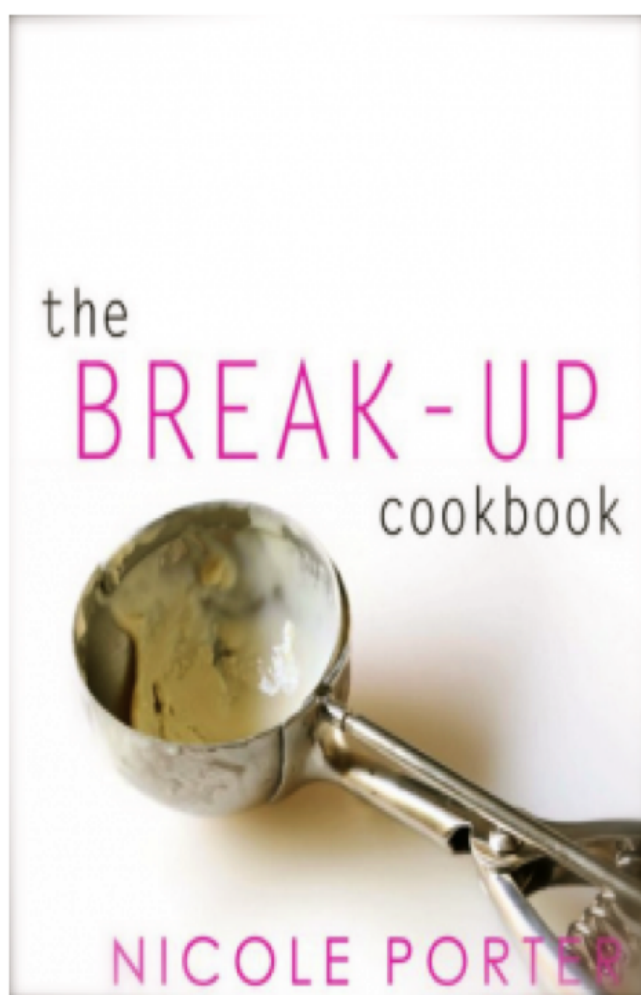


Nicole Porter Discusses 'The Break-Up Cookbook'



By Vicky Sullivan

In honor of National Singles Week, Cupid interviewed Nicole

Porter, the self-published author of *The Break-Up Cookbook*. This witty collection of recipes, stories, and quotes, is a must-read for singles everywhere. Though it is said that the way to a man's heart is through his stomach, the way to a woman's broken heart seems to have always been through the same vital organ. Being from Minnesota where the temperature can hit 40 degrees below 0, comfort food is in Porter's blood. Don't be fooled, however, because this book puts the "party" back into the phrase "pity party." In spite of dealing with issues such as the tragedy of a broken heart, *The Break-Up Cookbook* is nothing, but funny and optimistic.

Though Porter will never lose faith in love, she celebrates singles everywhere by recognizing their many achievements. "Now is the time to recognize what you wouldn't have done if you were busy worrying about someone else. For example, when I broke up with a guy a while back, I finally had the time to take salsa lessons. So I did. I ended up meeting the next guy there." Porter also suggests that singles take action by never waiting around for the next person to find them. "Everyday you have four missed opportunities. Try to take at least one of them. If you see a cute guy on the subway, go for it. What do you have lose? You will probably never even see him again," advises Porter. Be sure to pick up a copy of *The Break-Up Cookbook* as soon as possible because this is something every woman should have either on her nightstand or in her kitchen.

Cupid's Advice:

Sometimes it's hard to get back on your feet after a brutal break-up, but Cupid caught up with Nicole Porter to get some advice. See what the author had to say:

After a break-up, what is the best chick flick to watch while eating your fabulous recipes?

300 because you realize your boyfriend never had abs like

that. So why were you with him in the first place? It's even great with the sound off.

Why do you think the way to a woman's broken heart is through her stomach?

Girls always want to eat and talk, but I have never had a girlfriend want to come over [after a break-up] for a salad. If it's chocolate cake, then they will be over in 10.

What are you looking for in a man?

A guy who can make me laugh. Looks fade and money goes away, but the guy who can make me giggle is the one to look for.

What break-up occasions go best with sweet treats? What about salty?

The ones where you throw things – sweet. The ones where you cry – salty. If it's both, I recommend caramel corn.

What is your personal favorite break-up recipe?

It's a toss up between Lip Smack'n Mac n' Cheese and Flourless Chocolate Cake. I try to do just one or the other, but if it's really that kind of night, it's both. Invite friends. It's fewer calories that way.

What would you say is the secret to a successful relationship?

Something that is honest. You are only going to find that one person you are supposed to be with. The others just show you who you are, and it's with the last person that you can truly be yourself.

Where is the best place to meet men?

The grocery store, because there you can really tell if a guy is single or not. If he is buying meat, potatoes, and beer, he is single. If it's yogurt and chicken cutlets, he is taken.