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## Spice Up Your Cooking With Copycat Restaurant Recipes

Have you ever wanted to impress friends or family members with a great meal, but you're not quite sure where to start? I suggest you think about a great meal that you've had at a restaurant. What was it about the food that really grabbed your attention? What was it that made it not just good, but great? Wouldn't you want to be able to make that same meal right in your kitchen?

Well that's what copycat restaurant recipes are all about. Chefs take a dish from a famous restaurant and reverse engineer it to find out what makes it unique. What are the ingredients? What spices? How much of each item goes into it? How long does it need to cook?

You'd be surprised to find out just how accurate these recipes are. I'm not the greatest chef, but people have asked me if I bought take out from the very restaurant that I was imitating. What a great compliment that was? And how great would it be if that compliment was directed at you? Yes, you could be the great chef with your friends and family by following just one

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of the recipes from a copycat restaurant recipe cookbook.

In many dishes, you will find that it is the sauce that makes the dish really come alive. Here is one such example from the Home Bound Dining Guide (one of those copycat recipe books):

### **Carrabba's Chicken Marsala**

1 Chicken Breast Grilled  
1 Cup Dry Marsala wine  
 $\frac{1}{2}$  Cup (1 stick) Butter  
Pinch of Salt  
Pinch of Black Pepper  
 $\frac{1}{2}$  Cup Mushrooms Sauteed

In a large skillet, pour the Marsala wine and sprinkle with salt and pepper. Heat the wine over medium heat and reduce to a third. Add the butter to the wine by the spoonful stirring constantly until the sauce is creamy. Mix in the sauteed mushrooms and heat. Pour the sauce over the chicken and serve.

Of course, this recipe only makes one serving. But it is easy enough to multiply the ingredients and follow the same cooking instructions for more people.

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The Home Bound Dining Guide has more than 580 recipes from 39 different restaurants, so you are sure to find something that your guests will really enjoy. For more information on copycat restaurant recipes, check out <http://www.homebounddining.com>

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## Changing Recipes for Health

Cooking is an adventure and it can be fattening, too. If you take a quick glance through your favorite recipe cookbooks or at your recipe file, you can see how the calories and fat can really add up. That is not to mention all the sodium in common recipes-that is no good for you either. The good news is that there are changes you can make to your everyday recipes that can help you lower the fat, calories and the sodium. This will help you stay fit, trim and healthy. Here is a look at common changes you can make in your recipes that will add up big in the end.

Applesauce for oil: If you are baking bread, cakes, muffins or quick bread, you can substitute regular flavored applesauce

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for the oil. It is easy to do, simply add the amount of applesauce instead of the oil. You can often do the same thing with butter. If you still like the taste and texture that the vegetable oil adds, you can substitute half of the applesauce for the oil. Making this simple change can save you both fat and calories. This is an easy and simple switch to make.

Egg substitute for eggs: There are several brands of egg substitutes that you can use in place of eggs in many recipes. These even taste just like eggs when scrambled. These are always lower in fat and calories and contain no cholesterol. Use egg substitute in your baking recipes as well as your casseroles and other dishes.

Broth for butter: Here is a great tip-instead of adding butter to your vegetables or rice, use broth. Chicken, beef and vegetable broth will all add a great flavor to your dishes without adding the big amounts of fat. If you are using bouillon cubes, then just add a couple to the water as you cook. If you are worried about your sodium intake, then you can buy low-sodium broth and bouillon cubes instead. That is a great change to make to all of your favorite recipes.

Lean ground turkey instead of ground beef: Lean ground turkey

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is tasty and cooks just like regular ground beef. Ground beef has a lot of fat and while you can drain the fat, it never eliminates it completely. How about using ground turkey instead? Look for ground turkey breast, which is leaner and has few calories and fat grams than ground beef.

Low fat cheese and dairy: A very easy switch you can make is to use low fat cheese and dairy products in your cooking such as low or no fat sour cream, cream cheese, yogurt and ricotta cheese. When you use them in recipes, you will hardly notice the different. It is important to note that some low fat or fat free cheese does not melt the same, but you can use it if you are just using a little in tacos or other recipes.

Making the switch to low fat, low calories and low sodium does not have to be hard. You can use these tips to make your recipes better for you.

Keep eating healthy, stay away from eating disorder, for more information about Treatment for Anorexia, please go to treatment for eating disorders.

