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## Crows eat pigeon eggs

Last updated on December 18, 2020 Nights of the week are wild. There are hobby meetings, sporting events, date nights, night work calls, bath time for kids, TV show premiers (of course), and there are also... Dinner? Trying to moor yourself in making a recipe, eating dinner (let alone enjoying food) and cleaning the kitchen in less than an hour always seemed to take some kind of divine intervention. Well, let me introduce you to the energy pressure cooker, also known as the game changer. The electric pressure cooker makes the impossible possible. You can create a healthy and balanced meal in less than an hour from start to finish. Even decadent dishes like braised short ribs or whole meals like salmon with potatoes and broccoli can be enjoyed from start to finish with breeze on a weekning night. Is there anything easier than throwing all the food in a pot and letting the pot do the job? I can't think of anything. It's as if you significantly update the kitchen staple already, the crockpot. Here are some of my favorite energy pressure cooker recipes to get dinner at the table under pressure: 1. Ramen SoupFor those nights when all you need is a big hug, ramen is the perfect dish! High in anti-inflammatory ingredients such as fresh ginger, garlic and spinach this 20-minute soup is good for you in every way. This quick ramen is balanced with lean chicken protein and boiled eggs, noodle starches, and a salty broth that makes you crave more! To hit this recipe even more nutritionally, try doubling the carrot and spinach for extra vitamin power.– Check out the recipe here!2. 4-minute salmon, broccoli and potatoesWhat's better than a perfectly balanced meal in just 4 minutes? I can't think of anything! This wonderfully fatty fish blends so well with super food broccoli and potato starch that you won't believe it was made in such a short time! Salmon is a great source of Omega-3 fatty acids (also known as fish oil) that helps our heart, skin, joints, GI tract, and more!– Check out the recipe here!3. GyrosA hot beef pita wrapped around freshly made gyroscopes, toppings, and even Tzatziki sauce, oh mine! This recipe goes from fridge to plate in less than an hour with only 15 minutes of preparation time! When creating the Tzatziki sauce, be sure to grab plain Greek yogurt. This yogurt is naturally higher in protein, adding another nutritional benefit to this great dish! You can also opt for a whole wheat pita to add some extra fiber too!– Check out the recipe here!4. Prawns BoilThese this recipe is perfect for summer beach nights, a classic recipe for boiling prawns that you don't have to spend all day preparing! This recipe is fun finger food Maximum! It is delicious, satisfying and tastes best when served at a picnic table. To take this recipe to the next level, adjust the proportions of vegetables to protein. By increasing corn and decreasing the amount of Andouille sausage, you can decrease total sodium and calories while increasing fiber and and Check out the recipe here!5. Mexican quinoaThe perfect food of a pot with fiber, protein and a lot of flavor! This is a vegetarian and meat lover dream! Quinoa is the perfect replacement for white rice in this classic recipe, while complementing beans to create a protein-packed dish. In addition, adding all these vegetables creates a meal that is full of flavor. Top this Mexican quinoa with fresh avocado to round it off perfectly.– Check out the recipe here!6. Lo MeinThis Lo Mein will trample on any greasy desire and take you out without the usual guilt! It's not very often, you can replace a sinful bowl of food to carry out with something so delicious and easy to make at home! Make this Lo Mein in less than 15 minutes from start to finish. This is faster than it takes for the dealer to show up at the door!– Check out the recipe here!7. Whole chicken Rostisseria Everyone knows that the secret of batch cooking is having a whole chicken cooked to use in various ways throughout the week! This recipe makes roast chicken more perfectly moist that can be used as it is, for tacos, for soup, and for sandwiches throughout the week! Tip: Keep bones and bowls to make an amazing chicken broth to have on hand! Cooking the longer broth and at a lower temperature will create a delicious bone broth rich in vitamins, minerals and protein.– Check out the recipe here!8. Chicken soup and lentilsThat is the most coziest soup around! Rich in protein, fiber and B vitamins, this soup will fulfill all your desires! It also couldn't be easier for a hasty working day meal, all you have to do is cut and let your energy pressure cooker get the job done! In just 30 minutes, you'll have a warming soup that the whole family can enjoy!– Check out a recipe coup here!9. Did vegan Quinoa Burrito BowlsIs out there someone who doesn't enjoy a good bowl of burrito? This vegetable bowl is the perfect meal of a pot that is easily customizable! From vegans to meat lovers, everyone will enjoy this easy, fiber-rich bowl. Add the ingredients you want to create a burrito bowl that's as good as a restaurant's!– Check out the recipe here!10. Rice and beansThe classic rice and bean dish is a staple for many reasons. It is full of perfectly complemented proteins, great texture and balanced seasonings. Now, you can create this balanced filling meal in less than an hour! No more pre-soaking these beans! This perfectly seasoned and balanced meal will have everyone fighting for another bowl! – Let's check the recipe here!11. Summer Quinoa SaladY your fresh berries in season were made for this quick salad! Take this nutrient-dense salad to a party or serve it as light, summer to have everyone asking for the recipe! Quinoa, fruits, vegetables and nuts create a perfectly balanced dish with all food groups. You can top up this salad with cooked chicken breast or leave it as it may to meet everyone's needs!– Check out the recipe here!12. Minestrone SoupThese minestrone soup is fast and vegetable What's perfect for any evening dinner of the week! It is rich in vitamin C, antioxidants and vitamin A making it the perfect dinner for the whole family! Tip: Use whole grain noodles to boost the fiber and B vitamins of this tasty dish!