



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

*Katie Workman*

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## **The Mom 100 Cookbook: 100 Recipes Every Mom Needs in Her Back Pocket** Katie Workman

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.

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

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## From Reader Review The Mom 100 Cookbook: 100 Recipes Every Mom Needs in Her Back Pocket for online ebook

### Rachel says

I am looking for new dishes to introduce to my family and a lot of the recipes in this we have already tried or I don't make because I know my kids won't eat it. It is a fun cookbook to look through, and I got a few new ideas, but the search continues for inspiration to feed my picky family!

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### Emma says

Despite having the word "Mom" in the title, this is a really great cookbook. I say that because I'm essentially opposed to the idea of "mom cooking" or "kid food" - its just COOKING and FOOD. I'm equally (maybe even more so) opposed to those gimmicky Mom cookbooks that advocate cooking and blending up hidden fruits and veggies in "kid food". Sorry Jessica Seinfeld but that's not happening. Who in their right mind has time for such nonsense, not to mention fooling your children into eating things has its own set of issues.

Back to *this book*. It's a great combination of tasty, realistic recipes for a lot of cooks and a lot of different eating styles - written in a light, enjoyable voice with lots of great tips and options. Nothing too complex and several very simple (but really good).

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### Lori says

The homemade granola recipe in this book is delicious! I've already made it twice. (I used dried apricots, apple juice sweetened cranberries, coconut and pecans.)

Seemed like a nice, practical cookbook from what I could determine. I only had a two week checkout from the library, and I was out of town for most of it, so I will definitely check it out again to see if there are any other good recipes. It also passed the "must have great photos" test.

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### Clinton Senior says

As you can tell from our name our cookbook club comes from our local senior center. All of us, except our activity director, is an experienced senior cook. We have been cooking for 50+ years. When we first picked up this book we were not impressed. I mean chocolate covered pretzels how dumb can you be. Then as we poured over the cookbook and thought of our younger selves we NEEDED this book when we were younger. How to feed picky eaters, how to save time, how to cut corners this book has it all. Our lack of full 5 stars is that the book at times was a bit to wordy and was not 100% correct in measurements of ingredients. This afternoon we enjoyed the maple turkey and bacon, chicken Caesar, and Jack and Charlie's Sub Sandwich lunchbox wraps, the honey hoisin tofu, cheesy chicken enchiladas, cheesy rice with broccoli, the best streusel apple pie ever (that's the name of the recipe not our opinion :-), chocolate peanut butter squares and Aaron

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E's favorite apple coffee cake.

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## Cindy Hudson says

For many moms coming up with ideas for meals, then cooking them, can be one of the most frustrating things about family life. Even moms who love to cook may not feel there's enough time to put healthy, tasty food on the table day after day and night after night. The Mom 100 Cookbook: 100 Recipes Every Mom Needs in Her Back Pocket comes to the rescue. Author Katie Workman, founding editor in chief of Cookstr.com, has written a cookbook that can help moms consistently serve food their families will love, and maybe even get their kids to help make it.

The Mom 100 Cookbook is divided into sections that make it easy to find what you're looking for. And the recipes are presented as solutions to dilemmas. For instance, the chapter titled "Potluck" describes the dilemma as "How'd I get stuck with making the main dish." I know exactly what that feels like. Usually, when potluck plans are made I feel confident about what I can do in the future, but when the time comes to actually make something, I fall short of ideas. The solutions presented here, recipes with chicken, beef, pork, turkey and rice, all seem easy to make, beautiful to present and satisfying to eat: just what you hope for when you make something for a potluck.

There are 20 chapters in all, covering breakfast, lunch, snacks, soups, salads, main course meats, vegetables, dessert and more. There's also a great section at the end called "What You May be Looking For" that categorizes the recipes. So if you're looking for something that can be made in 30 minutes or less, make-ahead dishes, or main courses to impress someone (as well as many other categories) you can quickly find which recipes in the book fit.

I particularly like Workman's side notes, such as "what the kids can do" and "vegetarian note." Also, she starts each chapter with notes about what she's learned along the way that are good overall tips for the types of food she's cooking.

I tried several recipes in the book and found they were all tasty, easy to prepare and looked nice when I served them. While The Mom 100 Cookbook won't truly fit into your back pocket, the format it's in is easy to lay out on a counter without worrying about the pages closing and losing your spot just when you're following a crucial step—quite a plus as far as I'm concerned. This is one cookbook that I plan to shelve for easy access and frequent use.

The publisher provided me with a copy of this book to review.