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## Easy Low Fat Recipes

Are you wondering how you can calm your hunger pangs and still not have to worry about your weight? Here are some easy low fat recipes to help you control an increase in inches on your waist:

### Low Fat Baked Macaroni and Cheese Recipe

#### Ingredients:

Elbow macaroni: 8 ounces

Unbleached flour: 2 tablespoon

Non-fat shredded cheddar cheese: 2 cups

Skimmed milk: 2 cups

Dry mustard: 2 teaspoon

White pepper:  $\frac{1}{4}$  teaspoon

#### Preparation:

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Take half a cup of the milk and all the flour along with the mustard and pepper in a jar and put the lid on it. Then shake it until it is smooth and keep aside. Cook the macaroni according to the instructions on the package. Boil the rest of the milk in a 2 quart pot at medium heat while stirring, until it turns thick. Turn the heat down and add one and half cups of the cheese till it melts. Stop heating and add the macaroni while stirring. Take a 2 quart casserole dish and coat it with non-stick cooking spray. Spread this macaroni mixture in the dish. Take the remaining cheese and sprinkle it over the top. Bake the dish for about 30 to 35 minutes at 350 degrees. Take the dish out of the oven and wait for 5 minutes before you serve it. This will yield 1 serving.

## Low Fat Caesar Salad Recipe

### Ingredients:

Italian bread loaves, cut into 3/4 inch cubes: 1/2

Vegetable stock: 1/2 cup

extra virgin olive oil: 1/4 cup

Anchovy paste: 1 teaspoon

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Balsamic vinegar: 2 tablespoon  
Fresh lemon juice: 2 tablespoon  
Dijon mustard: 1 tablespoon  
Freshly grated parmesan cheese: 1/4 cup  
Worcestershire sauce: 1 teaspoon  
Finely chopped red onion: 1/4 cup  
Head romaine: 1  
Garlic clove: 1

#### Preparation:

Take the head romaine and rinse and spin dry it. Cut it into wide strips. Mince the garlic clove and mash it into a paste with about 1/4 teaspoon of salt. Preheat the oven to about 350 degrees. Take a large bowl and put in the bread cubes. Add 1 tea spoon of the oil and bake in a single layer for about 10 minutes or till it turns golden. Let this cool. Take a medium bowl and whisk together the anchovy paste, the vegetable stock, mustard, lemon juice, Worcestershire sauce, vinegar and the garlic paste. In a slow and steady stream whisk the remaining olive oil. Add salt and pepper for seasoning. Keep it covered and chill. Divide the romaine in 4 bowls and

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drizzle the dressing over the salad. Sprinkle 1 tablespoon of onion, the croutons and the parmesan cheese over each salad. This preparation will yield 4 servings.

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## Some Of The Best Hamburger Recipes

Hamburgers or Burgers for short, are sandwiches consisting of

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a cooked patty of ground meat. The meat is usually beef, but is sometimes pork, turkey, or a mixture of meats. The patty is put in an open, white bun, or between two slices of bread. Hamburgers are usually served with lettuce, tomato, onion, pickles, or cheese and condiments such as mustard, mayonnaise and ketchup.

The term hamburger initially derives from the German City of Hamburg, Germany's second largest city, from where many immigrated to America. Today hamburgers are usually a staple of fast food restaurants. Hamburgers served in major fast food restaurants are mass produced in factories and frozen for delivery to the site. These hamburgers are thin and of uniform thickness, differing from the traditional American hamburger cooked in households and conventional restaurants, which is thicker and prepared by hand from ground beef.

### Top Five Best Hamburger Recipes

1. A Great Little Hamburger Recipe. This recipe features a barbecue burger with bacon and onion inside the patty. You may add cheese to the filling as well if this is desired. This basic recipe is great because it mixes bacon with barbecue sauce.

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2.To Die For Burger Recipe. This burger is garlicky and topped with avocados and roasted red peppers.

3.Bacon Double Cheese Stuffed Burgers. A bacon cheeseburger with bacon and cheese stuffed inside the patty. Don't be concerned about hiding the stuffing away inside the burger, just ensure that the burgers are not too thick and that they are well packed.

4.All Gone Onion Burger. These burger patties are stuffed with strong flavour. The secret is to crumble a bouillon cube with a kitchen mallet and put it in each patty.

