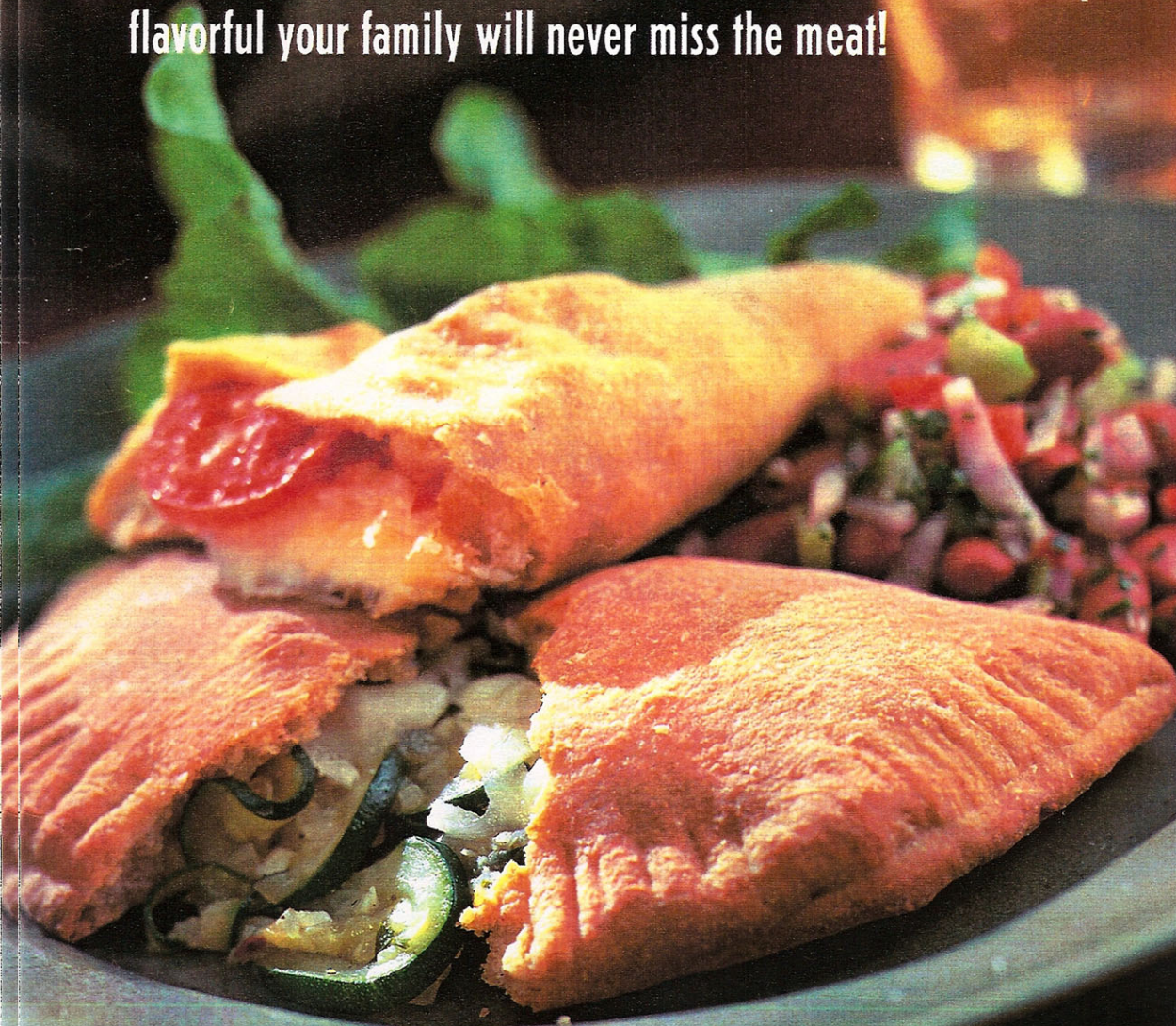


# Healthy Family Meals

What does best-selling cookbook author Mollie Katzen cook up for dinner? Vegetarian main dishes so hearty and flavorful your family will never miss the meat!



Calzones and Fiesta Bean Salad

**W**hen Mollie Katzen opened the Moosewood Restaurant in Ithaca, New York, over twenty years ago, her innovative vegetarian cuisine instantly won raves. Back then, Katzen kept a journal of her recipes, complete with whimsical illustrations and cooking secrets. It's a good thing she did: In 1977, that journal became the *Moosewood Cookbook*, one of the most popular cookbooks of all time.

These days, Katzen, forty-five, is still inspiring millions of health-conscious cooks to prepare great-tasting meals as the author of three more cookbooks and as the star of *Mollie Katzen's Cooking Show*, which debuted last December on public television. Katzen, the mother of two (Sam, eleven, and Eve, four), admits that like most of us, she doesn't have much time to cook weekday dinners. "People think because I'm a cookbook author I can spend all day in the kitchen. Forget it! When it's six o'clock I've got a grumpy, hungry family to feed—fast." Her solution to the time crunch? "I keep a supply of cooked beans and grains in the fridge for instant soups and stews, and my cupboard is filled with pasta—every shape imaginable." On these pages, Katzen shares her favorite family recipes exclusively with LHJ.

—Carol Prager



PHOTOS: LEFT: RITA MAAS; RIGHT: STEPHANIE RAUSSEE; FOOD STYLIST: DOBRY; JONASSEN; PROP STYLIST: BETTY ALENITO