

Galion woman offers apron-free cooking tips

Kimberly Gasuras, kgasuras@bucyrustelegraphforum.com 6:36 a.m. EST December 8, 2014



(Photo: Mitchell Pe Masilun/Telegraph-Forum)

BUCYRUS – During the 10 years Noel Lizotte was raising two kids, working full time and attending college full time as a single mom, she used her creativity to save time and money.

Lizotte, who is now remarried, has parlayed her recipes and cost-cutting tips into a blog, a weekly newspaper column and a cookbook, "Apron Free Cooking."

"My husband suggested that I start a blog to share my recipes and tips with others, so I did, and that turned into a weekly column for The Galion Inquirer. My husband then said I should write a cookbook, so I did," Lizotte said during a presentation Saturday at the Bucyrus Public Library.

Lizotte, who works full time at the Bucyrus Community Hospital, said her recipes are simple and do not require fancy ingredients.

"The ingredients are items you can buy at your local grocery or dollar store," Lizotte said. "I provide recipes and tips that are convenient for busy parents with kids in many activities so they can still provide nutritional meals for their families that are inexpensive and much healthier than eating fast-food."

Lizotte demonstrated her two-ingredient pumpkin cake for several people at the library.

Diane Sand and her friend, Heather Hiler, were two of the busy women who came to the presentation to learn new ways of saving money and time while still providing nutritional meals for their families.

"We saw the information about the presentation on the library's Facebook page and were interested in the tips and recipes she has to offer," Sand said.

Hiler said life is busy with work and kids with all the activities.

"Life gets busy, so I think these tips and recipes will help save time," Hiler said.

Barbara Schiefer said she likes cookbooks.

"It sounds like the recipes will be easy cooking, and I like that," Schiefer said.

Brenda Crider, interim director of the library, said she went to a meeting with representatives from libraries around the area a few months ago.

"I was with people from Willard, Tiffin, Upper Sandusky and they all had Noel do presentations at their libraries. She is from Galion and works in Bucyrus, so we definitely wanted to have her do a presentation here," Crider said.

Lizotte, who is now a grandmother to one, also has a store on Etsy.com.

"I sell vintage books such as medical books, textbooks, fiction and children's books," Lizotte said.

kgasuras@nncogannett.com (<mailto:kgasuras@nncogannett.com>)

419-563-9213

Twitter: @kimberlygasuras

Learn More

For more information on "Apron Free Cooking," visit www.apronfreecooking.com (<http://www.apronfreecooking.com/>) or www.facebook.com/ApronFreeCooking (<https://www.facebook.com/ApronFreeCooking>).

Read or Share this story: <http://ohne.ws/1A6G4f9>

Get \$400 for opening a Business Checking account with qualifying activities.

us.

