



## *Spring Veggie Fever* eCookbook Available Free on MrFood.com

### FOR IMMEDIATE RELEASE

**Fort Lauderdale, FL (April 4, 2014)** — Fresh produce is something everyone looks forward to, especially in the spring and summer seasons. Nothing says “spring” like incorporating fresh produce into your daily meals. From outside entertaining to feel-good home meals, vegetable and corn recipes are enjoyed by all. Corn adds nutrition and color to every plate, which is why the Mr. Food Test Kitchen is excited to announce the release of [Spring Veggie Fever: 25 Mouthwatering Spring Vegetable Recipes](#), its latest free eCookbook, sponsored by the [Fresh Sunshine Sweet Corn Council](#).

[According to the USDA](#) whole-grains are an important part of any healthy meal plan and can help reduce the risk of heart-disease and assist with weight management. Whole-grain corn, as well as fresh vegetables, is nutrient-rich and recommended to be included in every healthy diet plan. Demand for corn recipes may rise as the population learns more about the benefits of whole-grain corn.

The [Spring Veggie Fever](#) eCookbook is filled with fresh recipes for spring and all year long. Some of the recipes included in this eCookbook collection are: **Fresh Corn Dip** (page 4), **Spring Radish Salad** (page 10), **Egg Noodle Veggie Chowder** (page 13), **Spicy Lime Corn on the Cob** (page 16), **Veggie Skewers** (page 24), **Rainbow Pasta Primavera** (page 28), and more! The fresh and tasty spring recipes included in this free eCookbook are sure to have you saying, "OOH IT'S SO GOOD!!"®

Download the free [Spring Veggie Fever](#) eCookbook today!

<http://www.mrfood.com/Vegetables/Spring-Veggie-Fever-Mouthwatering-Spring-Vegetable-Recipes-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, 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))