5.Cajun Burgers. This is another burger that is bursting with delicious flavour. The patties don't only have a Cajun flare, but there is also a mildly spiced barbecue sauce to accompany it. You can increase the heat any way you prefer on these burgers. Try a thick slice of pepper jack cheese or a hot and spicy barbecue sauce. If you typically make an extra messy burger, try an extra hearty bread for the bun.

Please visit this site for more information about best hamburger recipe and this link for information on beef tender loin recipe

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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  
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

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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, 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.

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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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## Hcg Recipes Phase

All perfectly premeditated to be congenial with the low calorie “HCG Phase” of the daring HCG Diet programme. The HCG Fast Epicurean Cookbook can add a younger tracheophyte, change, and a strike of sensualist to your coefficient death journey. Grab A Repeat Clack here

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As an further payment, I'm offering a discharged 11 attender Form 3 study to supply you alter your weight after the "HCG Stage" Featuring several scrumptious recipes and stabilizing tips to help you get started and refrain with Point 3 and whatever ministering tips to support you be successful.

Are you dead uninterested with intake grilled weakling and salad? Are you having a severe time staying admittedly to the HCG Diet because your meals are flavourless and savorless? Do you deprivation to decline unit on the HCG Fasting without sharing up flavor and luscious nutrient?

Imagine, ingestion tasteful, tasty meals every concentrated day. Recipes so unspoilt that you will need to revel them for some eld to arrive. You won't consider you can eat substance this ample on the ultra constrictive and controlled Stage 2 of the HCG Diet! Grab A Simulate Clack here

The recipes in The HCG Fasting Sensualist Cookbook can ameliorate. Flavoursome, fun, recipes that will wee every sustenance on the fasting an implicit feeling. Recipes so white, you might flatbottomed bed to oppose off your menage as they try to steal a sting off your bracing. (Don't do it!!! you poverty and merit every delicious grip)

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And if you imagine you won't poverty or requirement the recipes in this cookbook after you closing the HCG Period... Surface... numerous of the recipes know Point 3 modifications so you can move to bask the delicious recipes in this reference all through the "Helpful Point 3" of the fast, after you make your goal coefficient, and longest the diet is over. Grab A Repeat Stop here

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## Indian Zucchini Bread Recipes

Tired of the same old zucchini bread recipe and want to try something new? Here is a standard zucchini bread recipe in addition to three variations your family is sure to love.

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Zucchini Bread

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3 eggs 1 cup oil 2 cups sugar 2 cups peeled and grated zucchini 3 tsp. vanilla 2 tsp. cinnamon 1/2 cup nuts 3 cups flour 1 tsp. baking soda 1 tsp. salt 1/4 tsp. baking powder

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Stir together eggs, oil, sugar, zucchini. Sift together flour, soda, salt, cinnamon, and baking powder. Add to zucchini mixture. Stir in vanilla and nuts. Bake at 325 degrees for 1 hour. May need 15 minutes more. Cool completely before freezing. Makes 2 loaves.

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Chocolate Chip Zucchini Bread

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2 cups grated zucchini 3 eggs 1 cup applesauce 2 cups sugar 1/2 cup vegetable oil 3 teaspoons cinnamon 1/4 teaspoon baking powder 1 teaspoon baking soda 1/2 teaspoon salt 3 1/4 cups

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flour 6 ounces chocolate chips 1/2 cup cocoa

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Grease and flour two loaf pans. Stir together zucchini, eggs, applesauce, sugar, and vegetable oil. Add the rest of the ingredients. Divide batter between the loaf pans. Bake at 350 degrees for 45 minutes. Reduce temperature to 300 degrees and bake an additional 15 minutes. Makes 2 loaves.

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Pineapple Zucchini Bread

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3 eggs 1 teaspoon baking soda 1 cup vegetable oil 1/4 teaspoon baking powder 2 cups sugar 1 teaspoon salt 2 teaspoons vanilla 3 cups flour 2 cups zucchini, grated 3 teaspoons cinnamon 1 1/2 cups chopped walnuts (optional) 1 8-ounce can pineapple, drained

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Preheat oven to 350 degrees. In a large bowl, beat eggs until frothy. Stir in oil, sugar, vanilla, and zucchini. Add baking soda, baking powder, salt, and flour. Add nuts and pineapple. Pour into two greased and floured loaf pans. Bake for 1 hour.

