



Over 350,000 Free Food and 9,000 Drink Recipes

Vegan Traveler Meal Planning Tips

Being away from home can make business travel and vacation challenging and stressful for anyone who's trying to eat healthy. This is particularly so for new vegans who are still trying to adjust to a diet without animal products but may have fewer alternatives than usual. However, given the fact that business travel is often necessary for our jobs, and most people enjoy going somewhere new for vacation, at least occasionally, how does the vegan or aspiring vegan deal with eating away from home?

Below are some tips for business and vacation situations:

1. Business travel—Eat as much healthy (whole-grain, low-fat and minimal refined sugar) vegan foods you can at those meals where you have the most control over the venue. For me that's breakfast, because lunch and dinner are often spent with colleagues or clients, and you're less likely to have a say over the venue or the menu.

Breakfast buffets at hotels are quite vegan-friendly, and they are probably the healthiest places to eat away from home. For

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

example:

- a. Most salad bars have a wide variety of fresh vegetables and fruits. Just remember to stick with oil and vinegar dressing.
- b. Asian dishes (tofu, vegetable stir fry, rice/noodles, vegetable curry, porridge)
- c. Whole-grain cereal (hot or cold) prepared with soy milk. Note that oatmeal is usually prepared with dairy milk if you don't specify otherwise.
- d. Whole-grain breads (check to see whether they contain butter or eggs first)

If you have any doubts whether something is prepared with animal products, just check with the wait staff. And take a few pieces of whole fruit (banana, apple, etc) from the salad bar to eat as snacks later in the day.

If you are unfortunate enough to have to spend all of your meals with non-vegan co-workers during a business trip, be sure to let them know your vegan diet preferences, and suggest restaurants that are likely to have foods you will want to eat, too. The longer the trip, the earlier you should tell

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

them, as you may find it hard to return to your vegan diet if you fall off the vegan wagon.

2. Leisure travel—Being a vegan, culinary travel takes on a whole new twist. It used to be that going somewhere foreign, you'd probably eat out 3 meals a day. And, if you're staying in a conventional hotel, often you have no choice. Rather than being at the mercy of the restaurants or room service, I highly recommend finding a room equipped with kitchenette, so you'll have the ability to cook some of your meals if you cannot find vegan-friendly restaurants.

A refrigerator in your hotel room is also essential for you to store and eat fresh fruits/vegetables. Ask the concierge at the hotel for directions to a nearby market to buy fresh fruits and vegetables, and try to carve out room for them among the mini-bar items. Again, the longer your trip, the more important it is to follow this advice.

If you don't like the idea of cooking for yourself while on vacation, by all means do your research ahead of time so you are prepared to have a vacation that is both enjoyable and healthy. For example, London has a great variety of vegan restaurants, as well as 100s of Indian restaurants that are

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

typically vegan-friendly. Whereas other countries, such as Spain, are more meat-centric (you may have guessed when every restaurant in Madrid is ornamented with cow's shank in the window and/or hanging from the ceiling). Still, this shouldn't necessarily stop you if you're determined to see Picasso's Guernica.

3. What about times when you're not traveling far from home, but just have no time to cook healthy? It's difficult enough for one person, let alone two, to grocery shop, cook, and align their schedules perfectly to eat together on weekdays. Therefore, be sure have a list of vegan restaurants that are convenient to wherever you and whoever you're dining with may be. Decide how far you are willing to go out of your way to eat healthy, and plan ahead.

It would be great to eat at home all the time, especially when becoming vegan, but as busy people we often don't have control over the timing or even the location of travel. That's why it helps to get used to cooking and eating healthy at every opportunity. Then, when you're away from home, maintain consistency in your diet. You won't feel like eating just anything, but will be more motivated to make an effort to seek out and plan healthy meals.

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

Originally from Washington, DC, metro area, I have lived and worked in Tokyo, Japan, for about 20 years. I was schooled in Journalism. but work in the Technology field. My hobbies are cooking, running, and photography. I also began learning saxophone a few years ago, but don't practice nearly enough...

