

Going Vegan in 5 Easy Steps

Assuming you have been strongly weighing the health benefits of adopting a vegan diet, it's reasonable to expect it will take some time to reach your goal once you begin. While everyone's situation is different, and there is certainly no single correct way (while I'm sure there are some who transformed overnight, the journey took me several months), below are a few suggestions that you may find helpful.

1. Once you have decided it's time to give up meat (pick up a copy of "The China Study" by T. Colin Campbell if you aren't convinced you should), you may want to savor your favorite foods one last time. Use the opportunity to celebrate and make your final taste of that food a memorable occasion. You can even take photos. You may need several days to do with all your favorite foods, so I'd recommend a limit of 10 dishes.

2. Start to try to incorporate vegan products, such as non-dairy milks or soy products (tofu, tempeh, textured soy protein), into your diet. I started ordering cafe lattes prepared with soymilk instead of dairy milk. To be honest, I hated it at first (thought it a waste of perfectly good espresso-and what's worse-cost extra, too!) I also replaced my traditional breakfast yogurt with 5-Grain hot cereal.

3. Order vegan cookbooks that match your particular ethnic tastes (some of my favorites are highlighted on this site), and pick up any ingredients you need to prepare them. Don't worry about the cost, and try out as many recipes as you need to find something you enjoy, or at least feel you could in time.

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

4. Start eliminating one category of animal food little-by-little. In my case, I cut out red meat and chicken, but kept eating fish and dairy occasionally (sushi and cheese were the hardest things for me to give up). I still had a lot of cheese in the refrigerator, and I thought there were no substitutes for eggs.

5. Eventually, begin to avoid eating animal products whenever practical. However, you don't have to have a heart attack if you learn a dish you're eating has a trace of meat (or dairy product). This is a benefit of becoming a vegan for health, rather than ethical, reasons.

Remember, you may lose weight at first on a vegan diet, but it will return once you discover vegan versions of your favorite foods. Vegan plant-based diets are generally healthier than animal protein-based diets, but it depends on the quality of ingredients and how they are prepared. For example, whole grain breads and pastas (complex carbohydrates) are much healthier choices than non whole-grain products. And oily, overly sweet, or processed foods should also be avoided, whether vegan or not.

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...

Related [Vegan Recipes Articles](#)

Easy Chicken Recipes For Families

If you love to cook or if you cook often for your family, you must have had a lot of experiments in the kitchen. I am sure that in the past, you have grabbed something inside the refrigerator and you decided to combine or mix it with other food.

We must admit that simply heating chicken can be boring. What this article is trying to tell you is that there are quick and easy chicken recipes you can prepare in no time.

Chicken in Lemon Garlic Sauce

For this recipe, cut chicken breasts in halves. After, mince some garlic and saut it in a pan over medium heat. Let the garlic brown then fry the sliced chicken breasts with it until the chicken are evenly browned. Season it with salt and pepper. Remove the chicken and put it on a plate. In the same pan, pour some chicken broth and scrape of the bits stuck at the bottom. When the broth boils, add the olive oil and reduce heat to medium low. Cover and let it simmer for another 30 minutes or until the sauce is reduced to half and the chicken is tender. You can now put the lemon juice. Allow it to simmer for another 10 minutes or until the sauce thickens. Serve it warm over rice.

Easy Chicken Meatballs with Mayo Dressing

In a bowl, combine the chicken breast, minced garlic, finely chopped onions and chopped parsley. Season it with salt and pepper and mix well. Turn the ground chicken into small ball

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

formations. Dip them in an egg mixture (to keep the shape) and roll them in bread crumbs. Fry them under moderate heat on a pan with butter until it is evenly browned. Serve it warm with rice and mayonnaise dressing.

Sauted Ground Chicken with Mixed Vegetables

In a skillet, saut some minced garlic and onions over low heat for around 5 minutes. Add ground chicken and put a few teaspoons of soy sauce to enhance its color and flavor. Season it with salt (if needed) and pepper. Another option is to saut the chicken for 10-15 minutes or until it is tender. Place some diced carrots, corn and green peas. Stir-fry for another 5-8 minutes to cook the vegetables, but keep them crispy. You can also boil the vegetables in chicken broth before serving.

These easy chicken recipes require less effort. You definitely have to try one today.

Article By : Recipe finder. Recipe finder, is a search engine with almost 1 million recipes, including lots of easy chicken recipes. You will also find interesting food related news and articles at the site.

Related [Chicken Recipes Articles](#)

Easy Recipes Build Confidence

For Beginners

Even if you are keen on the idea of becoming a wonderful fully-fledged cook it is best to start with easy recipes first. This is the best and quickest way to get the confidence to try more complicated recipes later on.