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## Ivonne Rovira says

I'm a pretty bad mom. Really. I'm not kidding. How else to explain how I got to have a daughter who's 24 years old but eats like a 4-year-old? A really picky 4-year-old. I joke with my friends that Laura only eats "blonde food": macaroni and cheese, garlic bread, spaghetti with Parmesan cheese but absolutely no red sauce, gnocchi in olive oil, various cheeses, bananas, French fries, cheese pizza, most breads, chicken tenders, pasta in Alfredo sauce, cheese quesadilla, fried fish sandwiches, fried chicken, sliced turkey sandwiches (no nothing else on the bread but the turkey), corn on the cob. See a pattern there? Yes, she'll eat tacos (hold the lettuce), watermelon, hotdogs, and — be amazed! — fried okra, but her repertoire is pretty

much limited to the white, off-white and yellow.

In contrast, author Katie Workman is a good mom. Of course, she worries about sodium and sugar and the rest, but she isn't a zealot about it. Even better, she has managed by hook and by crook to persuade her two picky-eater sons to expand their horizons a bit and condensed her findings into 100 recipes that are likely to tempt other picky eaters to do likewise. The recipes here are real treasures: Not only do they help you tempt a picky eater to try something new, but most of the recipes contain a so-called "Fork in the Road" in which half of the food is set aside to remain plain and appealing to the picky while half gets jazzed up for the adults (or at least those adults who eat like grownups). What godsend! I wish I had had this book 20 years ago! I would feel a lot less guilt-ridden now.

Here's to hoping that it's never too late. I persuaded my daughter to try these recipes, and she actually agreed eagerly! What better recommendation is there than that?

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### **Tracy says**

This cookbook is packed full of mouth watering, delicious pictures to make any tummy rumble waiting to be fulfilled! I need to see pictures of what the food should look like and this book delivered!

My favorite chapter was Chapter 3, 'A Handful of Snacks'. How to cook Edamame several ways, what seasoning to use on Pita Chips that you make yourself (by the way you can also use soft tortillas instead of pitas). Chapter 5 'Souped Up' was pretty awesome because I love soup and need to make it as homemade as possible so I stay away from sodium. I think I want to make every recipe in Chapter 10 'Hearty Comfort Foods' but the Sesame Noodles made me the happiest!

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### **DonnaM says**

I use this cookbook ALL the time. it is nothing fancy; just a lot of basics that work every time, and when I'm low on groceries there is always SOMETHING in this book that I can make, and everything tastes great.

it only gets four stars because the author has at least 15-20 "waste of space" recipes, like how to make grilled cheese, how to make a hole in one, or how to make scrambled eggs (DUH!). But her tuna salad sandwich recipe more than makes up for it--my kids wouldn't touch tuna with a ten foot pole until I used this recipe!

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### **Kristina says**

Great photos in this cookbook. But I didn't find many "new" recipes that I would use.

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### **Sarah Stehly says**

Our favorite recipe is "I am the best mom in the world pancakes." These pancakes are amazing. Every recipe I have tried has been a success and I love that there is a "fork in the road" so that kids options can be divided without making completely separate kids meals. I also like that there are ideas for what your kids can help

with along the way.

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## **Diane says**

Subtitled *100 Recipes Every Mom Needs in Her Back Pocket Solutions For All The Cooking-For-Two-Kids Dilemmas That Everyone Faces Every Day* (whew- that is a mouthful!), this is a well-organized book filled with solutions to moms' problems.

Every mom wants to feed her children healthy, home-cooked meals, and Workman's book can help with that often-overwhelming process. She starts with basic information, like *5 Basic Tips for Getting Your Kids to Eat More Things*, and *17 Amazing Ingredients*, olive oil and canned tomatoes among them.

Each chapter starts with a dilemma- Enough with the frozen chicken nuggets is one. Then Workman gives a number of solutions to the dilemma in the form of easy to make recipes. Some of the solutions include *Roast Chicken Several Ways*, *Lemon Chicken*, *Barbequed Chicken*, *Homemade Chicken Tenders*, and *Taco Night*.

The recipes are easy to follow, and on the right margins she includes *Cooking Tips* (don't be afraid of the broiler), *Make Ahead* (broil the chicken and make the sauce a day ahead) and *What the Kids Can Do* (let the kids juice the lemons, combine the ingredients for the sauce, shake it up, and pour over the chicken), all for *Lemon Chicken*.

Another interesting aspect of the book is what she calls *A Fork in the Road Recipe*. At the end of those recipes is a little box that gives you an alternative way to cook the dish. In the *Cheesy Chicken Enchiladas* recipe, if your kids don't like things spicy, you can cut back on the chili powder and garlic in the enchilada sauce. You can also use different baking dishes to make the enchiladas; one with enchiladas with the spicier sauce and one with the less spicy sauce.