Find More [Vegan Recipes Articles](#)

Diabetic Dessert Recipes – The Important Tips You Should Know

Being a diabetic does not mean that you have to go entirely and absolutely free of sweets in your meal plan. Occasional mildly sweet treats can be allowed at certain times provided that your blood sugar levels are maintained within your target range. Eating food that are low in sugar and carbohydrates – both usual components of most desserts, makes up part of a natural treatment for diabetes. Food intake and food choices should therefore be adjusted to ensure that only good food for diabetes are included in any diabetic low carb diet. There are menu planners and cookbooks in the internet that contain

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

hundreds or even thousands of diabetic meal recipes as well as diabetic dessert recipes that are interesting, healthy, and delicious.

Studies have shown that there are ways to lower blood sugar just by altering how we eat and what we eat. There are cookbooks on the diabetic low carb diet that contain lists of food that are allowed in the diabetic diet. The meal plans for diabetics often vary from one individual to another. It is best to consult your physician and your dietitian so that they can draw up a meal plan for you. Generally, food that are low in sugar or those whose glycemic indices are low are allowed into these meal plans. Sites that help you draw out your meal plan would also have diabetic meal recipes and diabetic dessert recipes that would be easy for you to prepare and delicious enough for you to enjoy.

Dessert is one of the sweetest foods that we eat. It is not unlikely that this part of the meal will be the one that gets cut when one develops diabetes. It is a good thing that there are still ways to enjoy dessert without having to suffer the effects of having a high blood glucose level. Diabetic recipes use only those ingredients that are low in glycemic index and are prepared in a low fat manner. With these recipes, anyone

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

suffering from diabetes can have his fill of a deliciously prepared meal without having to worry about his blood glucose levels shooting up. There are, however, differences by which each one who suffers from diabetes reacts to sugar in the food that they eat. This is why it is still best to consult with your physician if you wish to include certain recipes in your meal plan.

Eating a balanced and healthy diet prepared from diabetic meal recipes and diabetic dessert recipes is a good way to control the effects of diabetes. When done in conjunction with a good exercise program and a healthy lifestyle, the diabetic low carb diet will effectively help anyone suffering from diabetes live long years free of any adverse complications. Eat only those good food for diabetes and keep your life stress-free are the most common advice that diabetics get from their physicians. Medication is not the first and only solution to diabetes. In fact, there are no known cures for diabetes. Once you are diagnosed with diabetes, you are considered to be diabetic for life. You can only try and manage your diabetes by looking for ways to lower blood sugar levels in your system.

Controlling blood sugar is an art. If you want to be an expert

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

in it, you should know what Diabetic foods to eat & avoid. Discover 5 Simple Tips on How to Lower Blood Sugar Levels today.

Related [Diabetic Recipe Articles](#)

Starter Microwave Cooking Tips

Cooking can be quite a lengthy and tiring ordeal and the best way to create things in a straightforward fashion is always to decide on a micro wave. Cooking is quicker and tastier and doesn't take many minutes to cook. A microwave saves time, energy and minimizes the mess with the food prep.

A microwave cooks and heats food through the means of dielectric heating. This is accomplished by way of microwave radiation to heat water and other molecules within the food.

The Principle behind its function:

The main principle is that the microwave oven functions by passing non-ionizing microwave radiation at frequencies about 2.45 gigahertz and wavelength of 12.25 centimeter. This

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

radiation offers energy that is absorbed through the food in a method called dielectric heating. There is however a misconception that the micro wave cooks food from “inside out” and that is not true. The power through the microwave radiation is absorbed on the surface layers of food just like heat energy from other sources.

Cooking in a microwave is better since the penetration depth of microwaves is really a lot greater than the typical techniques. In comparison with conventional strategies, a micro wave ensures fast and straight forward cooking. Although when selecting a microwave, those with low microwave frequencies and higher penetration is usually more puissant.

Choosing the right microwave oven:

You will find there's gamut of microwave ovens and selecting an excellent one can be something of a mission. The distinction is mainly on power levels as well as the defrosting levels. Most microwave ovens are the same because the concentration of microwave radiation is exact same when magnetron is started up, and in cycles of numerous seconds at any given time. This can be specifically of significance to airy foods that inflate throughout heating phases and deflate in the event the magnetron is powered down. The magnetron is

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

pushed by a linear transformer that is either totally switched on or off. The newest gadgets which can be equipped with invertors' power supplies take advantage of pulse width modulation for continuous low power heating. This type of microwave oven is great for many different types of cooking.

