Ok, so cooking was never my thing. I didn’t really know how to cook and the recipes I looked at always seemed too hard. So I pretty much stuck to making just a few easy things.

The problem was that they weren’t very healthy. Now that my daughter Jessica is 2, she’s eating more adult food and I really want to feed her healthy things. Also, I’m going to be starting school again soon, so I’ll have even less time for cooking.

So when I heard about a class for moms like me on how to make quick, healthy meals, I jumped at it. It was taught by this guy Frank who owns a bunch of Italian restaurants and even used to be a chef. He knows all the secret shortcuts for cooking.

Frank gave us lots of tips and recipes that are so easy! I went home and tried the Minestrone soup and lasagna recipes right away. I always thought these dishes would be really hard to make, but with Frank’s tips, they were so easy!

I’m really proud of myself for being able to make something that tastes so great and for being able to give my daughter healthy food.