



## ***Guilt-Free Weeknight Favorites Cookbook No. 1 in Trade Paperbacks***

The word is out! Everyone loves our newest cookbook. The Mr. Food Test Kitchen's latest cookbook, *Guilt-Free Weeknight Favorites*, has topped the *Publishers Weekly* Bestseller List in trade paperbacks this week. As this proves, good food is always trending. However, this cookbook, done in collaboration with the American Diabetes Association, takes things one step further by guiding readers to create diabetic friendly recipes. Plus, there are a few surprise options they would never expect to find in a "healthy" cookbook.

As the ADA's best-selling author of 2014, the Mr. Food Test Kitchen knows healthy meals don't have to taste healthy. Everything from the Parmesan-Crusted Chicken and Simple Southern Sliders to the Veggie White Lasagna and Chocolate Chip Cheesecake Cupcakes in this book can be part of a diabetic friendly diet. Readers everywhere are discovering that these recipes are so good that they can be enjoyed by everyone—whether they're sugar sensitive or not.

"We're thrilled to be at the top of the bestseller list in trade paperbacks," says Howard Rosenthal, COO and on-air talent for the Mr. Food Test Kitchen. "It was a team effort, and we're grateful to all our readers for their support."

"It's wonderful to have such a loyal following," says Steve Ginsburg, CEO of the Mr. Food Test Kitchen. "Being able to continue my dad, Art Ginsburg's, legacy and grow in popularity is such a privilege."

### **GUILT-FREE WEEKNIGHT FAVORITES**

***More than 150 New, Healthy, and Diabetes Friendly Recipes by The Mr. Food Test Kitchen***

*foreword by Ryan Reed, NASCAR Driver and American Diabetes Association Spokesperson*

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\$19.95 US / \$24.99 CAN

Original Trade Paperback

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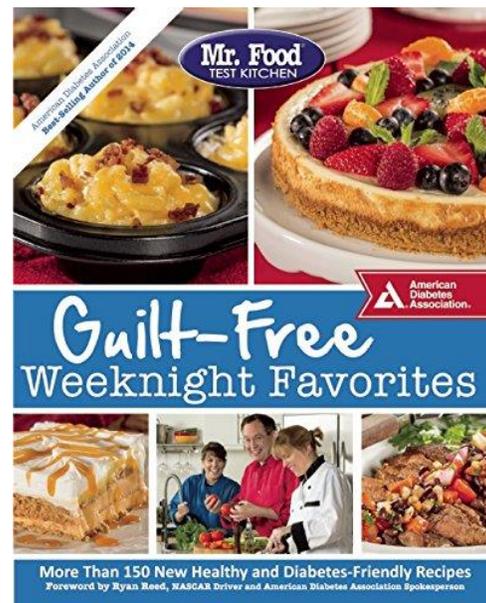
**Recipes and photos available upon request.**

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### **About the American Diabetes Association:**

The ADA leads the fight against the deadly consequences of diabetes and fights for those affected by diabetes. It funds research to prevent, cure and manage diabetes. It also delivers services to hundreds of communities and provides objective and credible information. The ADA gives voice to those denied their rights because of diabetes.

**About Mr. Food Test Kitchen:**

The Mr. Food Test Kitchen is an established, diversified, media brand that has championed the benefits of quick and easy cooking at home for more than 30 years. Today, the Mr. Food Test Kitchen TV segment is nationally syndicated through CBS Television Distribution, boasting a daily audience of millions of viewers between broadcast and TV digital platforms. Through its publishing division, Cogan, Inc., the Mr. Food Test Kitchen has sold millions of books, making it one of the nation's most successful cookbook authors. In addition to print and video, the Mr. Food Test Kitchen has MrFood.com, one of the country's fastest growing recipe websites with millions of page views weekly and more than 1.8 million unique visitors monthly. ([www.mrfood.com](http://www.mrfood.com))