The miscellany and accessories to further improve the cooking effect:

The cooking chamber of a microwave is known as the Faraday cage. This enclosure prevents the microwave from escaping in to the environment and also the glass panel door enables quick viewing. The warmth is maintained with a layer of conductive mesh. The size of perforation on the mesh is lesser than the microwaves' wavelength.

Conventional micro wave carries a variant inside convection microwave which is a combined a standard microwave along with a conventional oven. Food is cooked quickly and achieving them browned or crisped is currently far more easy. They may be on the other hand more expensive that this conventional micro wave. They are often used for cooking prepared dishes.

An additional recent variation can be a micro wave rich in power quartz halogen bulb which utilizes the high intensity

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

halogen lights near the top of the microwave to deposit quite a bit of infrared radiation on the surface of the food.

Accessories like browning tray, pop corn bags etc may possibly accompany the microwave. Consumer microwave from leading brands like Delonghi, Kenstar, Onida, and Electrolux could possibly be bought either from websites or possibly a bricks and mortar shop. Internet shopping is an simpler and convenient choice particularly if you desire to gift it to an individual.

So, waste virtually no time, in adopting the microwave-mode of cooking. Opt for an excellent microwave and get underway with hassle-free and efficient cooking.

David Pruitt is a kitchen design and appliance expert with a background in industrial design and living engineering. He gives his thoughts regularly at Delonghi Microwave.

Article Submitter by Article Marketing Robot

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

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 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

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

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.

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

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

Food Recipes

Low Sodium Recipes – 7 Cooking Tips Offer Flavorful Low Sodium Results

Low sodium recipes can certainly be challenging. Trying to get the salt and sodium out of a recipe is hard enough, and still have flavorful results without the food tasting like it is missing the salt is the most challenging part.

Here are seven simple low sodium cooking tips to try, for more flavorful low sodium recipes.

1. Choose good quality, fresh ingredients, to start with is a must. You are not easily able to mask any off tastes when your meats or vegetables not up to par. Using the freshest ingredients makes a big difference towards achieving good flavor. Try shopping at your local farmer's market. You will find many varieties of fruits, vegetables, even herbs, that you never see in the grocery store. Locally grown will have

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

better flavor.

2. Browning or caramelizing your food especially meats. This tip will not only give a rich look to your food but adds amazing flavor as well. Take your time doing this part. Lower your heat. You want browned not burnt. For example, caramelized onions can take about 45 minutes, but the flavor is worth it.

3. Invest in a pepper grinder or also called a pepper mill. Freshly ground pepper instead of the regular pepper in a can, gives your recipes a huge flavor boost. Add freshly ground pepper while cooking and a little more at the end or even at the table.

4. Use freshly minced parsley in most low sodium recipes. Folks usually think of fresh parsley for show, just to dress up a plate and make it pretty. It does that and more. Freshly minced Italian flat leaf parsley (not curly), adds a flavor brightness and a freshness to food. When you are cooking, add some of the freshly minced parsley towards the end of your cooking time and always sprinkle more on top of the dish before you serve. You can also sprinkle freshly minced parsley over your entire plate, over vegetables, meats, sauces, soups,

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

salads, etc., for more added flavor.

5. Using fresh lemons will help give a salty edge to many of your low sodium recipes. The regular Eureka lemons versus the sweeter Meyer lemons, work better for this tip. This tip can be tricky. You want the brightness of the lemon without turning your recipe into a lemon recipe. This works especially well for low sodium soup recipes. Ladle a small amount of soup into a bowl. Add a few drops of fresh lemon juice, stir, then taste. Try again if needed. A few more drops of lemon juice, stir, and taste. This will give you an idea of how much lemon juice you will need to add to the pot. Don't add too much as you can always add more but it is difficult to take a too much lemon taste away. Fresh lemon juice also works well in salad dressings and squeezed on vegetables.

6. Find a good tasting salt substitute. A salt substitute without potassium chloride, is preferable. Again most folks pick up that metallic taste in their food from the potassium chloride. You cannot really cover up this taste.

