

# Food Trend: Traditional Sunday Meals



By [Lauren Burczyk](#)

We're keeping the traditions alive with this new [food trend](#). Do you miss sitting around the table on a Sunday, while mom makes a traditional meal for your family? Well, you're in luck with these new [food tips](#)! Sunday meal food ideas are a great way to please the whole family and get them prepared for the busy week ahead. Take some of our [food advice](#) and gather around the table every Sunday for a home-cooked meal just like Mom used to make.

# Here are some traditional Sunday meal food ideas:

**1. Meat Loaf and Mashed Red Potatoes:** This classic comfort food is sure to please meat lovers and carb cravers alike. This traditional recipe can be cooked up in the crockpot for a simple, yet satisfying Sunday dinner.

**Related Link:** [5 Food Trends to Watch for in 2019](#)

**2. Balsamic Roast Chicken:** This surprisingly simple-to-make roast chicken will have your family running back for seconds. This Sunday-special chicken is flavored with rosemary, wine, and balsamic vinegar.

**Related Link:** [Food Trends: Floral Flavors Are The Next Big Thing](#)

**3. Sunday Pot Roast:** You can prepare a down-home dinner any day of the week, with the help of your slow cooker and this meal. Gather the family around the dinner table to enjoy this tender and savory roast.

**4. Slow Roasted Chicken and Vegetables:** This meal's easy to prepare and is always a family favorite. With very little prep time and few ingredients, it's the perfect addition to your Sunday gatherings.

**5. Puff Pastry Chicken Potpie:** If you're looking for comfort food, then look no further. This potpie is easy, filling, and super-satisfying with its flaky crust, tasty chicken, and hearty vegetables.

**Can you think of any more Sunday meal food ideas? Comment below.**

---

# 5 Food Trends to Watch for in 2019



By [Lauren Burczyk](#)

As we are now settling into this new year, it's time to take a look at the top [food trends](#) of 2019. This year's top [food tips](#) will be inspired by cutting costs, but increasing quality, looking to the ocean for snack ideas, and finding the best plant-based alternatives for protein. From healthy fats to hemp, we can tell you all about the latest crazes when it comes to what we are eating this year. Here's some [food advice](#) and top trends for this new year!

# If you are ready to find out the latest food trends for 2019, here are five of them to what to watch out for!

**1. Dining in is popular this year:** To cut down on the cost of going out to eat, a rising trend this year is staying home and cooking. This trend can actually help us save money and increase the quality of the food that we're enjoying.

**Related Link:** [Food Trends: Floral Flavors Are The Next Big Thing](#)

**2. Turning to the ocean for snack inspiration:** Instead of potato chips, think seaweed strips or kelp noodles. These products are very intriguing and are a nice, healthy option for when we can't resist a snack.

**Related Link:** [Food Trends: Acai Bowls](#)

**3. Choosing the best plant-based protein alternatives:** Meat-free is a continued trend for this year. We'll be seeing the best alternatives to meat being made from wheat protein, coconut oil, potato protein, and hemp.

**4. Healthy fats are making a comeback:** With the rising trends of diets like keto and paleo, healthy fats are becoming more popular than ever. From keto-friendly nutrition bars to coconut-butter filled chocolates known as "fat bombs", fats are starring ingredients in creative and convenient foods.

**5. Hemp will be a popular new interest for many:** Hemp hearts, seeds, and oils are nothing new, but a new trend focuses on other parts of hemp plants. Try the trend for yourself with hemp milk, supplements, and hemp-infused drinks to have you feeling your best.

Can you think of any other food trends for 2019? Comment below.

---

## Food Trend: Pot Pies Are Back



By [Ivana Jarmon](#)

Pot pies are the latest [food trend](#) to make a comeback, and they're better than ever! Pot pies are known for the simple homey feeling they invoke and are usually made in the winter. They include a variety of savory ingredients such as chicken, vegetables, pork belly, and sea bass. Pot pies are everywhere, whether it's at dinner parties or restaurants. This winter we have some [food advice](#) on how to make a classic chicken pot

pie. ( This recipe belongs to Betty Crocker.)