There are so many recipes in this book that I would try, even though my kids are all grown and will eat pretty much anything. *Shrimp Risotto*, *Fork-in-the-Road Chicken Kebabs*, and *Vegetable Frittata* among them.

There are lots of photos, and Workman walks you through every recipe step-by-step. It's a terrific resource for those who are intimidated by cooking or think it's too difficult. (You can make nutritious meals for your family, even if you have picky eaters.) It also has appeal to the more experienced cook who is looking for easy, classic recipes. And at \$16.95, it is a real bargain.

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## **Angela Vonschmittou says**

Pretty good book for anyone looking for new ideas for the family. She has a pretty broad range of recipes in here. There are things that I didn't realize you needed a recipe for (eggs), but there is always a twist, an extra technique, or a funny anecdote. While there are more complicated recipes than eggs, nothing is too difficult. I really like her fork in the road tips. I've adapted it to allow for one customizable option at every meal, which makes the kids happy without making too much extra work for me.

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## Laura says

These recipes are sound, but the book wasn't really for me. Basically, it's 100 family-friendly recipes, with variations for picky eaters, etc.

The recipes are indeed all family-friendly, but if you're an experienced cook, you probably already know how to make mac-and-cheese, chocolate cake and bruschetta. Some of the things didn't really require a recipe (fruit kabobs?). And the downside of some of these is that they take long - she does highlight those recipes by telling us to make them on a Sunday or prepare in advance, but I don't know if this approach is always practical.

So, it's a good cookbook, and I am going to keep some of the recipes (mainly the fish ones) in rotation, but if you're an experienced cook or like to use your crockpot and other time-saving devices, I don't know if this is for you. On the other hand, even if you don't utilize the book a lot, it may be worth checking out of the library just to get more ideas for dinner, even if you use your own recipes.

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## Darren says

If you are not a mother (or mom, to use the American parlance) you might be forgiven for ignoring this book when browsing the mass of books in the cookery aisle at a bookstore. That could be a bit of a mistake...

Billed as a book featuring a hundred recipes that every mother would need for weekday meals, it is fair to say that the recipes could equally be suitable for everyone else too. Good, simple, tasty recipes that don't require a lot of planning. What more could you want? As per the book's branding, children and family are in focus, with information looking at family-friendly, stress-reducing matters such as fussy eaters and child-friendly food. It is not so-child-focussed to make a non-parent start to feel nauseous though!

Fresh, diverse ingredients stand to the fore here, yet this is not one of those shouty, campaigning books that soon can get on your nerves. Granted, there is a lot of interesting information and background primers concerning the healthy ingredients and how they all 'fit' - but these are easy to skip if required and go straight to the recipes. Recipes are not just split into meals, but also into various situations such as comfort food, mixed company food and (with a groan from every frustrated parent) the bake sale. Navigation is key and you can easily dip in and out of the book by chapter, by side navigation or through the excellent index.

Some books were just designed to flick through for additional inspiration. This is one of them. The pictures are practical and powerful without being showy and arty-farty. Straight-to-the-point, practical information is easily accessible, perhaps with a nod to the busy lifestyles parents (and increasingly non-parents invariably have nowadays). Everything about this book screams accessibility. You need not be a kitchen goddess or super mum. Just grab a few minutes of relative peace (or take it to the lavatory and bolt the door whilst you consult matters). Due to the information and great recipes that 'bulge' out of this book it feels like there is a lot more than a hundred recipes. Hopefully it will give you confidence to try cooking, rather than warming up pre-made food, and to encourage your children, your partner or your friends to try something new as well.

Not all "food by moms" needs to be a variant on toddler mush or child-friendly something and fries. Here your children (or any dinner guests) can eat like kings and queens and you need not feel like you've been slaving in the kitchen for all of the day. You might even start to enjoy this cooking lark! One word of advice. Some similar books are rather basic with their approach and you might start to think that this book is too fussy and impractical. Keep the faith... get this book... get cooking!

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### **Monique says**

Workman has a sense of humor and has definitely served time as a mom. The dilemmas are real-life issues and the solutions are straight forward (also easy to execute). The "fork in the road", side notes and family commentary all made me laugh out loud. Reads more like a comedy novel than a cookbook which was a plus to me. However, some of the recipes won't work for my picky eaters...I'm trying a few anyway (somebody will eat it right?). The subtitle is perfect - 100 Recipes Every Mom Needs in Her Back Pocket.

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