



The Mom 100 Cookbook: 100 Recipes Every Mom Needs in Her Back Pocket

Katie Workman

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Introducing the lifesaving cookbook for every mother with kids at home—the book that solves the 20 most common cooking dilemmas. What's your predicament: breakfast on a harried school morning? *The Mom 100*'s got it—Personalized Pizzas are not only fast but are nutritious, and hey, it doesn't get any better than pizza for breakfast. Kids making noise about the same old lunch? *The Mom 100*'s got it—three different Turkey Wraps, plus a Wrap Blueprint delivers enough variety to last for years.

Katie Workman, founding editor in chief of Cookstr.com and mother of two school-age kids, offers recipes, tips, techniques, attitude, and wisdom for staying happy in the kitchen while proudly keeping it homemade—because homemade not only tastes best, but is also better (and most economical) for you. *The Mom 100* is 20 dilemmas every mom faces, with 5 solutions for each: including terrific recipes for the vegetable-averse, the salad-rejector, for the fish-o-phobe, or the overnight vegetarian convert. “Fork-in-the-Road” variations make it easy to adjust a recipe to appeal to different eaters (i.e., the kids who want bland and the adults who don’t). “What the Kids Can Do” sidebars suggest ways for kids to help make each dish.



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