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Zucchini Cheddar Bread

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1 c. chopped onions 1/4 c. butter 2 1/2 c. Bisquick 1 tbsp. fresh parsley, chopped 1/2 tsp. thyme 1/2 tsp. basil 3 eggs 1/4 c. milk 1 c. grated cheese 1 1/2 c. to 2 c. shredded zucchini

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Saute onions in butter. Cool a little and then add remaining ingredients. Pour into an 8x8-in. baking pan and bake at 400 degrees for 40 minutes.

Damian Brauer is a writer and a web designer / seo enthusiast.

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He currently owns Preeminence design. Here he discusses Indian restaurants nottingham.

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## Beef Stir Fry Recipes – Steak Stir Fry With Mushrooms and Tomatoes

This hearty recipe makes a good meal for a cool fall or winter day. Lean steak is mixed with mushrooms and tomatoes in a rich sauce. To round out the meal you can serve it with wild rice or egg noodles and dinner rolls.

To make this dish you'll need: dried porcini mushrooms, beef broth, balsamic or red wine vinegar, cornstarch, margarine, 1 pound of beef flank steak or boneless top sirloin – cut lengthwise into 2-inch wide strips and thinly sliced, salt, coarse ground black pepper, your favorite mushrooms – thinly sliced, plum tomatoes – thinly sliced and chopped fresh parsley.

In a medium bowl, soak the porcini mushrooms in 1 1/2 cups of

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boiling water for 20 minutes. Drain them and reserve 1/4 cup of the liquid. Set aside.

In a small bowl, combine the reserved mushroom liquid, 1/4 cups beef broth, 2 tablespoons of vinegar and 2 teaspoons of cornstarch. Blend thoroughly and set aside.

In a large skillet, melt 1 tablespoon of margarine over medium high heat. Add in the sliced beef strips, 1/2 teaspoon of salt and 1/4 teaspoon of pepper. Cook, stirring constantly, for 2 to 3 minutes or until the beef is brown. Remove beef from skillet and keep warm by covering it up.

In the same skillet, melt 1 tablespoon of margarine over medium heat. Add in the porcini mushrooms and your favorite mushrooms. Cook and stir mushrooms for 3 minutes.

Stir the mushroom broth mixture until smooth and add to skillet. Cook and stir until the sauce becomes thick and bubbly. Add in the warm beef and tomatoes. Cook some more until all is thoroughly heated. Sprinkle with fresh parsley and serve.

Makes 4 servings.

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### Bonus Recipe: Beef Fajitas Stir Fry

To make this dish you'll need: vegetable oil, 1/2 pound of boneless beef top sirloin steak – cut into 1-inch strips, cumin, 1 small onion – thinly sliced, 1 small red or green pepper – thinly sliced, 1 garlic clove – minced, lime juice, Worcestershire sauce, 4 flour tortillas – warmed, lime wedges, chunky salsa sauce and sour cream (optional).

In a medium sized skillet, heat 1 tablespoon of vegetable oil over medium high heat until hot. Add in beef strips and 1 teaspoon of cumin. Cook, stirring constantly, for 2 to 3 minutes or until the beef is brown. Remove meat from skillet and cover to keep warm.

In the same skillet, combine the sliced onion, sliced bell pepper, minced garlic, 1 tablespoon of lime juice and 2 teaspoons of Worcestershire sauce. Mix all well.

Cook, stirring constantly, for 4 to 6 minutes until vegetables are crisp and tender. Add beef to skillet and cook and stir until all is thoroughly heated.

Place tortillas on plates and spoon 1/2 cup of the beef mixture onto each tortilla. Squeeze juice from lime wedges

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over beef filling. Top with the salsa and sour cream as desired. Fold up tortillas.

Makes 4 servings.

Are you trying to eat healthy? Consider taking a Japanese style lunch jar packed with nutritious goodies to school or to work with you.

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## North African Recipes

Mediterranean Sea has along its shore one of the ancient civilizations. As a matter of fact it has played a major role in devising these civilizations as we see these today. North Africa is one of such examples that are widely influenced by the Mediterranean impact. Morocco, Egypt, Libya, Tunisia and Algeria are the countries that make the North of Africa with the Mediterranean Sea along their sides. Just like the geography and history of this region, North American recipes or North African cuisine is marked by diversity. It is one of

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the richest cuisines which thousand years of history associated with it.

