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Extraordinary Flower Pots For Our Home Garden

Colorful Custom Planters or Pots

In gardening, commercial planters pose greater benefits and advantages than the ordinary clay pots that we use at home. Aside from durability and quality, commercial planters have more features such as the self-watering devices and reservoirs. But today, there are already commercialized pots available in the market.

Flower pots used to be made of clay. To be honest, clay is not an ideal material for outdoor planters because they are not very durable and they can easily break. Thus, clay pots cannot withstand strong weather conditions much longer. But with the innovation of commercial planter boxes, flower pots can now be placed outdoors and may only need less maintenance.

Most flower pots nowadays are already made of durable materials such as fiberglass, metal, or PVC. These materials are ideal for outdoor planters so that they won't easily get destroyed in case of increment weather or minor accidents. They are also made with high-quality by trusted manufacturers.

These modern planters for residential use mostly have self-



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irrigating and self-watering devices as well that make gardening more manageable for us. Aside from that, we can also ensure that our most loved plants will surely be nurtured even if we cannot attend to them too frequently. Even if we bring them inside our home, there is nothing to worry about water leaking out of the flower pots.

The main point of this article is that flower pots for our home gardens are no longer ordinary as what they were used to be. We can already use those luxurious hotel planters and elegant restaurant planters that we see in some business establishments. Maybe we can have just the small ones that will fit in our home or the medium-sized planter boxes to put outside.

So if you are still using that clay flower pot, maybe its about time to consider using commercial planters. They may be higher in price but with the many advantages that you can get from them, they are definitely worth every penny you spent.

Beth Delos Santos shares tips on how to make your public spaces more attractive and inviting by using containers such as fiberglass planters, city planters, large planters, and other types of indoor and outdoor planters. For a complete selection of planters, please visit Planters Unlimited or call 760-603-0888.

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



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Low Fat Chicken Recipes You Can Make at Home

We've all had those wonderful moments at mealtime, where you're blissfully eating away at the most delicious bite of heaven on earth... you take another bite... mmm... and another. Before you know it, you're scraping your plate clean, then licking it clean (sorry, Spot, none for you today), and a feeling arises from the pit of your stomach, and it's not from the dinner. You realize just ate something that's only going away if you park ten miles from the grocery store's front door. You can't easily work this off by "taking the stairs" at the office tomorrow. We all know that feeling, and I'm here to help you avoid it.

Now, I'm not here to tell you that you can't eat yummy food! You simply have to know how to plan what you want to eat, then turn it into something that you can devour guilt-free. There are countless ways to make a meal healthy, so let me point you in one direction to get started. We're going to explore low

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fat chicken recipes. I would like to share three scenarios of how to change your life, starting with changing your recipes.

1. You are a one-dish mess sergeant. You plan to bake your family a casserole tonight because the shepherd's pie leftovers are gone and enchiladas are in the Tupperware at your hubby's office. I love casseroles, so I can totally relate to this, but, we all know that they are infamous for being on the higher calorie end of the spectrum.

One of my favorite dishes is chicken enchiladas. This is a tasty that most of us have tried, and I'll tell you how to make it into one of the low fat chicken recipes. Boil your chicken. You don't need any fat to do this. When you need to add flavor to the chicken, use double amounts of green chiles! (BTW, if you've never tasted green chiles, then stop reading this right now, Google "chicken enchilada recipe", and head off to the store. It is so worth it!) Finally, when you make the sauce, use fat free sour cream and low-fat cream soup. Now this is all assuming your recipe is similar to mine, but I think you get the idea. It's okay to deviate from the script, while still having the ease of the one-dish meal.

2. You are a crockpot momma. I am not. But, I have had my share of attempts at the crockpot, and here is my most successful recipe. First, you must use skiness, boneless chicken breast or turkey breast, or this is a lost cause. When you crockpot



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meat, it tastes so moist and juicy because the food is simmering in its own fat for hours and hours and hours. We all know this can't be good for our health. Here is the trick. Get a can of soda. Cola is best because I understand it is more acidic, and it is A-OK to be diet! So grab that diet soda or two and add it to your chicken in the crockpot. And last, add a flavor, like a bottle of salsa, some Season-All, some salt and pepper... almost anything. The soda will essentially tenderize your meat, just like when you put acid (i.e. lemon juice or vinegar) in a marinade. So... give it a try... no fat necessary.