– Check out the recipe here!13. Chicken garlic lemonMake your protein and side dish at the same time with tasty chicken that the whole family will love! In less than an hour, you can have a beautiful dish balanced with vegetables and protein. This tasty lemon garlic chicken will give you the protein and excitement to season any dish!– Check out the recipe here!14. Chicken FajitasQuick, easy and very few dirty dishes are used to create these fajitas that will rival even your favorite Mexican restaurant! Feel free to top these up with whatever you want, but be sure to include fresh avocado for a hit on vitamins and minerals. Tip: If you enjoy sour cream in your fajitas, opt for flat Greek yogurt that is higher in protein, lower in calories, and just as tasty!– Check out the recipe here!15. CurryA coconut chicken great bowl of coconut chicken curry over rice is what dreams are made of! This bright and tasty dish is full of vegetables and lean proteins without dryness! What usually take a few hours, create this colorful dish in just 30 minutes with your energy pressure cooker!– Check out the recipe here!16. Cashew ChickenThary take-out may be on your plate in just 20 minutes, but you can pretend it took hours to create when everyone orders the recipe! You can double the green pepper to increase the vegetables without sacrificing any flavor. Serve this classic on brown rice for extra fiber and minerals.– Check out the recipe here!17. MeatloafMeatloaf has been a staple of the menu since sliced bread, but it never took just 20 minutes to make! This recipe includes meat bread and sides to create a dream of a pot. Perfect for serving after long working days, this dish is a comforting staple. And don't be fooled by the short baking time, this meat loaf is the best of both worlds : it's juicy and quick to make!– Check out the recipe here! Despite their apparent roots in the concept of stains, energy pressure cooker meals are apt to be much healthier. Without the need for fatty sauces to create flavor and prevent dryness, the pressure cooker energy uses water-generated heat to cook food. This leads to more taste without dryness and generally thinner meals. Electric pressure cooker is the answer for anyone striving for healthy, balanced meals with a crazy weeknout schedule. You can really do it all. Do not be disappointed and you will feel great after enjoying healthy and balanced meals while doing easily with all the activities you enjoy! Featured photo credit: Unsplash via unsplash.com Explore Health Conditions A-Z News Coronavirus Diet & amp; Nutrition Fitness Beauty Mind & amp; amp; Body Lifestyle Weight Loss Newsletter Promo Clouds have begun to part over daredevil NY, revealing spring (at last!) and my mind a... Eggs. Not just a symbol of Easter, but of the very essence of spring itself (i.e. fertility and rebirth), eggs just happen to be one of my favorite foods. Few other ingredients are so deliciously versatile, but let's look beyond the simple obvious scramble or omelette. Here are my top 5 ways to eat eggs. How many did you try? 1) Baked: Want to surprise your guests with a fancy brunch dish with an even fancier name? Try the eggs baked oreoufs in cocotte. They are basically just a cracked egg (without breaking the yolk) in a buttery ramekin with a little cream and baked in the oven at 375°F for 15 minutes or until desired to do. Serve with toast points. For jazz them, try these combinations of trusty flavors: Chopped ham and a sprinkling of gruyère cheese Sautéed mushrooms and a garnish of caramelized onion green onions and goat cheese at the bottom of the ramekin Also try roasted eggs. Hogwash! You can't roast eggs!, he says? Think again. 2) On top of the rice: Sure you've had scrambled eggs in fried rice, but have you ever had a fried egg on top of the rice alongside, say, Thai basil chicken? The combination is not only classic (a typical meal for office workers in Bangkok), but the mind blows delicious. The soft, creamy yolk is mixed with rice and tempers the heat of the spicy chicken. Ah, happiness... 3) In soup: Eggs are a quick and easy way to thicken not only a soup, but add some quick and cheap protein. When I think of egg soup, I think less of Chinese soup egg drop and more of the delicious Greek version with chicken, rice, and a touch of bright lemon flavor, avgolemono. Depending on my mood, I might as well consider making an Italian straciatella soup. Want something more substantial on a cool day? Try to smash an egg into a steaming hot bowl of ramen and let it heat up in the broth or slide into a boiled peeled medium. Anyway, you'll be glad you tried it. 4) In a dip: My host mother in Florence taught me how to do a phenomenal dive based on an Italian dish called vitello tonnato, tuna sauce poured over thin beef sizes (don't hit until you've tried it). In a food processor, puree of a boiled hard-boiled egg. 1 (5-oz.) can tuna encased in olive oil, 2 anchovies, 1/2 sm. garlic 1, 3 Tablespoons lemon juice, 2 Tablespoons fat-free Greek yogurt (sub pot. 2 tablespoons low fat May), 1/4 teaspoon salt, and 1/8 tablespoons Refrigerate for at least 1 hour. Smear on a crisp, chewy baguette and try to prevent you from eating the whole bowl. 5) Matzo Brei: Whether you enjoy it salty or sweet, matzo brei is a tasty dish not to be booked for Passover. Think of it as scrambled eggs a stirring chewed surprise. Although each family has its own matzo brei traditions, try this basic recipe from the Food Network. To make it sweeter add a sprinkled cinnamon sugar. Apart from the suggested maple syrup, it can also be served with a variety of toppings such as sour cream, honey, ketchup, or even sauce. Incredibly edible edible If you like to not only eat eggs, but decorate them at Easter, make a swiil of a few innovative ways to decorate eggs here. And for the perfect hard-boiled egg, watch our video of how to do it. This content is created and maintained by a third party, and imported into this page to help users provide their email addresses. You may be able to find more information about this content and similar to piano.io piano.io