The first thing to attend to for cooking to be easy is to have the basic ingredients available. The basic ingredients need only include nutritional fresh unprocessed food. Ground beef is very versatile as are pieces of beef suitable for roasting or the grilling. If you are not a red meat fan, ground chicken and chicken pieces are also easy to buy and use in the same way. Other basics include fresh vegetables, fruit, rice, pasta, good quality bread as well as oil, butter and some basic herbs, spices and sauces.

Microwave and oven-ready meals may be easy but most of them are filled with different preservatives, sugar, salt and saturated fats. These meals may be convenient to use but there are much healthier and more rewarding alternatives.

An easy and quick “fast food” recipe is to grill a piece of meat and steam small potatoes, broccoli and carrot. Serve accompanied with a good sweet chili or barbecue sauce. As you gain confidence you can try making your own home made sauces for the meats and/or the vegetables.

There are also many easy pasta and rice recipes available for beginners.

“One dish” meals using combinations of fresh ingredients are also easy, tasty and nutritional. Fresh vegetables can be placed at the bottom of an oven pot and a piece of either beef

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

or chicken can be placed on top. Season and cover this and place in a moderately hot oven. Cook until the meat is tender and cooked through.

By keeping things easy and simple you will be surprised at how soon you will have the confidence to try more advanced recipes and become the cook you really want to be.

About the Author

Find More [Kids Recipes Articles](#)

Fast Cooking – 3 Easy Tricks How to Prepare Oven Dishes With Minimal Effort

When you are in a hurry and don't have time to cook, using your oven is the least thing you would consider. Oven dishes are not precisely what we consider to be fast cooking, since most of them take quite some time.

Yet I found that my oven is a great asset on days when I am at home but still I don't actually have time to cook. Like Saturdays when I have to do all the housework I never got to during the week. Or Sundays when I would like to prepare a special meal but I don't feel like standing in the kitchen.

There are many oven dishes that taste and look special and impressing whilst requiring only little time to prepare. And

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

once in the oven, they basically cook themselves. I set my timer and quickly check on my food at certain times, and otherwise I can do some other work or simply relax. No need to worry about how long the food will take. That's a perfect opportunity to enjoy long-cooking foods without having to invest much actual working time.

Here are some tips for getting your fabulous dishes into the oven quick:

Use ready-to-use or no sauces

Use easy-to-prepare foods

Only do what you really have to

Tip #1: Use ready-to-use or no sauces

If you need to prepare your veggies and still make a sauce you won't get the preparation done in half an hour, so say goodbye to sauces. If your veggies need liquid to cook, add some chicken or vegetable stock and cover with foil, or cover the vegetables with a mixture of milk and beaten eggs (I use about half a liter and 2 eggs for 1,5 kg veggies).

Alternately, prepare your sauce in advance. Most vegetable or veggie-meat sauces can easily be frozen. If you love your sauce Bolognese for example, cook a lot of in one day and freeze portions of it. When you feel like having a quick lasagna, simply defrost your sauce, add to the pasta, cover with cheese, and done you are.

Tip #2: Use easy-to-prepare foods

Use mainly foods that don't require much preparation. That is everything that does not need to be peeled and has no pips or seeds to remove, like tomatoes, mushrooms, marrows, aubergines, broccoli or cauliflower. Peppers, potatoes and

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

carrots are also good to use if you are a bit skilled in peeling and seeding them (tip for preparing peppers faster: quarter them, cut the stem away and wash the seeds off under running water).

If it comes to meat, we talk about everything you just need to wash and season, like chops, fillets or chicken pieces.

Tip #3: Only do what you really have to

Cut your meat and veggies (especially the faster cooking ones) into rather large pieces. If you don't care much whether your food takes half an hour or one hour in the oven as long as you get it in quick, then there is no need to finely chop things. Larger cuts simply go quicker.

You may also want to buy foods that are already washed, peeled, seeded and cut so that you can use them straight away. Many vegetables are available like that. And check the instructions on frozen foods if they can be baked in the oven from frozen.

If you want a cheese topping, buy your cheese grated or grate it a day or two in advance. If you use it often, you can constantly keep stock of grated cheese in your fridge.

If you apply these three simple yet effective tips, you will be able to create great healthy meals in your oven without having to spend much time actually working in the kitchen. Get your food in the oven quickly, then check on it periodically (don't forget to set your timer) and do whatever you want whilst your food is cooking itself.

Bettina Berlin is a health professional specializing in healthy nutrition even on a tight schedule. Eating healthy and thus maintaining a healthy weight can significantly improve your health and help prevent many diseases. Is your life so

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

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!

