

healthy tasteofhome COOKING

FOR IMMEDIATE RELEASE

Contact: Rebecca Silver | *Taste of Home* | rsilver@kruppnyc.com | 212-886-6705



All Flavor. No guilt.

GET FRESH WITH HEALTHY COOKING

Taste the season's best in takeout and brunch makeovers, veggie prizewinners, great ideas for "upgrading" your meals, and more

On newsstands April 2011—Greendale, WI: 'Tis the season to get fresh with your family and friends, your boss... even your mom! With perfect produce about to arrive nationwide from gardens and nearby farms, springtime is go time for homegrown and healthy. It's also the perfect season to freshen up some favorite meals with tasty and healthful makeovers and add some nutrition to any meal you choose. The May 2011 issue of *Taste of Home Healthy Cooking* has recipes for all this and more.

Magnificent Test Kitchen Makeovers for Brunch, Takeout, and Beyond

Two things we love: Asian takeout and brunch featuring a warm coffee cake and hash browns. Two things we hate: all the fat and extra calories that come with those dishes. Can these meals be saved? Yes!

- In "Better Than Takeout" (p 18), the *Healthy Cooking* test kitchen serves up super-easy and filling recipes for Chicken Chow Mein and Grilled Sirloin Teriyaki – each prepared in less time than it takes for delivery and healthier and lower in fat than anything in those takeout containers.
- In "Brunch Is Served" (p 22), we dish out five made-over morning-meal favorites including Overnight French Toast and Farm Girl Breakfast Casserole that are good enough for Mother's Day. Makeover Maple Coffee Cake cuts half the fat and downsizes sugar and margarine without sacrificing a drop of maple drizzle or a crumb of flavor. Makeover Hash Brown Casserole takes an original dish that went straight to the hips and eliminates almost half the calories and more than half the fat, saturated fat, and sodium but none of the classic taste.

Plus, check out our meaty morning-to-night weight loss plan recipes like Skillet Beef Stroganoff from *The Comfort Food Diet Cookbook: Family Classics Collection*.

Simple Ways to Upgrade Your Eats (page 44)

You don't need a new recipe for breakfast, lunch, and dinner to make good meals better in nutrition. *Healthy Cooking* upgrades your eats with simple good/better/best

comparisons and suggestions. For example, at breakfast, switch the fried eggs and bacon for a veggie omelet and Canadian bacon. For dinner, swap in whole-wheat pasta and add some mushrooms, zucchini, and squash to the meat sauce. Dessert? Ditch the cake and get outside and grill some pineapple with toasted coconut and macadamia nuts. Every little step ups the nutrition, adds some seasonal produce, slashes calories and fat, and keeps the meal simple and delicious.

Go Green with our Prizewinning Favorites (page 32)

Green veggies are high in fiber, vitamins, minerals, and disease-fighting antioxidants – get thee to a farmer’s market or join a local community-supported agriculture farm! Then dish those veggies up in our prizewinning recipes that are seasonal, nutritional, and delicious like Fiery Stuffed Poblanos, Chipotle Pea Spread, Zucchini Enchiladas, and our grand prize winner: Pesto Veggie Pizza from Dana Dirks of San Diego, CA.

Of course, there’s so much more. The bunny himself would love the Strawberry Spinach Salad (page 16). Kids can not only get ready to make pizza but also learn to grow the ingredients in “Plant a Pizza” (page 64). And on page 42, “6 Steps to a Longer Life” has ingredients for adding years and health to your life span at any age. Put a spring in your step with all this and all the recipes and reliable, smart, and do-able advice for adding exercise, nutrition, and controlling portions in the May 2011 issue of *Healthy Cooking*.

A FRESH TAKE ON SPRING FAVORITES AT TASTEOFHOME.COM

Italian Garden Frittata, Lemon Crumb Cake, and much much more. Put a healthy spring in your step at <http://tasteofhome.com/springrecipes>.

###

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>.

Find all Taste of Home press releases, media facts, web widgets and more:

<http://www.tasteofhome.com/Press-Room>