

Austin Hanson, who inspired Friends for Good to publish the Green Beans and Guacamole cookbook, and local Chef Robert Del Grande

Photo by Julie Soefer



Scallops and crawfish from Bistro Alex

Photo by Debora Small



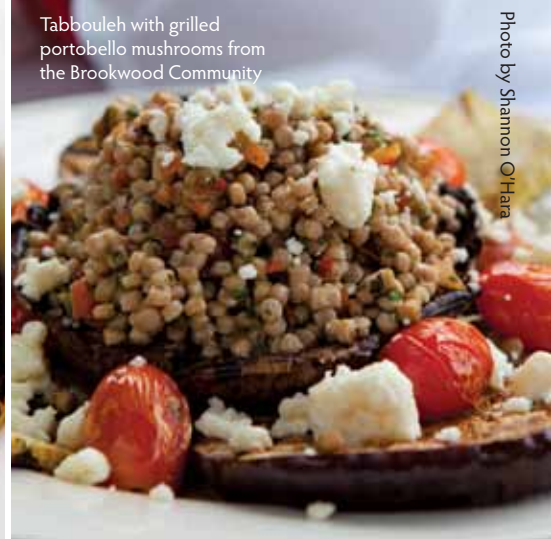
Bhindi masala from Kiran's

Photo by Debora Small



Tabbouleh with grilled portobello mushrooms from the Brookwood Community

Photo by Shannon O'Hara



Green Beans & Guacamole

Katy friends create a cookbook benefiting the Arc of Katy

Written by Kelly Isenberger

Four friends, great food, and a good cause is a recipe for a grand project. Friends for Good members and Katy residents Belinda Hillhouse, Laurie McNay, Maria Glymph, and Shelly deZevallos recently teamed up to create the cookbook *Green Beans and Guacamole*, with recipes from 50 Houston restaurants and lots of local stories and photos. The book also benefits an organization close to Hillhouse's heart: the Arc of Katy, which helps connect and support children and adults with intellectual and developmental disabilities.

Caring for Katy Kids and Adults

Belinda Hillhouse first experienced the care that the Arc has to offer when her son Austin was born with Down syndrome. Austin, now 25 and a grocery sacker at Brookshire Brothers, received physical, speech, and occupational therapy through the Arc of Houston. He now attends many socials and is greatly involved with the Arc of Katy. "They taught us how to help him, from teaching him how to hold his head up to holding a Cheerio," shares Belinda. "The Arc has been huge in making him as strong of a person as he is today."

Mike Lattal, president of the Arc of Katy, explains, "Most of our clients are adults, who once [they] leave high school, need an outlet to stay productive." With many programs and social opportunities available through the Arc, children and adults can find the perfect way to stay involved in the community.

Many Arc members have worked with Katy Christian Ministries, at City of Katy offices, or at local restaurants and grocery stores. They can also attend day camp, where they receive lessons in life skills, music, art, and physical exercise. "Our vision is to continue growing," shares Lattal. "We'd love to assist more clients, especially those with physical challenges, as well."

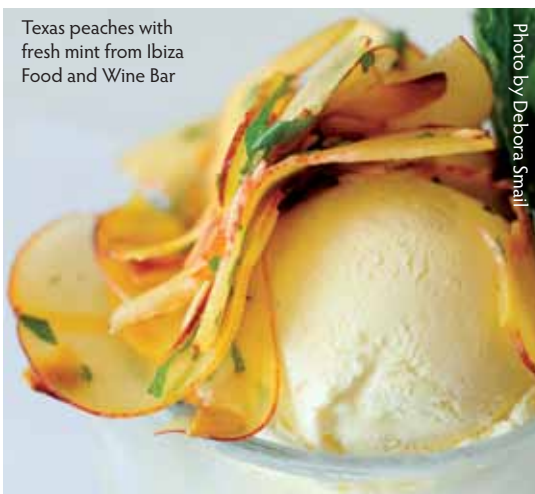
Local Recipes with Heart

Belinda Hillhouse and her son Austin would also love to see the Arc of Katy grow. With her son as her inspiration and Belinda's friends' love of great food, they set out on a project that has taken two years to complete. Friends of Good members enlisted some of the area's top food photographers to capture images of several different dishes. Each recipe is also paired with a story about local well-known restaurants like Sorrento's, Tony's, Mockingbird Bistro, and Ray's.



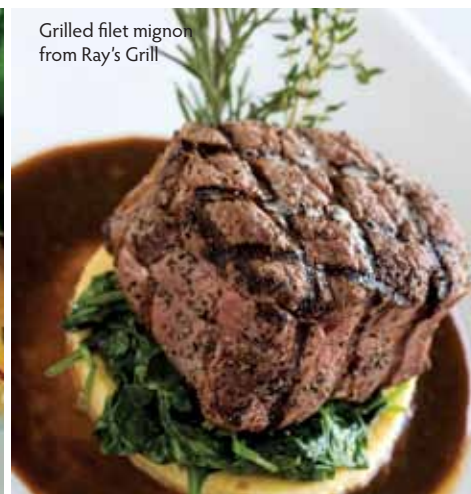
Osso buco from
Ristorante Cavour

Photo by Shannon O'Hara



Texas peaches with
fresh mint from Ibiza
Food and Wine Bar

Photo by Debora Small



Grilled filet mignon
from Ray's Grill

Photo by Shannon O'Hara



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About Green Beans and Guacamole

Each coffee table style cookbook costs \$49.95, with proceeds going to the Arc of Katy.

