



# 13

## CONVENIENCE FOODS

YOU CAN STOP BUYING  
AND START MAKING

# Make Your Own Convenience Food

**Jessica Fisher**



## **Make Your Own Convenience Food:**

*Make Your Own Convenience Foods* Donald R. German, Joan German-Grapes, 1979 Cost chemicals and convenience are the main concerns about food Food costs are high because of expensive processing packaging advertising spoilage and pilferage Harmful food additives are used for food processing Some occur naturally others get into food accidentally Wise shopping and home made food reduces the amount of additives consumed Home made convenience foods save money and are easy to prepare Little equipment is needed for home made convenience food a blender should be the most basic tool Suggestions and techniques are given for saving food and energy costs Recipes are included for breads breakfast foods yogurt cheese lunches salads dinners snacks beverages soups and pet foods A discussion of natural additives includes suggestions for safe additives additives to avoid or cut down on and places to shop for suggested ingredients The Everything Almost Homemade Cookbook Linda Larsen, 2009-12-18 Everyone loves home cooked meals but who has the time to make them from scratch With this cookbook you can whip up delicious dinners and desserts in record time Based on shortcut ingredients such as prepared mixes sauces and soups these 300 mouthwatering recipes cut prep time to the bone You will enjoy such almost homemade dishes like Caprese Pizza Shrimp Louis Salad Caramelized Onion Fish Sandwiches Caramel Banana Parfaits Instant Tiramisu This jam packed cookbook also includes quick and easy shortcut mixes and sauces you can prepare yourself to save even more Dinner at home doesn't have to mean hours in the kitchen Make Your Food Dollars Count, 1984 **Program Aid**, 1984 **Paul Meacham Heber AZ - A Cookbook For All** Paul Meacham, 2020-07-08 Who's excited for what will inevitably be another deliciously informative and accessible cookbook from Heber AZ's favorite resident Paul Meacham I for one am looking forward to Lasagna Soup and Caramel Apple Quesadillas Now don't worry if you live in Overgaard AZ There's plenty of recipes for ALL 7-Day Menu Planner For Dummies Susan Nicholson, 2010-09-23 Flavorful nutritious meals that can be prepared quickly easily and economically 7 Day Menu Planner For Dummies is the perfect book for any family looking for a structured nutritional approach to daily meal planning It contains over a year's worth of weekly dinner ideas and recipes that take an average of thirty minutes to prepare contain an average of thirty percent calories from fat and use common ingredients to save time and money Features budget friendly family meals that are both quick and healthy Dinner for each week of the night is associated with a theme for example Family Sunday Kids Monday Express Tuesday Budget Wednesday Heat and Eat Thursday Meatless Friday and Easy Entertaining Saturday In this time of budget time and health consciousness 7 Day Menu Planner For Dummies gives families just what they need to easily plan the right meals **Food--from Farm to Table** United States. Dept. of Agriculture, 1982 *Simple and Delicious Make-Ahead and Freeze Recipes* Jessica Fisher, 2024-05-14 You can learn how to cook a week's or even two weeks worth of nutritious flavor packed family friendly meals in just a day for freezing and reheating later in Simple and Delicious Make Ahead and Freeze Recipes The ... Yearbook of Agriculture, 1980 *The Homemade Vegan Pantry*