When we talk about the diversity we have to look into the history of this region. It is not a matter of few years or decades; it dates back to centuries. Over the passage of time the region was influenced by those who came here as tourist, those who invaded the region, those who migrated to North Africa and those who came here for trade. With the addition of every new ingredient the North African cuisine took a new shape. When we see at the ingredients today we see influence of various nations like Phoenicians, Carthaginians, Berbers, Romans, Arabs, Ottoman Turks and even America. Even the most common ingredients of Moroccan recipes are surprisingly not native; sausages, wheat, semolina, couscous, saffron, cinnamon, ginger, cloves, olive oil (which was though produced natively yet was used only for medicinal or religious rituals earlier), tomatoes, potatoes and chili pepper to name few.

Even the various regions of North Africa are diverse in their food recipes. The north western regions take most of the influence from the Berber, Arab and to some extent European culinary rituals. On the other hand North Eastern African cuisine of Libya and Egypt is shaped heavily by the Turkish

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influence who introduced many desserts to North African cuisine. Some of the North Eastern countries like Algeria and Tunisia take the ingredients and techniques from French and Italian cuisines. Moroccan cuisine yet has a distinct style of its own in spite of being heavily influenced by the ancient people who resided this part of Africa for one or the other reason.

North African recipes include various ingredients pertaining to all food groups including vegetables, whole grains, meat and fruit etc. Meat makes an important element of many North African recipes. Seafood is also extensively used in the dishes. Olives, pine nuts and almonds are other ingredients that are used in every second North African dish. No North African dish will be so delicious and aromatic without the hint of herbs and spices. Paprika, cumin, coriander, cinnamon and natively grown saffron are used in most of North African recipes. Commonly used herbs include mint, parsley and coriander. Another specialty of North African dishes is the earthenware called Tajine with different dishes associated with the pot in different regions of North Africa.

Get some of the best Moroccan Recipes by one of the top Moroccan Chefs on my FREE CD at [MoroccanCookingClass.com](http://MoroccanCookingClass.com)

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## What You Should Know About Chicken Recipes – Low Fat Recipes and Weight Loss

Some facts about fat and what you need to know about the different types of fat and why you should use chicken recipes with low fat content as part of a healthy diet plan.

There are 3 types of fat:

Saturated fat

Polyunsaturated fat

Monounsaturated fat.

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Not all fat is bad for you and it is actually important that you include some of the “good” fats in your diet.Â But let’s concentrate initially on what you can do if you follow some simple guidelines to help reduce the amount of “bad” fat you include in your diet.Â The fat you need to cut back on is saturated fat.Â Because our bodies find it difficult to process saturated fats it tends to be stored as fat, which increases cholesterol levels, which in turn leads to the chance of a heart attack.Â Fortunately it is a pretty simple process to reduce our intake of this type of fat, and below are some easy steps to take to achieve this.

Stop using full-fat milk and full-fat dairy products and choose low-fat or fat-free versions – taste-wise you really won’t notice much of a difference.

Only eat red meat occasionally and choose cuts with less fat on them.

Chicken is an excellent low-fat meat but only if you remove the skin after cooking – don’t be tempted to leave it on.

Try and eat fish at least twice a week, though once a week is better than not at all.

When cooking using fat, use liquid vegetable oils, such as olive oil or canola oil and avoid using solid fats such as butter.

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Experiment with herbs and spices to flavour your food, rather than using toppings and sauces which are full of fat. Eat more fruit, vegetables and whole grains.

Using chicken recipes – low fat content.

Chicken is such a versatile meat and the only real limitation to its uses within recipes is our imagination. You can buy as much, or as little, as you need and cook it in so many quick and easy ways. If you are in a rush, stir-frying couldn't be simpler, or quicker, and provides a far healthier option to what you can buy at the fast-food outlets – and for a fraction of the price.

If you work all day, or don't want to be standing over the cooker for what feels like hours, a slow cooker is an absolute Godsend. I have used one for many years now and I have yet to have a meal "go wrong" in one of these – even if it has been cooking for 1-2 hours longer than the recipe advises. Just set it up before you go to work and come home to a house filled with a fabulous aroma.

Making some simple changes to the way you buy and cook food can mean a massive difference to your health and your weight.

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If you would like more information on low-fat cooking with chicken, together with many other low-fat recipes, please visit my blog at

<http://weightedagainstyou.blogspot.com/2009/07/low-fat-diet-tips-and-using-chicken-in.html>

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