals. On the other hand, steamed broccoli loses only 10% of its total antioxidants. Similarly, meat cooked in the also loses much of its nutritional value.

Microwaves produce harmful radiation

An oven produces lots of electromagnetic radiation, which can be harmful. In fact, you should avoid going into the kitchen or near it to avoid these electromagnetic fields. Many doctors believe that there is a sharp increase of childhood cancers due to the exposure caused by electromagnetic waves. No wonder, many hospitals have stopped using these ovens for heating baby foods or formula milk.

Microwave heating is harmful

When you heat food in an oven, the chemical components polymers, paper, and paperboard products enter into the food, which can make it unhealthy and unsafe to use.

If you cannot avoid using a microwave oven, you should operate it on a low power setting to cause less damage to the food

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particles. It is highly recommended to avoid heating breast milk even at low settings as it can damage the disease fighting capacity of breast milk. So, avoid using this oven as much as possible even for preparing adults food.

Helen R. Miller is a diet control fanatic, who has lost over 70 pounds of body fat. She shares her amazing story of how she did it through her weight and diet control blog.

Related [Dutch Oven Cooking Articles](#)

Is A Vegan Diet Healthy For Teens

A well-planned vegan diet can be a healthy dietary choice for anyone and at any stage of development. A vegan teen is no less healthy than a meat-eating teen. Its about making healthy food choices and teaching your teen how to make them.

Teens, who are expressing to their parents a desire to adopt a plant-based diet are for the most part quite proactive in educating themselves about veganism. In fact, was probably during the course of learning about veganism that they

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independently made the decision to adopt such a lifestyle.

Whether it's out of concern for the environment, animal rights or health reasons more and more teens are announcing to their parents that they want to become vegans. If you are the parent of one of these teens there is no need to go into a fit. In fact, this decision could not have come at a better time. Sure you're concerned that making such a dietary change may negatively impact your teens' growth and development.

However, this couldn't be any further from the truth. A vegan teen is also a very health conscious teen. Therefore, a vegan teen will take greater care to adopt a well-planned diet over their meat-eating counterparts who are more likely to snack on pizza, hot dogs and sugary snacks instead of fruits and vegetables.

That said, the best way to respond to a teen who decides to become vegan is to be supportive. Educating yourself about this dietary choice may even help you become more health conscious about your own eating habits. We learn as much, if not more, from our children as they learn from us so why not let this be another opportunity to learn and bond with your teen.

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Sure, as a parent you will still have some concerns such as whether your vegan teen will get the appropriate amount of vitamins and nutrients. Well whole grains, beans, lentils, tofu, nuts and veggie meats are all excellent sources of protein. Additionally, beans, cashews, raisins, spinach, tempeh and tomato juice are packed with iron. You might also be concerned about your teen getting vitamin B-12. No need to worry about that either because he or she can easily do so by eating fortified cereals, fortified soy milk or taking multivitamins. If that's not enough, numerous studies have shown that eliminating dairy products and meat, while eating nuts and whole grains will improve cardiovascular health. As you can see, this dietary transition is not the end of the world. Johnny will still be Johnny and Susie will still be the same Susie, just with improved cardiovascular health and lowered risk of contracting several other deadly diseases.

An unbalanced diet whether vegetarian or non- can be unhealthy. However, a vegan or vegetarian diet can effectively provide your teens' body with all the nutrients needed and it is relatively easy to plan a balanced vegan diet.

Amirah Bellamy is a Vegan Transitional Coach, Vegan Fitness

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Meal Planning Expert, and Author. To learn more about her fabulous Vegetarian Meal Plans and Healthy Eating eBook or to INSTANTLY grab her FREE Vegetarian Starter Kit go to www.AmirahBFit.com

Healthy Diabetes Recipe – Watch What You Eat

Diabetes Recipe Books may be hard to understand but there are sites in the internet that offer different kinds of recipes that taste good. There are tips to help prepare their meals since you have to set aside some portion for them if they are on a strict sugar-free, salt-free and cholesterol-free diet. If you have a diabetic in your family, dining out at fast-foods may become a constant argument since they will tell you that their doctor said this their doctor said that so to cut the exchange of words, why not prepare food that is intended for people like them.

Diabetes Recipe meals are not exclusively made for them. You could also enjoy such meals if you think you are on the

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borderline to being a diabetic, diabetes runs in your family or you just want to loose weight. It would be best to inform and educate other members of the family that you are preparing a healthy concoction for the coming weeks so they would not be shocked that you seem to have forgotten that food has flavors. There will come a time that you may have exhausted all the fish in the sea to make several of the offered menus. Worry not since you still can introduce red meat to your diabetic mother or father and your whole family.