7. Use really good quality salt free or no salt seasonings. Seasonings make a big difference, probably the biggest difference, especially when cooking anything low sodium. For

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

best results find no salt seasonings without potassium chloride, as potassium chloride can add an off metallic taste to your food. Use fresh seasonings. When seasonings start getting old, they lose their flavor, or you might get a flavor change. You want maximum flavor.

These are just a few tips that will help improve the flavor of your low sodium recipes.

If like these tips and would like to learn more, I encourage you to sign up for the FREE Season It Newsletter when you visit Benson's Gourmet Seasonings at <http://BensonsGourmetSeasonings.com>

Get more free information including more low sodium cooking tips, salt free seasonings, and low sodium recipes. You will learn how you can use seasonings, fresh herbs, different spices, unique foods and different cooking techniques to increase flavor without adding salt. You'll find out how to achieve and enjoy more flavor than you ever thought possible.

From Debbie Benson owner of Benson's Gourmet Seasonings with over 30 years experience promoting salt free seasonings. Loving to cook and being salt free most of my life by choice,

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

I have learned a lot of tips and tricks to create flavor without salt and sugar that seems to be in everything these days.

Related [Pressure Cooking Articles](#)

Tips For Cooking Chicken In The Oven

Oven-baked whole chicken is budget-friendly and an impressive party dish that requires very little work. You could serve baked chicken for a reception dinner choice or at an engagement or bridal shower party. It is also a good all-purpose dish for both bridal partners to know once they enter married life. Follow these simple tips and your oven-cooked chicken will turn out perfectly every time.

*Prepare

If the chicken is frozen, thaw under cool running water for several hours, or ideally, thaw in the refrigerator for at least 24 hours. On cooking day, preheat the oven to 350 degrees and take the chicken out of the fridge. Place in the

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

sink. Remove any wrappings and reach inside the cavity to pull out the neck, heart, and other organs that may be there. Wash all under cool running water and pat dry with paper towels. Place chicken on a plate and clean your hands and work surfaces immediately. Rub whole chicken with 2-3 tablespoons of olive oil and season with one of these combinations: poultry seasoning and black pepper; paprika, salt, and pepper; lemon-pepper seasoning and salt; oregano, basil, and garlic; rosemary and tarragon; or any seasoning blend you like.

*Bake

For beer-can chicken:

Open a fresh can of beer and drink (or pour out) about 3/4 of it. Holding the chicken in one hand, angle it slightly and ease the beer can into the chicken's cavity. Carefully stand the chicken up so that it is supported and upright on top of the can. Put can and chicken, standing up, onto a roasting pan or cast-iron skillet. Bake for 1.5 to 2 hours.

For roast chicken:

Cut up potatoes, carrots, and onions into 1-inch cubes. Place in the bottom of a roasting pan. Place chicken, breast-side up, on top of the bed of vegetables. Roast 1.5 to 2 hours.

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

For baked chicken:

Place chicken, breast side down, into a roasting pan. Bake in 350* oven for 60 minutes. Remove from oven and carefully turn the chicken breast side up and place back in the oven for at least 30 more minutes. This method will help the breast remain moist and tender.

*Test

For all methods, the chicken is done when the chicken registers 165 degrees on an internal meat thermometer at the deepest part of the breast and in the leg near the bone.

*Finish

Remove chicken (and vegetables, if using) from roasting pan, and pour off all but 3 tablespoons of juices. Put roasting pan or cast-iron skillet on your stove and heat over medium-high heat. Pour 2 cups of wine, chicken broth, or water into pan and deglaze. Scrape bits of chicken off the bottom and sides of pan and season sauce with salt and pepper to taste. Cook the sauce at a simmer until it has reduced by at least half. Serve over chicken. Enjoy!

This method may take a little time to master, but once you've run through it a few times you will have mastered an easy

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

method of cooking. Chicken may also be roasted in a crock pot or baked in a casserole, but there is nothing juicier and more flavorful than a chicken roasted the old-fashioned way in the oven.

Alex Lemone is writes about family and wedding related topics. For more ideas for reception food and other wedding ideas, check out Wedding Ideas Etc.

