



International Favorites eCookbook Available Free on MrFood.com

FOR IMMEDIATE RELEASE

Fort Lauderdale, FL (April 21, 2014) — Travel around the world without ever leaving home with the Mr. Food Test Kitchen's latest free eCookbook, [*International Favorites: 6 Menus from Around the World*](#), its latest free eCookbook, sponsored by the [National Frozen & Refrigerated Foods Association, Inc.](#) Featuring cuisines from around the world, including Mexico, Germany, Italy, Greece, and more, this free eCookbook uses the convenience of frozen and refrigerated foods to recreate beloved favorites at home.

[According to the Bureau of Labor Statistics](#), the average consumer spends nearly \$1,400 every year on travel and around \$300 alone on food and beverages while traveling. Fine dining while abroad does not come cheap. The Mr. Food Test Kitchen's latest eCookbook allows consumers to make their favorite fancy international dishes right at home, so no one needs to miss out on this enjoyable aspect of travel. It's like taking a worldwide vacation without all that extra expense!

The [*International Favorites*](#) eCookbook is filled with convenient, quick 'n' easy dishes for any occasion. Some of the recipes included in this eCookbook collection are: **Easy Buffalo Chicken Dip** (page 3), **Creamy Crab Wontons** (page 7), **German Pancakes** (page 12), **Chicken and Feta Braid** (page 18), **Cassata Cake** (page 27), **Taco Ring** (page 29), and more! No matter what language you speak, you can bet they'll all be saying, "OOH IT'S SO GOOD!!"®

Download the free [*International Favorites*](#) eCookbook today!

<http://www.mrfood.com/Menus/International-Favorites-Menus-Around-World-Free-eCookbook>

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Recipes and photos available upon request.

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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 nearly 3.5 million viewers between broadcast and TV digital platforms. Through its publishing division, Cogin, 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)