Did you know that eating red meat once in a while can be good for the body too? There are some people who get hungry more faster if they live on fish and if they are diabetics, it would be wiser to shift to something filling in order to avoid blood sugar drops. Keep in mind that when you prefer to serve meat, you must get the lean cut so as to not introduce fat in the diet. According to the Diabetes Recipe, a good way to cook meat is by grilling so excess fat just drips. Don't gather the drippings to make gravy! It's just like squeezing lemons on an open wound. Caring for a diabetic has its fair share of ups and down after all.

For more information on Diabetes Recipe visit the author's diabetes blog at <http://www.diabetesblogging.com>

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Now Make use of Healthy Materials In Pork Chop Dishes

If you talk about easy and simple recipe you may make in the home, the pork chop recipes will be among the very first few things. Pork can be utilized to prepare various forms of recipes. You can actually pair it almost with any form of seasoning or sauce.

Though it is easy to get fine pork chop recipes, coming up with those that are totally astonishing is a little more difficult . Pork, being a flexible meat, usually don't join with additional savor so effortlessly.

If you're on a diet, then you definitely are likely also searching for pork chop recipes which are beneficial. More and more individuals are very fitness conscious these days. Everybody desires to eat healthy and it may be slightly tough at times. Luckily, you will discover dozens of entirely healthful materials that are also a delight to the taste buds. With red meats such as beef that is harder as beef goes well with other strong flavors, most of that are unhealthy. On the

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contrary, pork is certainly one of the foremost healthiest meat which enable it to be very easily utilized to make some beneficial recipe with other a few healthful components.

Barbecue is something that everyone likes to gobble, and most of it is prepared just with pork. Making healthy pork chop recipe by the barbecue at home is quite simple and can be tired few minutes. The majority of time when you purchase barbecue sauce from your grocery store and check out the nutritional facts you could possibly be inclined to place it back on the shelf. Creating your own is simple, and can be much improved than the shop-bought kinds.

You also can utilize tomato sauce in order to make the sauce extra natural. Tomato sauce, considered one of the very best choices of barbecue sauce, is incredibly flavorful and thick, which make it a great choice for barbecue sauce.

The most unhealthy thing that you'll want in the sauce is Worcestershire sauce, which you merely need to use a bit of to have the sauce started. Some other healthy ingredients that can be utilized to prepare a delicious and healthy recipe are garlic, onions, pepper, paprika, oregano, ginger. What could be more astounding is that if you negate the tomato and Worcestershire sauce, you need to use those exact same

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components to prepare an entirely different-tasting pork chop.

For details on pork chop recipes please look at Pork Chop Recipes. You may also take a look at some awesome pork recipes by visiting pork recipes.

Raising Kids Vegan – Is It Healthy

Despite what friends, family, corporate media, and many others may say there are numerous studies that have proven that you can raise healthy children on a vegan diet. In fact, the American Dietetic Association along with the Children's National Medical Center in DC and countless other well-respected professionals and organizations have asserted that a well-planned vegetarian diet is appropriate for people at all ages, including children.

That said, the notion that children raised vegan are not healthy is a fabrication to say the least. The fact is that children raised on a vegan diet eat more fruits and vegetables than non-vegan children. Moreover, when compared, vegetarian

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children get sick less often and have been found to be leaner, have a lower prevalence of obesity, lower BMI, and better lipid profiles. These findings have recently gained a lot of attention in lieu of the childhood obesity epidemic. Why?

Because they suggest that the meat, dairy and egg products consumed by non-vegetarian children have an associated risk of obesity while the nutrient, fiber rich diet of vegetarian children reduces their risk of becoming overweight.

The key to raising healthy kids on a vegan diet is good planning. Parents should ensure that their vegetarian child gets adequate amounts of Vitamin B-12, protein and minerals.

It is also advised that vegetarian children be given a varied diet including legumes, whole grains, tofu, nuts, seeds, and lots of fresh fruits, leafy green and other mineral-packed vegetables.

Vegan children grow to be well-adjusted, healthy, happy adults. You simply need to educate yourself on how to give them well-planned meals that provide them with all the vitamins, minerals and nutrients that they need to support their developing bodies. In today's information-based society that will not be a difficult task. Do some independent research, discuss it with your family physician and look to

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educate yourself about this natural dietary alternative until all your questions are answered and all of your concerns are put to rest. Rest assured though, the probability is very high that you will discover that raising your child vegetarian is one of the few viable healthy dietary options that still exists in this unhealthy world.

Amirah Bellamy is a Vegan Transitional Coach, Vegan Fitness Meal Planning Expert, and Author. To learn more about her fabulous Vegetarian Meal Plans and Healthy Eating eBook or to INSTANTLY grab her FREE Vegetarian Starter Kit go to www.AmirahBFit.com

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 southern cuisine have been a tradition of tasty eating for people for many decades. But the high calorie, fat and sodium

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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 on the most popular recipes.