Miyoko Schinner,2015-06-16 A guide to creating vegan versions of pantry staples from dairy and meat substitutes such as vegan yogurt mayo bacon and cheese to dressings sauces cookies and more Kitchen crafters know the pleasure of making their own staples and specialty foods whether it s cultured sour cream or a stellar soup stock It s a fresher healthier more natural approach to eating and living Now vegans who are sick of buying over processed over packaged products can finally join the homemade revolution Studded with full color photos The Homemade Vegan Pantry celebrates beautiful handcrafted foods that don t take a ton of time from ice cream and pizza dough to granola and breakfast sausage Miyoko Schinner guides readers through the techniques for making French style buttercreams roasted tomatoes and pasta without special equipment Her easy methods make slow food fast and full of flavor The Homemade Vegan Pantry raises the bar on plant based cuisine not only for vegans and vegetarians but also for the growing number of Americans looking to eat lighter and healthier and anyone interested in a handcrafted approach to food      *The Trenched Bagel Sandwich Book* Gary M. M Steffens,2019-08-02 A family countertop recipe book Options to create tastier bagels sandwiches deep dish bagel pizzas hamburgers brats hot dogs and more      *Not Your Mother's Make-Ahead and Freeze Cookbook* Jessica Fisher,2012-10-09 In a modern twist on the idea of freezing meals for later features over two hundred recipes for breakfasts lunches and dinners that are prepared through the method of batch cooking and then frozen      *Good Cheap Eats* Jessica Fisher,2014-09-09 In over 200 recipes Jessica Fisher shows budget conscious cooks how they can eat remarkably well without breaking the bank Good Cheap Eats serves up 70 three course dinners main course side and dessert all for less than ten dollars for a family of four Chapters include Something Meatier on traditional meat centered dinners Stretching It which shows how to flavor and accent meat so that you are using less than usual but still getting lots of flavor and Company Dinners which proves that you can entertain well on the cheap The hard won wisdom creative problem solving techniques and culinary imagination she brings to the task have been chronicled lovingly in her widely read blog Good Cheap Eats Now with the publication of the book Good Cheap Eats she shows budget challenged or simply penny pinching home cooks how they can save loads of money on food and still eat smashingly well      **Food 2.0** Charlie Ayers,2008-04-21 Charlie Ayers is a talented chef and once again his talent shines through in Food 2 0 The book is a great combination of foods and techniques that can help us all live a healthier life Cat Cora author and Iron Chef In a cutting edge cookbook for the Internet generation Google s legendary founding super chef Charlie Ayers tells you everything you need to know about the newest nutrition buzzword brainfood He outlines the basics on how the right foods can transform your mind and body and then teaches you how to stock your kitchen with the healthiest foods available Raw organic and fermented is Charlie s mantra which is reflected in more than 90 easy to prepare recipes whether it s a Kick start Breakfast a Power Lunch or a Light Bright Dinner And following the world famous formula Charlie used at Google headquarters the meals and snacks are designed to feed your brain exactly what it needs at different points throughout the workday From hipsters looking to think more creatively to high fliers who need that extra edge for success to

new moms and dads looking to repair the damage of myriad sleepless nights Food 2 0 has the recipe for delicious food for sharper thinking no matter who you are or what you do     **The Healthy Heart Cookbook For Dummies** James M. Rippe,2011-05-04 A heart healthy regimen needn't be torture Two hours on a stationary bike followed by a dish of low fat cottage cheese topped with a lonely sprig of parsley may be your idea of what it takes to maintain heart health but it's actually a lot more enjoyable and fun Cardiac fitness like any new lifestyle plan can be achieved with only a few basic modifications to your diet and activity level With The Healthy Heart Cookbook For Dummies you'll follow an exciting and delicious food regimen destined to give you and your heart a boost Written by James Rippe a leading cardiologist and chef and with over 100 recipes from a cadre of expert dietitians and fifty top chefs you'll discover some of the secrets to heart health some common fallacies and get the lowdown on a few life saving basics The risk factors for heart disease and how to control them The eight key eating habits affecting heart health including the number of calories cholesterol and fat and antioxidant rich foods you consume Bad versus good cholesterol the world of saturated monosaturated and polyunsaturated fats Nature's gift to health phytochemicals and what foods contain them Smart shopping tips including common supermarket traps and how to select produce meats seafood dairy grains and from the deli counter You'll discover what a snap it is to prepare your own menu assemble meals that are nutritious and balanced and also meet every sort of dietary need including high blood pressure diabetes and food allergies The book's rich cornucopia of recipes will help you explore the delicious possibilities of every meal and dish including Breakfast and brunch including Pumpkin Cheesecake Muffins Peach Scones and Eggs Benedict with Asparagus and Low Fat Hollandaise Sauce Appetizers and snacks including Homemade Dill and Celery Seed Hummus and Chilled Hapa Shrimp Rolls and Thai Citrus Dipping Sauce Seafood including Red Snapper with Braised Fennel and Spinach and Seared Scallops in Grilled Eggplant with Mango Salad Poultry and Meat including Lemon Grilled Cornish Hens Healthy Heart Beef Stroganoff and Herb Crusted Lamb Loin with Braised Fennel and Fresh Mint Vegetarian Entrees including Curried Tofu and Vegetable Stuffed Pitats with Cashews and Raisins With sixteen pages of full color photos black and white how to illustrations a summary cheat sheet of need to know info and humorous cartoons The Healthy Heart For Dummies Cookbook helps you build a sensible foundation for overall fitness beginning with your heart     Kneading Traditions Barrett Williams,ChatGPT,2024-04-08 Embark on a culinary voyage through the timeless tradition of handcrafted pasta with Kneading Traditions an immersive eBook designed for both the fledgling foodie and the seasoned connoisseur of carbs Uncover the secrets behind creating the perfect pasta from scratch diving into an art form that has captivated the hearts and palates of generations As your digital guide unfolds you'll be whisked away into The Art and Soul of Homemade Pasta starting with the joyous foundations of pasta making Explore the stark differences between artisanal and industrial pasta and arm yourself with the essential tools to become a true home pasta maker With Choosing Your Flour The Foundation of Pasta you'll become a connoisseur of wheat types and their impacts on pasta's heavenly texture Navigate

