

"When planning the book," Graubart said, "we began testing, and tasting and testing again, all with an eye on our kitchen timers and one arm behind our backs. We no longer had a babe-in-arms in either of our families, so Catherine's toddler was happy to be of service."

"Then, we walked up and down the supermarket aisles looking for convenience items that we could substitute into the recipes without compromising the workability or the taste of each," Fliegel added. "We took these convenience items, most of which can be stocked in your pantry, refrigerator or freezer, and put them all together into something wonderful. The result is a homemade meal on the table for your family in 30 minutes or less."

"For instance, we're in love with diced canned tomatoes," Graubart said. "Every time I go to the store, I find new versions of a diced tomato, like tomatoes with basil and onion. Anytime you can start with a product that has an extra layer of flavor already built in, you're going to come out with a better-tasting recipe."

Aside from good recipes for appetizers, breads, soups, slow-cooking meals, meatless main dishes, vegetable side dishes, desserts and more, the book devotes whole sections to topics like kitchen and pantry preparation, menu planning, brunch, holiday entertaining and more. Its conversational style makes the reader feel like its authors are sitting at your kitchen table having a chat over coffee. *The One-Armed Cook* is unique in that it offers sympathetic words of encouragement for those taking the late-night feeding shift or getting the hang of the grandparent thing.

True, *The One-Armed Cook* is a perfect gift for expectant or new moms, but parents and non-parents alike will find it equally indispensable. In fact, after you begin enjoying your own copy, you'll find yourself buying one for everyone you know.

Will there be a sequel? "Yes, definitely," Graubart says emphatically. "We have so many more recipes to share!" >>



Vegetarian Chili and Snacking Corn Bread

## Vegetarian Chili

### ■ VEGETARIAN

- 2 tablespoons vegetable or olive oil
- 1 10-ounce package frozen chopped onions
- 1 10-ounce package frozen chopped green pepper
- 1 tablespoon bottled minced garlic
- 1/4 cup chili powder
- 1 tablespoon ground cumin
- 1 teaspoon salt
- 2 14-1/2-ounce cans Mexican-style stewed tomatoes
- 1 15-ounce can lentils, rinsed and drained
- 1 15-ounce can red kidney beans or pinto beans, rinsed and drained
- 1 15-1/4-ounce can whole kernel corn, drained

In large pot over medium heat, heat vegetable oil. Add onion, pepper and garlic, and cook until tender, about 10 minutes. Add chili powder, cumin and salt, stirring well to mix. Cook for 2 minutes to release flavors, stirring frequently. Add tomatoes, lentils, kidney beans or pinto beans, and corn, stirring well to mix. Bring to boil, cover, reduce heat to low, and simmer for 10 minutes.

**6 servings. Per serving:** 292 calories; 53 calories from fat; 6g fat; 1g saturated fat; 0mg cholesterol; 46g carbs; 14g fiber; 12g protein; 1,245mg sodium; 81mg calcium; 2mg iron