

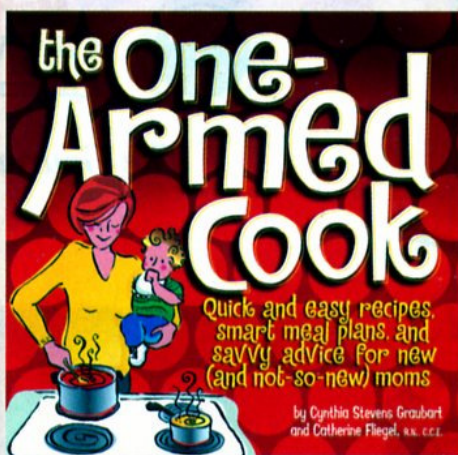
By Lisa Christiano Notar

**So, you're a stay-at-home mom or dad.**

Dinnertime is quickly approaching, and so is your spouse. You're still not showered, unfolded laundry sits stuffed in a basket, and lunch dishes are piled high in the sink. Your toddler is pulling at your shirt to read a book, you're carrying your newborn under your arm, and the phone is ringing off the hook. You don't have a clue as to what you are going to make for dinner. It's looking a lot like a take-out night. Sound familiar?

Or, maybe you're a working parent stuck in acceleration mode most days, juggling your job and family life. Let's face it: Preparing dinner after picking the children up from the sitters is that "one more thing" that can send you over the edge.

# Great meals: With one arm tied behind your back



**The One-Armed Cook: A Kitchen Survival Guide for New Parents**  
Cynthia Stevens Graubart and Catherine Fliegel

Relax and draw a sigh of relief — *The One-Armed Cook* book has come to the rescue. It's the quintessential cookbook we've all been waiting for — what some are calling the new millennium's answer to Betty Crocker and Dr. Spock. This 236-page spiral-bound cookbook and handbook not only provides more than 120 easy-to-make, healthful recipes, but also offers advice on everything from childraising to meal planning, grocery shopping and dinner party preparation.

Fortunately for us all, the book's two culinary-expert authors — former television cooking show producer Cynthia Stevens Graubart and R.N. and childbirth educator Catherine Fliegel, now full-time authors and moms — couldn't keep their knowledge and recipes a secret. Together, they sifted through their favorite recipes, mixed in some wise parenting advice, stirred in loads of humor, and covered it all with a one-armed cartoon design by Elaine Dillard. The result is a book chock full of no-fuss recipes for anyone who lives a busy "one-armed life" and still wants to make sumptuous meals that family and friends will rave about.

No need to brace yourself for labor-intensive cooking. "No fancy culinary skills are required for success with these recipes," the authors insisted during a recent interview. "There's no whipping egg whites; no peeling fruit, dicing vegetables, or mincing fresh herbs; no cutting up raw chicken." Many of the recipes include pre-packaged ingredients such as chopped frozen vegetables and onions, so basically you can pour them into a mixing bowl or frying pan while holding a baby or your favorite drink.