

Today is National Stress Awareness Day

Take the Stress out of your day with some
Stress Free Cooking Tips from Barbara Seelig Brown

- Cook once - eat twice. Items like pasta, rice, roasted veggies, and grilled meats can be combined in different ways during the week.
- Make two meals that freeze well when you have extra cooking time. Eat one today and freeze the other.
- Use your crockpot to cook soups, stews, and sauces while you are out.
- Don't guess – use a meat thermometer and you will not overcook as many expensive food items.
- Wash and dry your salad greens for several days at once. Thorough drying keeps them fresh longer. Herbs also stay fresher when stored as dry as possible.
- Grate several pounds of cheese, such as mozzarella or cheddar; place recipe ready quantities in plastic baggies and place these inside larger baggies in the freezer for quick use.
- Chop enough fresh parsley for several days to one week. The color and flavor of fresh Parsley brightens your dishes, no matter how “everyday” they seem.
- Have breakfast for dinner one night during the week -- eggs are nutritional powerhouses and very economical.



For more great Stress Free Cooking Tips, recipes and information on where to view The Stress Free Cooking Show, visit our website at www.stressfreecooking.com and bookmark Barbara's new [BLOG](#)