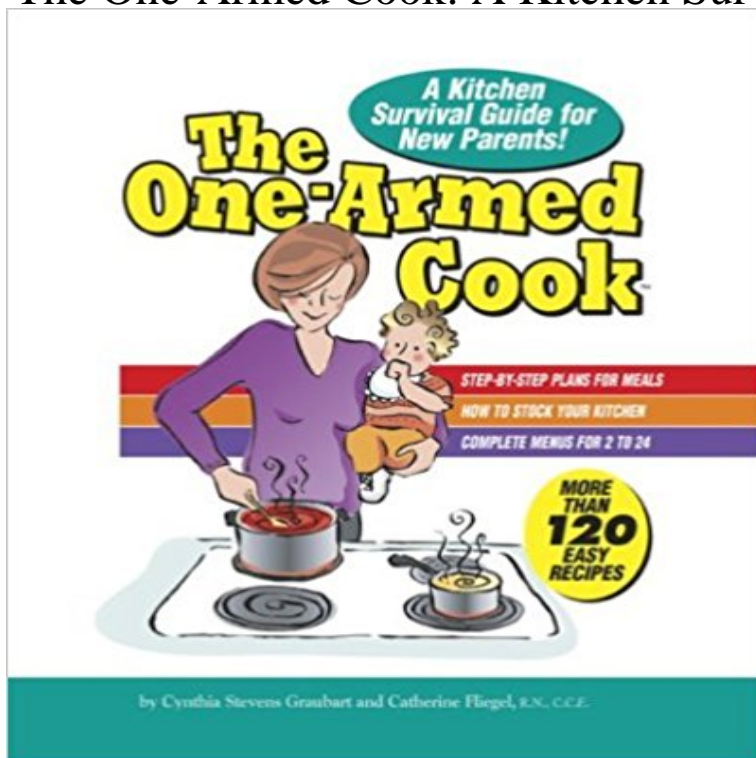


The One-Armed Cook: A Kitchen Survival Guide for New Parents



Superb recipes that can be made with a whisk in one hand and a baby cradled in the other with most recipes prepared, start-to-finish, in 30 minutes or less. Appetizing menus for any season or occasion. Game plans for success? stocking the pantry, filling the freezer, and dining out tips. Comprehensive list of essential kitchen equipment sure to make cooking with baby in tow faster, easier, and more fun. Tricks for preparing no-fail dinner parties and everyday meals, hosting family celebrations, and feeding weekend guests. Sage advice for joyfully entering into motherhood, establishing family rituals, and keeping baby safe while working in the kitchen.

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