3. You are a restaurant critic.Or you'd like to think you are. We all have our favorites. I can think of my favorite ten right now, and I was tempted to visit all of them on my last trip to my hometown, but no... I held back. I wanted to be a good example to my sisters, and I taught them one of my latest discoveries. The Internet. Well, I didn't JUST discover this, but I told them what I had recently learned.

We have a favorite meal at a restaurant called Cafe Rio. They have a meal called the "Pork Barbacoa Tostada". I wanted to have it for breakfast, lunch and dinner... and snack. Needless to say, at our weekend party, I taught them how to make it. I had simply Googled a variety of words until I ran into the recipe for the pork. Lo and behold, this is where I had



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learned about the soda pop crockpot trick. We made the meat this way. The other unique taste in this meal is the dressing. I was able to find two recipes for it... one complex, and one simple. Of course, I used the simple one... why not? FYI, if you'd like to try it, you mix a bottle of ranch dressing (low cal or fat free in my modified version) with a bottle of green salsa.

We were floored when we tasted it. It was perfect, and maybe even BETTER than the restaurant's version of the salad. Alas, we were in control of our portions, calories, music selection... everything that makes the restaurant experience awesome was now perfect. So, let me just remind you that starting your journey to good health with low fat chicken recipes is a great way to go. It is simple and exciting to know you have made your own weight loss success!

Lisa Abercrombie is a mother of three boys who tries to keep her family's meals healthy every day. Her husband has jumped on the bandwagon and helps her with ideas in creating low fat chicken recipes for her site.

Low Fat Chicken Recipes



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Cooking Vegetarian Thai Recipes at Home

Thai food is famous food in all over the world. Thai food offer various dishes flavored with spice, sauce. For a vegetarian it is difficult to eat these Thai food in a restaurant because the sauce used in cooking is fish sauce or oyster sauce. But you can make your own vegetarian Thai recipes at home without any difficulty.

One of very popular vegetarian Thai recipe is Thai spring rolls. It take few minutes for cooking. The ingredients required to cook are spring roll wrappers that can be buy from fresh food section of any local grocery store. Take some bean sprouts, chopped green cabbage and green onions, grated carrots, and some cooked thin rice noodles and mix them well. For more filling in spring rolls, you can add some pieces of scrambled eggs and grilled tofu. Flavor this mixture with some basil, mint, soy sauce, and lime juice. Soak the spring roll wrappers in cold water for ten to twenty seconds, or until you can bend them. Spoon some of the mixture into each spring roll wrapper and roll. Serve with some soy sauce to dip your Thai spring rolls.

The other choice in Thai recipe is Pad Thai recipe. It is very



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easy to cook and take few minutes. You need few fresh vegetables like mushroom, carrots, beans, green cabbage etc., scrambled eggs, tofu and boiled noodles. Boil the noodles and beans properly drain well under cold water. Take a pan pour some oil and fry all the vegetables. Mix scrambled eggs, soys sauce with pad Thai noodles and vegetables. Toss together add lemon juice for more flavor. Serve hot.

Next Thai recipe that you can cook, veg Thai green curry at home. The ingredients required are Thai curry paste that can be purchased from any grocery store. Pour some oil in a frying pan and fry the curry paste with other ingredients like ginger, garlic, onion. Add some coconut milk and then fry for few minutes. Now add tofu in it and cook for few minutes so that flavor is completely blend. Garnish with basil leaves and with spring onions. Serve with rice, noodles.

You can use tofu and soys sauce as a substitution in any Thai recipe that you want to cook at home. Use tofu instead of meat and soys sauce instead of fish sauce or oyster sauce. Adding more chillies you can add more flavor in your vegetarian Thai recipes without using meat.

There are various [Thai Recipes](#) that a vegetarian can cook for himself. Whether it [Pad Thai Recipe](#), Thai Spring Rolls or [Thai Green Curry](#).



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