

healthy taste of home cooking

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Contact: Heidi Frank | *Taste of Home* | heidi_frank@rd.com | 414-423-3112



EMBRACE AUTUMN WITH A *HEALTHY COOKING* ISSUE DEVOTED TO FALL HOLIDAYS AND SEASONAL COOKING

October/November issue features health-conscious Thanksgiving celebrations, slow cooker delights, hardworking seasonal recipes and so much more

September 21, 2011, Greendale, Wis.—The October/November issue of *Healthy Cooking*, from the *Taste of Home* brand, celebrates the abundance of the harvest season and encourages readers to revisit their fall and Thanksgiving traditions by offering more healthful and delicious suggestions. The issue is loaded with nourishing, heartwarming recipes and tips shared by *Healthy Cooking* readers (as well as the *Healthy Cooking* Test Kitchen staff) perfect for welcoming in fall.

Thanksgiving Celebrations

Easy as PIES! — For healthful bakers, this Thanksgiving pie guide offers heirloom recipes from *Healthy Cooking* readers that will satisfy anyone gathered around the table. And the best part is, they each weigh in at about 300 calories (or less!) per piece. Caramel Custard Pie, Best-Ever Sweet Potato Pie or Pineapple Apple Pie will give a sweet ending to your Thanksgiving meal—or any other fall festivity, for that matter. (p.21)

Sidetracked! — Move over, turkey. The *Healthy Cooking* Test Kitchen team took on some of the most beloved Thanksgiving side dishes to create fantastic slimmed-down recipes to add to your holiday fare. Get ready for Makeover Sausage Pecan Stuffing, Makeover Streusel-Topped Sweet Potatoes and Makeover Spinach and Artichoke Casserole. (p. 26)

Turkey: Take Two — Turkey is a great source of lean protein—a benefit that's offset by adding leftover turkey to cream- and sodium-laden soups. These heart-smart and heartwarming soups provide the best solutions for all those leftovers. The *Healthy Cooking* team is almost as excited for the day after Thanksgiving as the big day itself, because we'll have Butternut Turkey Soup simmering in our kitchens. (p.60)

Nice...and Slow (p.30)

Healthy Cooking readers (and home chefs everywhere) say coming home to a kitchen filled with the aroma of dinner simmering in the slow cooker is something they look forward to each autumn. This slow cooker recipe contest and accompanying guide showcase the best dishes readers can dish up, from Hungarian Goulash to a lighter version of Cuban-Style Pork Sandwiches to decadent Chocolate-Covered Cherry Pudding Cake.

Triple Play (p.36)

Today's home cooks want more for less when it comes to cooking and baking. This story, featuring three delicious dishes from a single hardworking recipe, is the perfect solution. Step-by-step directions show readers how a Curried Chicken and Rice Tartlets appetizer can be served as Curried Chicken and Rice Bundles for a show-stopping dinner party entree. They'll also learn how to transform Multi-Grain Cinnamon Rolls into the gorgeous Cinnamon Pull-Apart Loaf featured on the issue's cover.

Fall — Back to our Roots (p.43 & p. 56)

They're often overlooked, but root crops are powerhouses of nutrition and flavor. The Fall Fresh story (p. 43) traces the historical roots and nutritional clout of beets, parsnips, rutabagas and turnips, with delectable suggestions for using them. Parsnips are abundant during the fall harvest, so readers can add Agave Roasted Parsnips as a seasonal menu item. This issue of *Healthy Cooking* also features the beloved potato. Did you know Americans consume about 140 pounds of potatoes per person each year? This guide to cleaning, prepping, storing and, most importantly, cooking potatoes will help readers see the modest spud in a whole new way.

About Healthy Cooking & Taste of Home

Healthy Cooking is a bimonthly publication with a rate base of 625,000 from the editors at Taste of Home. The leading multi-platform producer of information on food, cooking and entertaining, Taste of Home serves home cooks engaging media that capture the joy and comfort received from food made with love. Taste of Home publishes three magazines (the flagship *Taste of Home*—America's largest food and entertaining magazine, with a circulation of 3.2 million—*Healthy Cooking* and *Simple & Delicious*); top-selling bookazines; newsstand specials; and popular cookbooks. *Tasteofhome.com* is a top destination for engaging audiences with kitchen-tested recipes, how-to techniques, cooking videos and lively community forums. Taste of Home is part of The Reader's Digest Association, Inc. Learn more at tasteofhome.com. Like *Healthy Cooking* on [Facebook](#) and follow *Taste of Home* on [Twitter](#).

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