

# healthy taste of home cooking

## FOR IMMEDIATE RELEASE

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END SUMMER ON A HEALTHFUL NOTE WITH A *HEALTHY COOKING* ISSUE DEVOTED TO TIMELY, NUTRITIOUS AND SEASONAL EATING—AND LIVING

***August/September issue celebrates the remainder of summer with new recipes and guides to achieving better sleep and incorporating essential nutrients into reader's diets***

On newsstands August 2011. Greendale, Wis. – The August/September 2011 issue of *Taste of Home Healthy Cooking* introduces great new recipes, submitted by home cooks across the country, designed to help get the most out of the season. Also look for novel (yet practical) guides to adopting habits that will make an enormous difference in readers' health and well-being this summer and beyond.

### **Summer's Not Over (Yet)! Enjoy the Remainder of the Season**

**Block Party Perfect** – Stage a final summer fling for neighbors, friends and family with the perfect finger food, such as Spiced Chips and Roasted Tomatillo Salsa; a drop-dead-gorgeous Zucchini Chocolate Cake with Orange Glaze; and fabulous entrees and lightened-up cocktail options, all in our Block Party guide (p.18).

**Super Suppers** – Get dinner on the table (and get outside) with this fresh slate of speedy, yummy and healthy dinner options that will allow your family to enjoy the last golden hours of summer (p.48). The Tuscan Chicken recipe featured on the cover, an Heirloom Tomato Tart and our Chicken with Berry Wine Sauce make the most of this summer's fresh produce and your garden's bumper crops.

**Salad Days** – The *Healthy Cooking* team handpicked four classic summer salads to make over for those of us counting our calories as the warmer months wrap up. Check out the all-new takes on Loaded Baked Potato Salad, Italian Pasta Salad and Creamy Coleslaw to see how our test kitchen cut the fat while maintaining the flavors of these classics that everyone loves (p.24).

### **That's Amore! (p.30)**

Italian food is not typically synonymous with healthy dining; it conjures up images of carb-laden meals and cured meats. This section provides a bounty of lightened-up Italian recipes, courtesy of *Healthy Cooking* home cooks, that still capture all the flavor of the old country, like Four-Cheese Baked Penne, Apple Tarragon Granita and an award-winning Turkey Meatballs and Sauce.

### **5 Nutrients You Need (But Aren't Getting) (p.36)**

According to a recent study in the *American Journal of Clinical Nutrition*, many people on popular diet plans are not getting enough crucial vitamins and minerals, losing sight of the big picture of their health as they cut calories. This feature offers tips and recipes to incorporate five essential nutrients—thiamin, potassium, folate, magnesium and vitamin E—into readers' diets in a delicious way.

### **Good Night (p.45)**

Countless nights without proper rest can lead to innumerable health risks, and according to The National Sleep Foundation, this problem is plaguing adults across the country. This invaluable guide provides tips and advice from sleep experts to help readers achieve the perfect night's rest they long for. New insights such as sleep-inducing snacks, recommended evening activities and improving aesthetics of the bedroom help steer readers toward a more restful sleep.

### **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](http://tasteofhome.com). Like *Healthy Cooking* on [Facebook](#) and follow *Taste of Home* on [Twitter](#).

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