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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

Cooking Healthy With Cast Iron Cookware

Centuries ago, they invented a way of cooking healthy, fat-free, and delicious food through cast iron cooking. If you

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want to start a healthy lifestyle, you definitely need cast iron pans in your kitchen. Because of the density of the cast iron, it can conduct heat evenly and consistently, giving you a lot of control over the temperature of your food. It lets you do precise cooking, all because of the properties! Furthermore, they are very versatile and can be used to cook anything!

Cast iron cooking pans can give you a lot of advantages. Firstly, it gives you food that is rich and iron. A few people know this, but when you cook food in cast iron, some iron from the pan will leech onto your food. This isn't a bad thing in fact, most doctors recommend it. Cooking in a cast iron skillet is healthy, and can greatly benefit those who are anemic. Athletes will also benefit as they lose a lot of iron while perspiring. Cast iron cooking really is a healthier way to prepare your food.

A set of high quality cast iron cookware can be the only thing you need to prepare a gourmet meal. You can do a lot of things. Stir-fry vegetables or sear juicy steaks. You can also roast your chicken, as cast iron is oven-safe. You can even bake your favorite pastries and deserts with a simple skillet. You can make delicious hamburgers with a cast iron grill. You

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dont even need any oil, butter or shortening to prepare your food. With cast iron cooking, everything is easier.

To ensure that nothing sticks to your cast iron pans, make sure that you season it well. This is essential in building the natural non-stick surface. To season your new cast iron pans, apply a thin coat of oil to the surface of the pan and bake it in the oven for about an hour. Do this twice before using your pans. The porous surface makes it easier for the pan to absorb and solidify the natural oil. However, the best way to build seasoning is to frequently use the pan for cooking. Never use detergent or soap that is too harsh as it could break down the seasoning.

You know youre ready to cook when water starts to sizzle on your pan. Use a medium heat, to conduct heat efficiently, and so that you have more control over the temperature. Remember that iron adds a unique flavor to food, as it leeches iron. While some people use cast iron to deep fry their food, its not recommended as it usually results in fat oxidation. Aside from certain specifications, there is no reason why you cant use cast iron in your kitchen. Youll be able to experiment with a lot more dishes using cast iron pots and pans. If you want to explore your options, you can try cast iron cooking.

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Cast iron kettles have a centuries long history of reliability and long service life. Today's kettles, made with modern technology and advances in metallurgy, are of higher quality than ever before and there is a place for one in every kitchen.

Cooking Light Recipes – 2 Easy Quick and Healthy Recipes For Your Dinner

If you already had a full meal for lunch, you most likely don't feel like something so filling again for supper. If you want to eat healthy and balanced, then it's a great idea to choose something light for dinner, especially if your lunch had quite some calories today. And seeing that you already cooked, you definitely don't want to stand behind the stove again, so it should be an easy non-cooking recipe.

Here are 2 easy quick dinner recipes which are light and healthy. Both of them make four servings.

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Mixed salad with whole grain rolls

Noodle and mushroom soup

Light dinner recipe #1: Mixed salad with whole grain rolls

Ingredients

1 medium lettuce

2 red and 2 yellow peppers, sliced

250 g fresh mushrooms, sliced

200 g feta cheese, cut into small cubes

Dressing:

4 tbsp. olive oil

2 tbsp. lemon juice

¼ tsp. salt

1 pinch freshly ground black pepper

1 tsp. thyme

4 whole grain rolls

Wash the salad, tear it into pieces and drain it. Then mix it with the other ingredients. For the dressing, simply mix all ingredients well, pour over the salad and mix thoroughly. Serve with the rolls. This recipe won't take you more than

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half an hour, and it doesn't require any cooking.

Light dinner recipe #2: Hawaiian Toast

Ingredients

8 slices of brown toast

low-fat margarine

8 slices lean ham

1 large can pineapple rings or peach halves (should contain 8 rings or halves)

8 slices low-fat cheese

yellow curry powder

Preheat the oven on maximum temperature. Spread the margarine on the toast and place it on a baking tray covered with baking paper. First put a slice of ham on each toast, then a pineapple ring and a slice of cheese. Grill the toast for approximately 5 minutes until the cheese has melted and slightly browned. Sprinkle a bit of curry on and serve. Done within half an hour, too.

Now, enjoy your light dinner and come up with more ideas yourself. You can put anything into your salad, be it vegetables that can be eaten raw or fruit, or both. Just

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choose foods that go quick to prepare. You can also adapt the toast. Maybe you prefer the grilled chicken stripes that you got in your fridge from yesterday's lunch with tomato to ham and fruit. Many light soups are also very quick and easy to make if you use canned veggies and leftover rice or soup noodles.

Bettina Berlin is a health professional specializing in healthy nutrition and quick cooking. Eating healthy and thus maintaining a healthy weight can significantly improve your health and help prevent many diseases. Is your life so hectic that preparing healthy food often seems impossible? Then visit <http://www.elishas-quick-recipes.blogspot.com> TODAY and get your FREE fast cooking tips and much delicious quick easy recipes!

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