Visit greenbeansandguacamole.com to order a copy online or pick up a copy at *The Houstonian* or the *West Houston Airport*.

Photo by Julie Soefer



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The team has tested each and every recipe. Hillhouse explains, "We cooked every recipe in the book. We tested it and if we had a question, we went back to the chef." They also had two fundraisers leading up to the project, so that all funds raised by the book would go directly to the Arc of Katy. The *Green Beans and Guacamole* creators are currently planning several promotional and launch events with many of the chefs in the book scheduled to attend.

A Favorite Family Memory

The title of the book comes from one of Hillhouse's favorite memories of when her son Austin decided to throw her a surprise birthday party. Austin did all the planning himself. He ordered flowers, balloons, and a cake, invited friends, and asked his grandmother to provide the food. His grandmother asked him what he wanted her to bring, and he replied, "Mom's favorites: green beans and guacamole." KM

KELLY ISENBERGER is a Katy mom of two and looks forward to having her own copy of Green Beans and Guacamole.

To learn more about the Arc of Katy, visit
thearcofkaty.org



Hanson and Chef Del Grande prepare one of the cookbook's many tasty dishes

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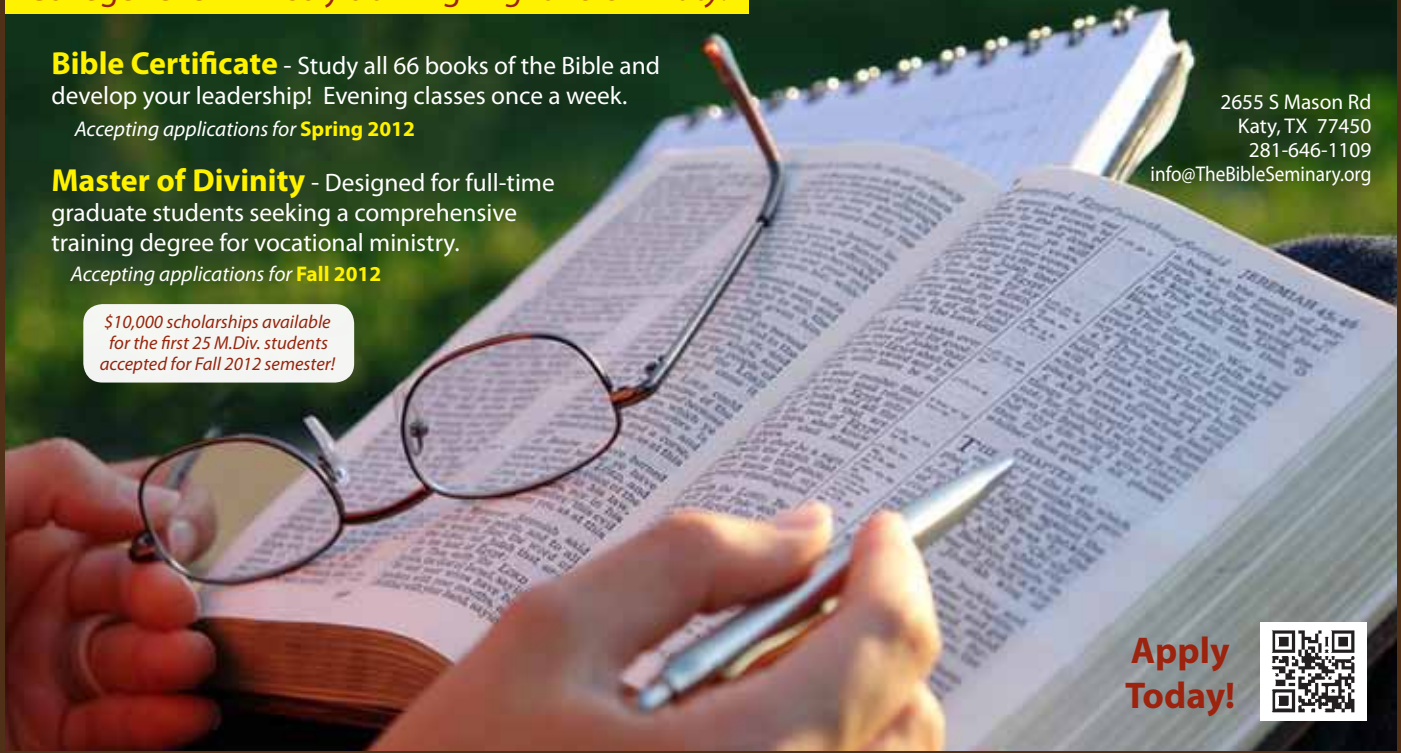
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