through the world of gluten free alternatives and blend flours for flavor profiles that will dazzle your dinner guests The Basics of Dough awaits demystifying the golden ratios that construct the backbone of pasta s allure Develop kneading techniques that play with elasticity and texture and learn the resting rituals that pave the way for shaping triumphs Venture into the heart of pasta artisanship with chapters on Rolling and Cutting where rustic charm meets precision Allow Crafting Filled Pasta to introduce you to the finesse of ravioli and the cultural tapestry woven by tortellini Flavor Infusions will elevate your dough with herbs and spices infusing each bite with aromatic whispers of a culinary utopia Discover the symphony of Sauces and Pairings that accompany your pasta creations and master the finesse of drying and storage for the perfect al dente momento Kneading Traditions culminates in a crescendo of innovation covering specialty shapes gluten free approaches and even the construction of your own pasta workshop Conclude your epicurean journey by pairing wine with your pasta masterpieces celebrating regional dishes and immersing yourself in the global community of pasta perfectionists This eBook serves as a compass navigating the vast and varied landscapes of one of the world s most cherished culinary crafts It s more than a collection of recipes it s an invitation to stir the soul to knead tradition into life s rich tapestry and to create comfort in a bowl one sumptuous strand at a time Indulge in the revelations of Kneading Traditions and redefine your kitchen as a haven of handcrafted pasta delight

**The Complete Idiot's Guide to Eating Clean** Diane A. Welland M.S., R.D.,2009-12-01 Membership in the Clean Plate Club now means something entirely different Eating clean combines three aspects of healthy eating overall nutrition emphasis on unprocessed foods and healthy food preparation This guide shows readers how to change their eating habits without breaking their budgets or sacrificing taste It provides a look at How what and what not to eat How to best prepare food How to make quick healthy meals How to liven up nutritious foods How to buy healthy on the cheap and how to eat out at restaurants Numerous studies showing the dangers of eating processed and packaged foods particularly for children Both how to and cookbook with over 125 recipes [Fast Meals & Quick Snacks](#)

Delfina Shelomenseff,2002 **Miserly Moms** Jonni McCoy,2009-04-01 With gas and food prices soaring there s more need than ever before for Jonni McCoy s Miserly Moms Jonni shares the money saving strategies that allowed her family to transition from two incomes to one These practical proven strategies tips and recipes will help anyone live frugally without feeling deprived Real life examples show how anyone can learn to live more carefully and reach their financial goals Now in its fourth edition Miserly Moms is packed with even more ways to reduce a family s expenses and expose hidden living costs

**From Storebought to Homemade** Emyl Jenkins,2005-04-08 In From Storebought to Homemade Southern hostess extraordinaire Emyl Jenkins shares her top secret collection of 200 fast foolproof recipes most can be prepared in 30 minutes or less for doctoring up storebought food from Tell Me It s Homemade Clam Chowder and Everybody s Mother s Pork Chop Casserole to No Fail Potatoes and Old Fashioned Lemon Chess Pie Your family and friends will think you slaved over a hot stove all day Chapters include Menus that Work From Family Dinners to Formal Dinner Parties Appetizers and Hors d

oeuvres They Aren't Just for Cocktail Parties Soups du Jour or Anytime Easy Entrees Time Saving and Timeless Main Courses Salads Vegetables Potatoes and Rice Accompaniments that Make Your Entrees Sing All in One Meals Dishes that Save the Day and the Dinner Zippy Breads No Kneading Needed Breads Fabulous Finales Well Deserved Desserts Brunch for the Bunch Bringing Back the Tradition

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