

last bite

→ BY JONNA GALLO WEPPLER

LAURA THEODORE Likes to Veg Out

Her popular cookbook and PBS show are both called *Jazzy Vegetarian*—a name that strikes just the right chord with **Laura Theodore**. An accomplished jazz singer, Laura found herself embracing a plant-based diet over the years, happily riffing on recipes in her New Jersey kitchen. “When I moved to the suburbs from New York City, guests often

turned up for weekends,” says Laura. “*Family Circle* helped me learn to feed a crowd. I’ve been a loyal reader since 1974!” Fruits and veggies, pitch-perfect foods in her eyes, lend themselves to scrumptious, satisfying breakfast drinks like this one.

Tune In!

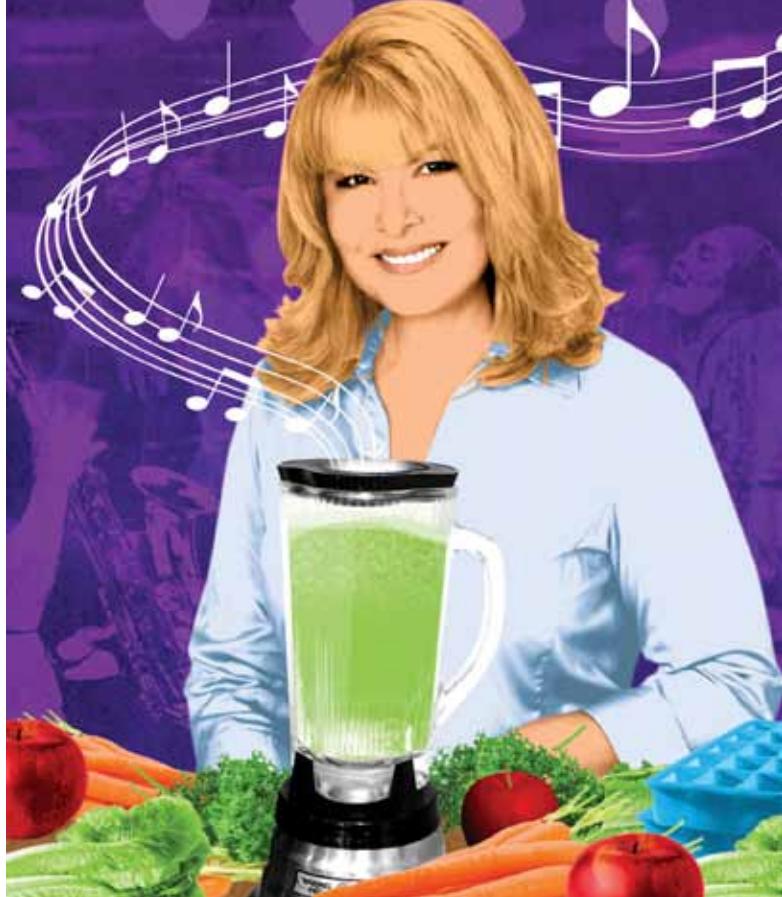
The second season of *Jazzy Vegetarian* starts July 1 on PBS stations. Check your local listings or go to pbs.org.

Happy Start Smoothie

Begin any day right with this good-for-you, gorgeously green-tinged (thanks to parsley) creation. Carrots and apples lend lots of natural sweetness. Ice cubes are optional but recommended for the frosty factor.

- 2 large carrots, peeled and cut into 2-inch pieces
- 2 apples, cored and quartered
- 3 to 4 large leaves romaine lettuce
- 1 cup filtered water
- ½ cup chopped fresh parsley
- 6 ice cubes (optional)

Place all ingredients in blender and process until smooth. Pour into glasses, preferably chilled, immediately. Serves 2 generously.



BURNING QUESTION

What do you think is the most underrated of all vegetables?

Absolutely, positively, cauliflower. It’s very low in calories but packed with nutrients, reasonably priced and readily available. People tell me constantly that cauliflower is boring, but I disagree. Florets are great in soups, casseroles, stir-fries, even smothered with tomato sauce. Or, for a terrific low-cal alternative to mashed potatoes, just steam until tender, then continue as you would normally with cooked spuds. Cauliflower definitely deserves more respect!



Laura's Motto
“Making the world a better place, one recipe at a time.”

GOES DOWN SMOOTH

Check out **10 Supercharged Smoothies**, packed with heart-healthy ingredients, on page 137.

FamilyCircle.com

For more tips and a bonus recipe, Laura’s Raspberry-Banana Green Dream, go to familycircle.com/greendream