Tips for Cooking Chicken in the Oven

Oven-baked whole chicken is budget-friendly and an impressive party dish that requires very little work. You could serve baked chicken for a reception dinner choice or at an engagement or bridal shower party. It is also a good all-purpose dish for both bridal partners to know once they enter married life. Follow these simple tips and your oven-cooked chicken will turn out perfectly every time.

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

*Prepare

If the chicken is frozen, thaw under cool running water for several hours, or ideally, thaw in the refrigerator for at least 24 hours. On cooking day, preheat the oven to 350 degrees and take the chicken out of the fridge. Place in the sink. Remove any wrappings and reach inside the cavity to pull out the neck, heart, and other organs that may be there. Wash all under cool running water and pat dry with paper towels. Place chicken on a plate and clean your hands and work surfaces immediately. Rub whole chicken with 2-3 tablespoons of olive oil and season with one of these combinations: poultry seasoning and black pepper; paprika, salt, and pepper; lemon-pepper seasoning and salt; oregano, basil, and garlic; rosemary and tarragon; or any seasoning blend you like.

*Bake

For beer-can chicken:

Open a fresh can of beer and drink (or pour out) about 3/4 of it. Holding the chicken in one hand, angle it slightly and

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

ease the beer can into the chicken's cavity. Carefully stand the chicken up so that it is supported and upright on top of the can. Put can and chicken, standing up, onto a roasting pan or cast-iron skillet. Bake for 1.5 to 2 hours.

For roast chicken:

Cut up potatoes, carrots, and onions into 1-inch cubes. Place in the bottom of a roasting pan. Place chicken, breast-side up, on top of the bed of vegetables. Roast 1.5 to 2 hours.

For baked chicken:

Place chicken, breast side down, into a roasting pan. Bake in 350* oven for 60 minutes. Remove from oven and carefully turn the chicken breast side up and place back in the oven for at least 30 more minutes. This method will help the breast remain moist and tender.

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

*Test

For all methods, the chicken is done when the chicken registers 165 degrees on an internal meat thermometer at the deepest part of the breast and in the leg near the bone.

*Finish

Remove chicken (and vegetables, if using) from roasting pan, and pour off all but 3 tablespoons of juices. Put roasting pan or cast-iron skillet on your stove and heat over medium-high heat. Pour 2 cups of wine, chicken broth, or water into pan and deglaze. Scrape bits of chicken off the bottom and sides of pan and season sauce with salt and pepper to taste. Cook the sauce at a simmer until it has reduced by at least half. Serve over chicken. Enjoy!

This method may take a little time to master, but once you've run through it a few times you will have mastered an easy method of cooking. Chicken may also be roasted in a crock pot or baked in a casserole, but there is nothing juicier and more

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

flavorful than a chicken roasted the old-fashioned way in the oven.

Alex Lemone is writes about family and wedding related topics. For more ideas for reception food and other wedding ideas, check out Wedding Ideas Etc.

Oven Cooking Tips For The Teen Cook

As our children begin to age, they are more inclined to wanting to do new things to show off their independence. One of the most common things teens and pre-teens want to do in the house is oven cooking. Here are some great tips you should follow to help your youngster use the oven safely.

1. Explain the importance of preheating the oven for meals. Children of all ages tend to have a low tolerance for patience so you should reiterate the importance of all safety tips with oven cooking.

2. Make sure your young cook knows where the fire

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

extinguishers in your home are.

3. Show him or her where the pot holders, meat thermometer and so forth are.

4. Explain what the appropriate and safe temperatures the foods need to be cooked at internally.

5. Don't allow your child to cook without adult supervision.

6. Teach your child the differences between the various pans you have and explain which ones are used in the oven and which ones can not be used in the oven.

7. It is vital that your child understands the importance of proper food handling and hand washing prior to having free range of the oven.

There are several easy recipes for young cooks to utilize all over the internet. Depending on how responsible your child is they can even move up to some slightly more complicated recipes for cooking. Again, food preparation and cleansing is essential to instill in your child. No matter how simple or complex the recipe is, your child should know about the various bacteria that can be transmitted from person to food, food to

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

food, food to surface and so on.

As you give your child the independence of the kitchen, you don't have to necessarily be letting go of your baby. Instead, you can make oven cooking a time you and your child bond over. Oven cooking with your child is a great way to open up conversation about the daily activities and really get to know your child on a more "adult" level. You will soon find that you are seeing your child on a more independent scale without having to actually let them go.