Related [Dutch Oven Cooking Articles](#)

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 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.)

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

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.). 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.

Have fun, safe and easy kid recipes at your disposal. Click on

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

the link for more info.

Related [Kids Recipes Articles](#)

Enameled Cast Iron Dutch Ovens Are Easy to Use

When it comes to preparing all the food you love, Dutch ovens are a must. They can turn any dish into your favorite comfort food. When the days and nights get chilly, these cast iron cookware are great to use. They enable you to make delicious soups and stews that are heartwarming and hearty.

There is a long history when it comes to Dutch ovens. There are a lot of theories as to how it got started in the United States. Most believe that Pilgrims who came from Holland boarded the Mayflower and brought it to the country. Some say that American pioneers molded and cast their own Dutch ovens. Whichever the case is, it has become a part of cooking for Americans. Traditional Dutch oven cooking is very rewarding. In fact, there are still a lot of people who support this. Old fashioned ovens have a rounded bottom, and come with a stand. Sometimes, a wire can be use so that the pot is suspended over an open fire. However, perhaps the most popular cooking technique is using charcoal briquettes or hot coals. Usually, the pot is placed in a hole in the ground (or fire pit). Charcoal briquette or coal pieces are then placed at the lid of the pot and the bottom. The lid of the pot is specially designed to keep any ashes out of the food.

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

Rounded bottom Dutch ovens are very traditional. However, they can be quite hard to use indoors, especially on a stovetop or oven. They are harder to balance, and are more suited for outdoor use. This doesn't mean that you can't use a Dutch oven inside the kitchen. You can use flat-bottomed ovens when cooking indoors. These are easier to use as you can mount it on the stove or cook your food in the oven. These are more versatile, as although they do not come with a stand, you can use them outdoors as well.

There are a few quirks when it comes to Dutch ovens. The main problem for people is that they need special care and attention. You can't just put them in the dishwasher like all your other pots. You'll have to use very hot water or just burn off any food that sticks to the bottom. Using soap will damage the seasoning and while we're on the subject, remember that you'll also have to season and re-season your pot periodically.

Enameled Dutch ovens are a step up from other regular cast iron pots. They have a thin layer of enamel. This makes the oven look much more sophisticated, meaning you can serve your food directly in it! Also, it creates a barrier between moisture and your cast iron pot, preventing rust. You won't have to season your pot often. Furthermore, they are dishwasher safe. You won't have to go through all the hassle of cleaning a regular cast iron pot. Because of the glass finish, you won't be embarrassed to take this pot out to the dinner table.

The name Dutch Oven; has been used to refer to a variety of lidded pots over the generations. However, to fully understand

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

what a real Dutch oven cooking is and why this pot is important you have to understand the history behind this incredible cooking apparatus.

Related [Dutch Oven Cooking Articles](#)

Barbeque Pork Dishes ? Fast, Easy and Economical Approach to Serve up Luscious Delight

One of the most exciting and enchanting aspect of Pork recipes is the sheer variety of pork cuts and their cooking ways. Pork is an exceedingly versatile meat that may be tailored according to the likings and the tastes of the folks. Barbeque pork preparations are the well-liked recipes among pork lovers. These kind of dishes are pretty uncomplicated to make and proper for instant meals.

The finest fad about pork is that it really is a luscious variety of meat when cooked with full fat, though fat-free pork gets dehydrated extremely fast only if scalded. Listed below are few points on methods to prepare top barbeque pork recipes:

– The best approach to make an inexpensive meal with pork – purchase the whole loin. But, there can be different methods and temps for grilling the different pork cuts. Like, chop must be seared from all sides on extreme warmth for 2-3

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

minutes and then roasted on medium heat prior to concluding the cooking. Standard loin must be seared at 450 degrees F for a minimum of 5 minutes on all sides and cooked for 40-50 minutes at 400 degrees F. Correspondingly, tenderloin is prepared at the heat of 400 degrees F for 15-20 minutes.

– Keep the pork in marinade prior to grilling. A rub made up of dry spices or a liquid marinade, both would work remarkably with the pork. The highly accepted “jerk flavoring” is the best spice rub to cook barbeque pork preparations. Other marinades may contain sage, thyme, many sauces and in some preparations wine is also used.

-While grilling the pork, oil basting is very vital. This will bestow enough dampness to the pork and allow proper crusting.

-One point that needs to be present in mind that the source of heat or the grill is required to be suitably heated prior to cooking to ensure that the juices of the meat gets sealed inside it promptly.

-It is pretty necessary to sustain a right gap among the pork and the heat source at the time of grilling as it may guarantee the correct cooking of meat from inside as well as from outer surface. Allow the meat to cool down for 5-7 minutes before dishing up.