## Check out Betty Crocker's recipe detailing how to make your own classic chicken pot pie!

**1. Ingredients:** For your crust: 2 cups gold Medal™ all-purpose flour. The 1 teaspoon of salt, 2/3 of a cup plus 2 tablespoon shortening and 4 to 6 tablespoons of cold water. For your filling: 1/3 cup of butter/margarine, 1/3 cup chopped onion, 1/3 cup of all-purpose flour, 1/2 teaspoon salt, 1/4 teaspoon pepper. Next, you will want to add 1 3/4 cups of Progresso™ Chicken broth (from 32-oz carton), 1.2 cup milk, 2 1/2 cups of shredded cooked chicken or turkey and 2 cups frozen mixed vegetables, thawed.

**Related Link:** [Food Trend: How To Utilize Farmers Markets Near You](#)

**2. Let's cook:** Heat your oven to 425°F. Next, you're going to combine flour and salt in large bowl; then you will cut in shortening with pastry blender or fork until mixture resembles coarse crumb. Then you will mix in enough cold water with a fork until the flour is moistened. Lastly, you will divide dough in half. And shape each half into a ball; flattening it slightly. Then wrap 1 ball in plastic food wrap, and refrigerate.

**Related Link:** [Food Trend: Incorporate Coconut Into Your Meals](#)

**3. The next step:** Roll out the remaining ball of dough on a light floured surface into 11-inch circle. Next, fold it into quarters. Placing dough into ungreased 9-inch pie plate; unfold dough, you will need to press firmly against bottom and the sides. Trim crust to 1/2 inch from the edge of the pan, and set it aside.

**4. And the next step:** In a 2-quarter saucepan, melt butter over medium heat. Add onion and cook for 2 minutes stirring it frequently, until its tender. Stir in flour, salt, and pepper until its well blended. Steadily add in your broth and milk while stirring, cooking and stirring until it bubbles and thickens. Add your chicken and vegetables and remember to keep stirring. Next, remove from heat. Spoon into crust-lined pie plate.

**5. Second to last:** Go to your refrigerator and grab the dough you rolled earlier and roll it out on a lightly floured surface into 11-inch circle. Then softly fold the dough into quarters. Placing dough over the filling, then unfold it. Be sure to trim, seal and crimp or flute edges.

**6. Bon Appétit:** Bake for 30 to 40 minutes or until your crust is a golden brown. Then during the last 15 to 20 minutes of baking, cover the edge of crust with strips of foil to prevent excessive browning. Take it out of the oven and let it stand for 5 minutes and then eat up!

**Have any more tips on how to make a perfect chicken pot pie? Share your thoughts below.**

---

## **Food Trend: Benefits of Eating Local**





By [Haley Lerner](#)

Looking for a way to spice up your diet? One of the hottest new [food trends](#) is eating local. Eating local is when you eat food that is locally grown and produced and is not moved long distances to market. If you're looking to for an easy celebrity diet, eating local may be the perfect thing for you and your family to try out. We've got some [food advice](#) on why eating local is a great choice for you. After reading this, you'll want to head straight to your local farmers market.

## Check out our reasons why eating local is a perfect food trend for you to try!

**1. Fresher food:** One reason you should opt to eat local is that your produce is going to be so much fresher than when you buy it from a chain supermarket. Fruits and vegetable begin to lose their nutrients as soon as they are picked, so buying food locally cuts down the time it takes for your food to get



from the farm to your table.

**2. More flavor:** Another reason to eat local is that produce is being picked in their peak state of ripeness, so you'll get to eat your food when it'll be tasting the greatest. You'll also be only eating food that is in season, so there won't be any artificial ingredients or preservatives in your produce.

**Related Link:** [Food Trend: 3 Reasons Why Low Carb is an Effective Diet](#)

**3. Support your local economy:** One of the best parts of eating local is that your money will go towards local farmers and sellers. You'll be promoting your local economy and helping businesses and services in your community stay afloat.

**4. Environmentally friendly:** Buying locally grown foods help maintain lots of farmland and green space in your community. You can thus help your town become greener and more environmentally friendly.

**Related Link:** [Food Trend: Meal Ideas On the Go](#)

**5. Know what you're eating:** Eating local is a lot safer than buying food from a regular grocery store. You know where your food comes from so there is less of a chance of contamination and safety issues from food traveling from far off locations. You also can ask your local growers about their growing practices so you are really comfortable with what you are eating.

**Have any more reasons you should eat local food? Comment below!**