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### **Vegetarian Cooking for Two at Home. Can it be Fast, Frugal and Fun? You Bet!**

*Lake Wales* - Just a few short years ago, restaurants were booming and cooking at home was something one watched on TV, but rarely attempted in real life. Then something shifted. For whatever reason, people wanted to rediscover the joy of cooking.

Recognizing that need, Chef Warren Caterson wrote the award-winning cookbooks *Table for Two – The Cookbook for Couples* and *Table for Two - Back for Seconds*, and *Cooking Outside the Lines – Musings of an Extemporaneous Chef* (Winfield & Scott Press) each featuring over 235 recipes using fresh and readily available ingredients.

Join Chef Warren at the Lake Wales Public Library as shows how a vegetarian cuisine is not just for the back-to-nature crowd as he shares dozens of kitchen tips, cooking hints and humorous anecdotes about the joys and challenges of cooking for two. Chef Warren will explain why vegetarian meals can, and should be part of a healthy diet and will show you that your pantry and fridge are already stocked with the ingredients needed to prepare a host of vegetarian entrees.

Chef Warren then ends each presentation with a cooking demonstration, preparing a healthy entrée that anyone can replicate in their own home in less than 15 minutes.

Join Warren Saturday, October 13, 3:30 p.m. at the Lake Wales Public Library for *Vegetarian Cooking for Two*. This cooking program is free, but registration is requested. Visit or call the library, 678-4004, extension 221 to register.

*Vegetarian Cooking for Two* is part of the LW Public Library's Lifelong Learning program and is sponsored by the Lake Wales Library Association, Florida's Natural Growers Foundation and the Jahna Foundation.

Chef Warren Caterson is a full-time writer and chef who studied at the Southeast Institute of Culinary Arts. Chef Warren resides in Sarasota, Florida.