



Mr. Food Test Kitchen Launches *Guilt-Free Weeknight Favorites* Cookbook

Following the success of *Hello Taste, Goodbye Guilt*, the best-selling cookbook published with the American Diabetes Association in 2014, the Mr. Food Test Kitchen is churning out another mouth-watering collection of recipes in conjunction with the ADA. Not surprisingly, it's already on track to surpass last year's sales due to the incredible feedback received through social media and word-of-mouth recommendations. This latest cookbook, *Guilt-Free Weeknight Favorites*, follows the same principles of creating diabetic friendly recipes and promises to surprise readers with options they would never expect to find.

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. They are so good that they can be enjoyed by everyone—and no one has to know that they are good for you, whether you're sugar sensitive or not.

The twist this time around: the recipes are even more weeknight friendly than ever to get readers in and out of the kitchen fast. There are more than 150 recipes that range from soups and salads, to main dishes, including breakfasts that are worthy to make for dinner. Of course, the Mr. Food Test Kitchen didn't forget about dessert. (They never do.) In this book they prove that there is time for dessert on a weeknight—and it can be guilt-free.

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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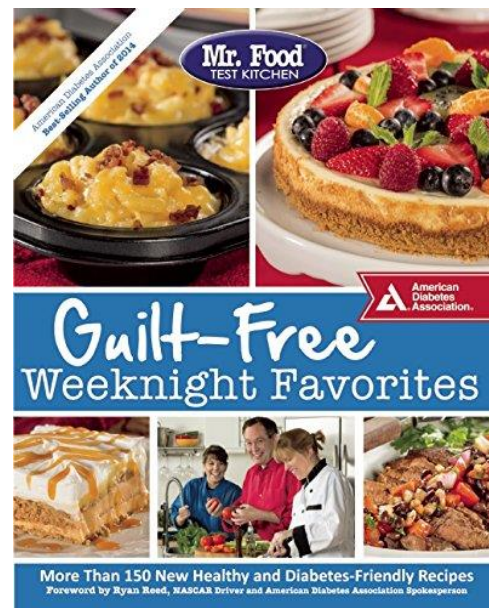
Recipes and photos available upon request.

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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 million viewers between broadcast and TV digital platforms. Through its publishing division, Cogen, 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)