



Weelicious: 140 Fast, Fresh, and Easy Recipes

Catherine McCord

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Every parent knows how difficult it is to get to get kids eating happily and healthily. Catherine McCord has the answer: *Weelicious!* Creator of the wildly popular blog Weelicious.com, Catherine, who honed her cooking skills at Manhattan's Institute of Culinary Education, strongly believes in the "one family/one meal" idea—preparing a single, scrumptious meal the entire family can sit down and enjoy together rather than having to act as "short order cook" for kids who each want something different. In *Weelicious*, she offers dozens of recipes and tips for creating quick, easy, healthy, and fun food that moms, dads, and young children of any age will absolutely adore—from the most persnickety infants to the pickiest grade-schoolers.

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