-Last but not the least; appropriate grilling accessories are essential for making finest grilled meat preparations.

These tips would surely give you a plan of barbequing or roasting the pork, however, the cooking time and the temperature could be changed relating to the requirement. Various largely popular barbeque pork dishes are slow smoked pork ribs, grilled pork with cherry sauce and hoot-n holler

baby back pork ribs.

For further details on pork chop recipes please go to Pork Chop Recipes. You can also take a look at some fantastic pork recipes by clicking pork recipes.

Related [Pork Recipes Articles](#)

Easy Chicken Recipe – Chicken Pies With Rice Crusts (And it is Diabetic Friendly!)

Chicken is economical, easy to prepare, and healthy, making it one of the most often prepared items in our kitchens. If you are tired of serving chicken the same old ways, check out this recipe for a new idea in your family meal planning. This recipe for Chicken Pies in a Rice Crust is a great way to serve chicken.

CHICKEN PIES WITH A RICE CRUST

Rice Crust:

1 cup raw brown Basmati rice

2 cups chicken stock

1/3 cup chopped pecans or almonds

2 tbsp chopped chives or green onion tops, finely chopped

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

2 tbsp toasted sesame seeds

Salt and pepper to taste

2 egg whites

Wash rice. In a large saucepan with a lid, bring the chicken stock to a boil. Stir rice into boiling stock and bring back to a boil. Lower heat to simmer, add lid to pan and cook 45 minutes, until rice is tender and stock is absorbed. Preheat oven to 375 degrees. Cool rice to lukewarm and add pecans, chives, sesame seeds, salt, pepper, and egg whites. Pat onto the bottom and sides of 4 individual quiche dishes to form crusts. Bake in a 350 degree oven for 10 minutes.

Chicken Filling:

4 large skinless, boneless chicken breasts

1 tbsp olive or canola oil

1/2 tsp salt

1/4 tsp fresh ground black pepper

1 cup water

8 tbsp Worcestershire sauce

1 tbsp Dijon mustard

2 garlic cloves, crushed

Cut chicken into small chunks. In a large frying pan, heat oil. Add chicken and cook to a golden brown. Season with salt and pepper. Remove chicken from pan and allow to drain on paper toweling. Wipe any excess oil from the pan. Return pan

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

to heat and deglaze with water and Worcestershire sauce. Add mustard and garlic; bring to a boil. Lower heat to simmer, add chicken back to pan and cook for 5 minutes. Fill the rice crusts with the chicken mixture.

Yield is 4 servings at 490 calories, 45 g carbs, and 37 g protein each making this a good chicken and rice dish for diabetics.

Enjoy!

For more of Linda's recipes and diabetic information go to <http://diabeticenjoyingfood.squarespace.com>.

Vegetarian Soup Recipes – Easy and Fun!

Soup is one of the most versatile meals you can possibly make. Almost any soup can be frozen and then reheated later to make for an easy meal. There are thousands of varieties of vegetarian soup recipes available out there that you can try. Or, you can do what I like to do and basically invent your own recipe! It's really easy to do, and soup is so very easy to make.

One of my favorite vegetarian soup recipes to make is carrot soup. All you really need is a pot full of boiling water. Add cut up carrots, celery, onion, salt, and any other spices that you really enjoy. Cook until the carrots and celery are soft

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

and then you're done! I'd say it's as easy as pie, but it isn't. It's easier!

With a pot of boiling water as your blank canvas, you can make any type of soup that you can imagine. Your creativity will be very helpful here. Throw anything you love into the pot. You can use any type of vegetable or even potatoes to create your masterpiece soup. It's a lot of fun to come up with new recipes and try them out. If you love them, great! Keep the recipe for later. If you don't like them, it's no problem. Just try something different next time.

Creating soup can be a lot of fun to do. If you find recipes you love, you can share them with friends or family members. Your family will love your soup, and will ask for more!

Vegetarian soup recipes are incredibly easy to come up with. With a shelf full of spices and fridge full of fresh vegetables, there is no limit to what new tastes you can come up with. Keep your favorites and do them again and again for a healthy diet of vegetarian soups.

Bill Hansen is a writer and researcher on tasty and nutritious vegetarian food. If you want to know more about how to follow a healthy vegetarian lifestyle and at the same time receive a FREE vegetarian gift in the next few minutes that could prove extremely valuable to you please visit:-
<http://www.aboutvegetarianrecipes.com>

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:

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

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

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

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 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.

Visit GNGH to know more about how to keep yourself healthy and fit. GNGH has been helping people for the past 10 years to successfully attain their health and weight loss goals.

More [Kids Recipes Articles](#)