

## **Rookie cooks can learn big-league lessons in the kitchen**

*Mom-preneurs help you combine family time with mealtime*

LOS ANGELES – Busy parents everywhere want to spend more time with their kids, but they also need to feed them. Cooking school founders Tina Faneli Moraccini and Lilian Palmieri suggest you combine quality time and cooking in their new book, *The Piccolo Chef Cookbook: Healthy Cooking With Your Kids*.

Moraccini and Palmieri worked together for 12 years at the Istituto Italiano di Cultura and have since won several awards for running Piccolo Chef, the best cooking school for children and teens in L.A. Their cookbook is crafted to be ideal for working parents and their hungry children to share together. It's the perfect way to combine prepping for dinner and spending time with the kids, all while creating food that is both delicious and healthy.

“You will not find ‘kiddie’ food in *The Piccolo Chef Cookbook*, only recipes for dishes that deserve to be presented at the table of adults,” said the authors. “Children should be invited in to share and participate in the kitchen, not kept out.”

The spirit of Piccolo Chef is that sharing responsibility for cooking teaches children so much more than just the recipe you are working on. It helps foster creativity, confidence, patience, teamwork, and more. Spending time with children cooking will provide them with important skills and lifelong awareness and appreciation of cooking and good eating.

*The Piccolo Chef Cookbook: Healthy Cooking With Your Kids* includes a foreword by celebrity chef Fabio Viviani.

For more information, please visit [www.piccolochef.com](http://www.piccolochef.com).

*The Piccolo Chef Cookbook: Healthy Cooking With Your Kids*

Tina Faneli Moraccini and Lilian Palmieri

ISBN: 978-1475978087

Retail price: \$24.95

Available on [amazon.com](http://amazon.com) and [barnesandnoble.com](http://barnesandnoble.com)

### **About the Authors**

Tina Faneli Moraccini and Lilian Palmieri have been working together for almost two decades and have developed a very special bond. As mom-preneurs with a vision to make healthy cooking attainable and fun to children of all ages and walks of life, they opened Piccolo Chef, the premier cooking school for children and teens in L.A. They believe that kitchens are magical places where the entire family will discover the power in quality ingredients and delicious recipes – all mixed together and cooked with the warmth of love.

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**\*\*FOR IMMEDIATE RELEASE\*\***

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