



Welcome to Foodspiration!! A Newsletter with food and cooking tips and Stories about inspirational people



Parchment Paper is my Friend!

For years, I noticed that some cookie recipes would suggest using parchment paper to line the cookie sheets instead of lightly greasing them. I used to ignore the suggestion, because I didn't have any parchment paper on hand. Since then, however, I have discovered that parchment paper is my friend, and I use it whenever possible.

When baking cookies, by lining the cookie sheet with parchment paper, the cookies just slide off the sheet with the added benefit that it only takes is a light scrub to clean the cookie sheet. However, parchment paper has ever so many more uses. Making banana bread --- line the loaf pan with parchment paper. Freezing sliced lunch meat – parchment paper between each slice will make it easier to remove and thaw them one slice at a time. After you've rolled out your pie crust, are you frustrated by having it fall apart as you lift it into the pie plate --- just roll it out on parchment paper, cut the paper and crust in the desired shape and easily flip it over and lay it in the pie plate.

Here is a link to an online article with even more suggestions:



My Inspiration!

One of my favorite things about the Christmas Holiday season is the inspiration I feel from looking at Christmas displays all over the city. People who otherwise do not think of themselves as artists, share their holiday vision with the world as their decorations shine forth between Thanksgiving and New Year's Day. They take the time to share their holiday spirit by putting up decorations for the enjoyment of all passers-by.

Whose spirits aren't lifted by driving down a street where home after home sports holiday decorations of all kinds? Whether a simple light display or an opulent coalescence of lights, pop ups, and statuary, ordinary people raise our spirits with their personal presentation of holiday joy. Since my decorations tend toward a simple light display, I am grateful that I have the opportunity to appreciate the holiday celebrations of my fellow New Mexicans.



Eggs Aren't so Bad, After All

Historically, eggs were considered taboo for people watching their cholesterol levels. However, recent research shows that moderate egg consumption does not need to be taboo because high cholesterol in food does not necessarily correlate to high human blood cholesterol levels when that food is consumed. Eggs are high in protein, vitamins B12 and D, riboflavin, and folate. This link describes 2015 findings on eggs, so that you can decide what is appropriate for you. As a fan of eggs, I cheered when I saw this article!

<http://www.foxnews.com/health/2015/02/11/new-dietary-guidelines-may-ok-eating-eggs.html>

Take Delight in the Joy each day Brings! I wish you a Happy & Joyous New Year!!

Brought to you from Cyndy, founder of Delights From the Vine, LLC, a company specializing in Low Carb, Full Flavor Snacks delivered to your door



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