

healthy • taste of home cooking

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You GO, Grill!

**HEAT IT UP &
CHILL OUT WITH
*HEALTHY COOKING***

Kick off summer with our best ice cream makeovers, berry prizewinning recipes, super suppers, and more!

On newsstands June 2011—Greendale, WI: Sizzling hot and fresh and frosty and everything in between. That's what the 215 recipes and tips in the July 2011 issue of *Taste of Home Healthy Cooking* offer. Plus, we offer advice for the ultimate challenge this summer: Getting your kids to try healthier new foods without turning the dinner table into a battleground.

Good to Grow: Dining, Not Whining (page 16)

Most parents know getting kids to eat well can be a challenge, especially when it comes to healthy new foods. From being a role model to taking the shopping, this issue offers ideas from the *Healthy Cooking* staff, field editors, and Facebook fans that will help get children – and their parents! – over their fear and try that first bite and beyond!

Fresh and Frosty Makeover Treats (page 24)

There's nothing like a good frozen treat for dessert on a hot summer night. The one thing we can all do without? All the fat and calories that hand in hand with those decadent treats. Just in time for summer, the *Healthy Cooking* Test Kitchen shares ice cream recipes you'll never believe are "lightened up." Makeover Strawberry Cheesecake Ice Cream has just a fraction of the fat and fewer calories than the original, but keeps its rich and velvety texture. Makeover Frozen Grasshopper Torte takes a classic refreshing combo of mint and chocolate and slashes almost half the calories and two-thirds the fat, but still tastes as good as the original.

All-Summer Salads (page 40)

In need of some cool dishes for those sweltering hot summer days? *Healthy Cooking* has you covered with 22 fresh, crisp, mix-and-match recipes (dressing too!) that taste so fantastic your salad bowl will be full all summer long. Toss an Asian Chicken Pasta Salad, Artichoke Arugula Salad, or Feta Romaine Salad for a refreshing meal that will satisfy anyone's taste buds.

Berry Nice: Contest Winning Recipes (page 30)

So Berry Delicious: check out the fresh-packed recipes this contest had to offer, especially Chipotle Salmon with Strawberry Mango Salsa from Naylet Larochelle of Miami, which nabbed first place for its combination of sweet and spicy flavors. All these and more add bursts of color and flavor to any dish.

Milk For All It's Worth (page 37)

June May be National Dairy Month, but drinking milk year-round is a healthy habit for kids and adults. Not into milking it? Try a Ginger-Peach Milkshake on page 28 to reap the nutritious benefits. Plus, celebrate Father's Day and Men's Health Month by serving ten foods every dad in your life needs, like Grilled Salmon Packets (page 46) which offers a health does of Omega-3s in each serving.

Summer Light, Family Simple (page 50)

Summer is about embracing easy living and being able to enjoy warm summer hours with family and friends. Create a quick and simple super supper for your family with recipes that take 30 minutes or less – a delicious meal that you can enjoy together. For a new twist on summer staples like hamburger, try the Open-Faced Fennel Turkey Burgers. Lean ground turkey not only cuts the calories, but is full of mouthwatering flavor. These patties, mixed with onion, green pepper, tomatoes and fennel, provide a vegetable packed alternative to your everyday grilling menu.

Guess Who's Coming To Dinner?(page 61)

With more and more people turning to vegan and vegetarian diets, it's nice to be able to accommodate these friends or family members with animal product free options. These recipes provide meatless alternatives that even your omnivore guests will want to devour. Vegan Chocolate Chip Cookies make a delectable dessert as they are made with applesauce and vanilla soy milk instead of eggs, butter and milk. Loaded with nuts and dairy-free chocolate chips, nobody will be able to tell that these ooey-goey cookies are health conscious, vegetarian and vegan friendly.

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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, serving 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 cooking 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 Lifestyle Communities group within RDA (The Reader's Digest Association, Inc.). More information can be found at <http://www.tasteofhome.com>.

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