



Mad Hungry: Feeding Men and Boys

Lucinda Scala Quinn

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Mad Hungry: Feeding Men and Boys Lucinda Scala Quinn **Recipes and strategies for bringing back the family meal**

When first published in 2009, Lucinda Scala Quinn's *Mad Hungry* met with critical acclaim, but it wasn't just the media that fell hard for this book--it was mothers everywhere, who embraced her message to bring back the family meal and loved the ease, simplicity, and robust goodness of her recipes. The book went on to launch a TV series (*Mad Hungry with Lucinda Scala Quinn*) and now, with over 65,000 copies sold, it is available in a paperback edition that will reach a yet wider audience.

In *Mad Hungry*, Scala Quinn shares winning strategies for how to sate the seemingly insatiable, trade food for talk, and get men to manage in the kitchen. She provides recipes for single-skillet meals, dinners that yield fabulous leftovers, and dishes that are a cinch to stretch for extra guests. Her grab-and-run breakfasts will help kids start the day right, and her healthful drinks make it easier for guys to say no to soda. Along with her techniques that help make homemade meals second nature, nourishing both diner and cook, Scala Quinn offers empowering advice on how to feed one's family's spirits as well as fill their bellies.

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