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EMPOWERMENT



Cool Kids Cook

Monday at 4 PM

March 3rd 2014: Interview with Vegan Cookbook Author Kathy Hester Sauteed Lemongrass and Plum Oyster Mushrooms, Slow Cooker Lentil Quinoa Taco Filling

Kid Chef Eliana interviews vegan cookbook author, Kathy Hester. They talk about different dishes you can make in a slow cooker other than soups and stews. They also talk about her newest cookbook, Vegan Slow Cooking: For Two or Just For You. In A Tisket A Tasket What's Inside My Basket, Eliana explores lentils and shares a recipe for Slow Cooker Lentil Quinoa Taco Filling. In her segment, Foodie News, she shares the 411 on the cooking world. In her segment, Figure Out This Food, she share information about Swiss chard. In her segment, The Cookbook Shelf she reviews Vegan Slow Cooking For Two o

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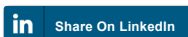
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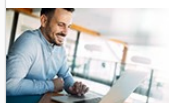
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