



The **Jazzy** Vegetarian

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Jazzy-licious!

Laura Theodore, the Jazzy Vegetarian, blends a passion for vegetarian cooking with a taste for jazz

If there's a soundtrack to vegetarian cuisine, well, it's gotta be jazz, with its adventurous phrasing, spicy combos and intuitive flair. Laura Theodore, the "Jazzy Vegetarian," thinks so too, and she wants everybody to know that the mingling of her two great passions is something everyone can relate to. In fact, she's been spreading the jazzy vegetarian gospel for over 25 years now, appearing on outlets like "Good Morning America," "Phil Donahue," "America's Talking," and others.

As if being a chef and musician weren't enough, Theodore has also worn a number of other hats, including radio and television host, published healthy lifestyle author (recently published books on sustainable lifestyle choices), and award winning actor. That's what you might refer to as a recipe for success.

In fact, Theodore's weekly show, Jazzy Vegetarian Radio, focuses on accessible, healthy, and delicious recipes, eco-chic entertaining tips, celebrity interviews, and upbeat music, all served up in an entertaining format, with a bit of fun dished out on the side! Each show features interviews with an array of eco-responsible personalities, from Best Selling Authors and Grammy Award-winning Artists, to Smaller Green Business owners getting the word out about their unique and sustainable products. Jazzy Vegetarian Radio is the first of its kind to enter the arena of talk/music/lifestyle radio, by offering an entertaining format along with viable solutions for the everyday listener.

Throughout her career, Theodore has focused a great deal of her creative energies on being a recording artist. As a jazz singer and songwriter, Theodore has recorded six solo CDs, including her award winning disc, *Tonight's the Night*, and her critically acclaimed 2009 release with Joe Beck, *Golden Earrings*. She has toured throughout the country, performing at numerous major events, such as "A Night of 100 Stars," "The Fire and Ice Ball," and "The American Film Awards."

On the culinary side, Theodore began eating "green" years ago when vegetarian recipes were difficult to come by. To rectify that, like any genuine artist, she began creating her own. Her kitchen philosophy, like her approach to jazz, is to create tasty, nutritious, vegan menu choices, suffused with flavor, flair, and her vibrant personality on the side. Her exploration into the world of vegetarian cooking and green entertaining started when Theodore partnered with Marcy Baskin, author of the seminal *Hingham Grain & Spice Cookbook*. Laura also counseled with nutritionist and life extension specialist, Oz Garcia. She became intrigued with developing delicious, accessible recipes based on a diet that included vegetables, fruits, whole grains, legumes, and non-animal proteins.

The unique hybrid of entertainment Theodore has cooked up makes good sense. The two art forms, vegetarian cooking and jazz musicianship, go hand in hand, and the way Theodore goes about creating these two separate but equal arts is a thing to behold. Give Theodore's artistry a listen, a taste, a thought, and see how her recipe for the good life can work for you.

www.jazzyvegetarian.com

www.lauratheodore.com

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