

Actress/comedienne Mo'Nique is bringing good food back to the table

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New cookbook Skinny Cooks Can't Be Trusted shares fond memories and recipes

Remember the days when the entire family chipped in with making dinner? Do you remember the days before every cookbook in the world had the word 'diet' in the title?

Actress/comedienne Mo'Nique does. The Baltimore native wants the entire family to return back to the kitchen for those good old down home family meals.

In her latest book, *Skinny Cooks Can't Be Trusted*, Mo'Nique reminisces on her fondest memories of cooking with family and friends and shares her favorite recipes with the world.

"There is a co-author that writes with me, her name is Sherri McCovey, and I give that sister the credit. We sit down and I tell her my story and she turns it into a book. All the times when people were giving me praises that *Skinny Women are Evil* was great and you were wonderful, I had someone else who did that with me. That sister is brilliant," says Mo'Nique.

Mo'Nique says her stories in the book are relatable. "When people get the cookbook and they read those stories, they can take my name out and put their name in. This is a very feel good real cookbook. I wanted to tell people my stories 'like this was happening when this happened,' it is like come on and go on this ride with me. Let me just share my recipes and my thoughts," she says.

Mo'Nique feels in today's time, the family has gotten away from sitting down at the table and having dinner together. "We got away from that. We got so far removed from the family sitting down at the table and everybody helping out in the kitchen. That is what this cookbook is about, it is about the family and your friends," explains Mo'Nique.

"The story about Yvette's card party, that was so much fun. We all got together and the food was delicious. Nobody was worried about counting calories. At the card party, we were like put some more of that on my plate," laughed Mo'Nique.

Mo'Nique is currently working on what she calls a 'tween book.' I am really excited about that. I can remember as a little girl, I used to like Judy Bloom. There was a book *Are You There God? It's Me, Margaret* and that book helped me so much. It talked about your periods, about getting breast, a coming of age book. I have never seen anything like it again. That is what we are writing now," she said.

With the titles *Skinny Women are Evil* and *Skinny Cooks Can't Be Trusted*, I wondered was there a running theme against skinny women.

"*Skinny Women are Evil* was a joke that I did in the "Queens of Comedy". With *Skinny Cooks Can't Be Trusted* actually, the publisher came up with the title. We were trying to come up with a title in my kitchen and I have a little costar, and there is a woman on there holding a rolling pin and it said *skinny cooks can't be trusted*. And the publisher said that that is the name of the cookbook," explained Mo'Nique.

Not to be outdone in the kitchen, Mo'Nique still finds time to throw down. She mentioned that she had some ox tails in a crock-pot that were on the stove during the interview. "I love to cook when I can."

When her book comes out in November, Mo'Nique says she wants people to enjoy the book and return to cooking good, tasty food for the whole family to enjoy.

"I want people to know that it is okay to eat good food. It is okay to enjoy what you want to enjoy. I hope people go back into the kitchen with the family. I hope friends get back together and go into the kitchen. Enjoy the stories and have fun reading, because it is a good read," says Mo'Nique.

Mo'Nique will appear at Security Mall, Tuesday, Nov. 7, at 6:30 p.m. for a book signing sponsored by Karibu Books. Security Square Mall is located at 6901 Security Blvd., Exit 17 W., Woodlawn, Md. For more information call 410-265-6000 or visit www.securitysquare.com.