



wheel can cut cheese, small vegetables, quesadillas, brownies, and more, all with one of your arms tied up holding the baby.”

Putting a pot roast in the slow cooker while the baby sleeps and letting it simmer all day promises an easy dinner. Double batches take the pressure off for a repeat meal later.

Spreading the Word

Several publishers turned down the book, concerned about a title that could be misinterpreted. Convinced that mothers need this advice, the authors forged ahead, determined to keep their catchphrase on the cover. The spiral-bound hardback now sells steadily at Babies “R” Us stores, in bookshops, and via the Internet. “We often get cornered by new moms, who buttonhole us for more tips we’ve picked up since the book came out,” Cynthia says.

Use a pizza wheel for chopping small items, and rely on quality nonstick pans for one-armed success.



Proven Success

Cynthia's kids-in-the-kitchen prowess shows up when son Norman, 17, and daughter Rachel, 14, fix after-school snacks. “They've grown into confident cooks,” Cynthia boasts. “Norman likes to load tortillas with leftovers and make easy quesadillas. Rachel will throw random ingredients in a cake pan and bake them just to see how it turns out.”

“The goal is to spend more time with your family, in the kitchen or out,” she says. “Mothers want to keep cooking and not give up that aspect of life when the babies are small but to be safe and efficient about it too. Being a new parent can be overwhelming. You think you’ll never sleep or take a long shower again, and you realize you can’t eat out as much as you did when you were single or a newlywed. This book is like a dear aunt, who is a lot more familiar with such matters, talking you through it all.” JOE RADA

Look for *The One-Armed Cook* (Meredith Books, \$19.95) in bookstores, at Babies “R” Us locations, and at www.theonearmedcook.com.