Taking the time to teach your child about safe healthy oven cooking is the best way for you to open the doors of communication on an entirely new level. Your child will see that you know he or she is growing up, you are giving them more freedoms within the home and yet you are holding them to a level of expectation that they can meet while having fun.

Discover how FlavorWave Oven can make cooking easier and more enjoyable for you. It has a bundle of benefits and you will be able to make more dishes than ever before in lesser time. Read the FlavorWave Oven Turbo Review now.

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

Dental Tips For The Diabetic

If there is one ailment in the world that would really slowly kill you, it would have to be diabetes. Not only does it interfere with your daily routine, it can make even the most mundane activity, something that could be quite risky.

Take for example brushing your teeth. For most people, this can be an ordinary activity that would not take much forethought. For a diabetic, however, brushing your teeth could mean having to deal with gum infection as well as a host of other periodontal diseases. Having the latter could lead you to experience pain while chewing as well as tooth loss. Apart from this, periodontal diseases can also cause you to have problems controlling your blood glucose.

Diabetics are also more prone to developing thrush as well as dry mouth. Thrush is a fungal infection that comes as a result of having high sugar level in your saliva. It usually appears as white patches on your tongue.

There is no need to despair, however, as, like what any dentist Hattiesburg MS has would say, being a diabetic does

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

not mean that you cannot brush your teeth. The secret lies in what you do before you start taking out your brush and attacking the germs within your oral cavity. You would also need to make sure that you plan out everything well before your brushing time.

As what a tenured dentist Hattiesburg has would tell you, the first thing that you have to do is make sure that your blood sugar level is under control. Once you have your blood sugar level under control, you can start brushing and flossing every day. If you are a smoker, it would also be a good idea to quit as smoking can make any gum problem much worse.

You should also make sure that you inform any dentist Hattiesburg MS that you are seeing that you have diabetes. This would alert them to take care of how they handle your oral cavity. Keep in mind that, as diabetics, you would most likely have problems when it comes to the healing time of wounds.

Visit <http://hattiesburg-dentist.com> for more details.

Find More [Diabetic Recipe Articles](#)

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

Pork Grilling Tips

Grilling pork is pretty simple and it also tastes awesome, not surprisingly Grilled pork is popular everywhere. You can find pork chops in different shapes and sizes. If you are interested in knowing how to grill meat then keep reading.

Pork chops that are roughly 1 inch thick grill very well. You could grill the meat with or without bone and they grill very well. One can also opt to buy and cut tenderloin to one inch chops and they grill very well.

You can get the pork meat nice and moist by employing brine solution. The pork gets heavy when immersed in a water and brine mixture, infact its weight increases by upto 10%. This will help improve its taste and consistency. It's important to care not to get the brine solution dense, do not utilize greater than a cup of salt for one gallon of water. One could even spice up the brine mix by adding minute quantities of herbs and spices. 12 to 16 hrs is the best soaking time for pork.

The grilling time is dependent on factors like grill

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

temperature and meat thickness. Thin pork chops will want lesser grilling time than thicker pork chops.

Pork can be grilled by employing virtually any grill and grilling it is akin to grilling pork. If you happen to be using a gas grill, preheat it to a very high temperature. As soon as it's very hot place the meat on the grill and secure the lid. Let a min to pass and then rotate the pieces a bit. Then after waiting for another minute flip them over. If the grill is adequately hot the complete grilling procedure should be completed in close to five min. If the chops are thicker than an inch you might need to turn the flame down after the initial flip and proceed to cook for a longer time. If you like to add sauce then do it atleast 3 minutes prior to finishing the grilling, or else they could get charred.

Ideally grill the meat until the middle is slightly pinkish or totally white. One more way to identify if your meat is grilled optimally is to use a meat thermometer. 155 deg is the magic number for pork.

After your meat is grilled you can proceed to place them on a plate and cover it with aluminum foil. Leave them there for ten minutes. This will allow your pork chops to unwind and get

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

juicy and nice.

For information on pork chop recipes please browse pork chop recipe. You can also have a peek at some awesome ground beef recipes by clicking ground beef recipes.