

For Immediate Release

QUICK & HEALTHY VOLUME II, 2nd Edition

More help for people who say they don't have time to cook healthy meals

By Brenda J. Ponichtera, Registered Dietitian

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200+ low-fat recipes with complete nutritional information and exchanges

10 weeks of easy dinner menus, each with a grocery list

Over 100 menus listed by category

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HOW DO YOU SAVE TIME AND MONEY AND STILL EAT HEALTHY?

Award Winning Cookbook Author Brenda J. Ponichtera Includes Time-Saving and Money-Saving Weekly Menus & Grocery Lists

In New Edition Of Classic Bestseller

Designed for busy people good intentions but with little time to cook, Quick & Healthy Volume II, 2nd offers delicious, quick-to-prepare, low-fat recipes with lots of tips that make healthy eating easier than ever. With more people wanting to eat at home to save money, the convenient menus and grocery lists help them to get organized. By utilizing these tools and shopping once a week, anyone can save time and save money by avoiding extra trips to the grocery store and the temptation to stop for fast food on their way home from work.

This new edition has 10 weeks of easy dinner menus, each with a grocery list, and over 200 quick-to-prepare, low-fat recipes. A Benjamin Franklin award winner, Quick & Healthy Volume II, and its companion, Quick & Healthy Recipes and Ideas, are two cookbooks that dietitians and physicians are recommending to their all their patients.

Quick & Healthy Volume II (www.QuickandHealthy.net) is also ideal for people with diabetes, heart disease, or those wanting to control their weight. Ponichtera has included in this new edition: ideas to trim fat from the diet; practical nutrition information, including guidelines for making favorite recipes more healthful; tips for eating out; helpful holiday and party tips, and a worksheet for determining ideal weight and calorie needs. She also gives detailed nutritional analysis and exchanges for each recipe.

-More-

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Press Release/Page 2

Recommended in "O", The Oprah Magazine, Quick & Healthy Volume II has received much praise.

"Ponichtera knows what works in America's kitchen and she's proved it not once but twice." –Evening Leader

"My patients love cooking with this cookbook! Quick & Healthy Volume II is a great addition to any kitchen!" –Georgia Kostas, MPH, RD, Nutrition Director, Cooper Clinic, Dallas, TX

"Her nonfat New York Cheesecake is a true test of one of the book's goals: It tastes great!" –The Oregonian

"The recipes are ones that ordinary people actually could conceive of using in their own kitchens." –Beaumont Enterprise

"If you prefer eating healthy meals but don't have much time to cook, Quick & Healthy Volume II is the cookbook for you." –Taking Care

With over 200 delicious low-fat recipes in Quick & Healthy Volume II – from salads like Hawaiian Chicken Salad and Vegetable Pasta Salad to sandwiches such as Tuna Burgers and Turkey Reuben Sandwich to tempting entrees such as Eggplant Parmesan, Chicken Cordon Bleu, and Creamy Seafood Fettucini to desserts such as Baked Pears with Chocolate Sauce, Banana Cream Pie, and New York Cheesecake – there is something for everyone to enjoy.

What's for dinner? Try the following mouth-watering recipes from Quick & Healthy Volume II for a healthy meal and delight your entire family. Recipes that follow have photography available at www.QuickandHealthy.net. Choose "Press Room".

Following Ponichtera's tips (www.QuickandHealthy.net) and using her recipes, weekly menus and grocery lists, will help anyone save time and money while eating healthy meals. QUICK & HEALTHY VOLUME II is an invaluable resource for health-conscious people everywhere. It is available at local and online bookstores and at 800-232-6733.

ABOUT THE AUTHOR: Brenda J. Ponichtera is a registered dietitian and award-winning author with extensive experience in nutrition and diabetes counseling. She is also an editorial advisor for Today's Diet and Nutrition. Her cookbooks — all Benjamin Franklin Award winners — are designed to prove that healthful eating doesn't have to take a lot of time in the kitchen. They have been recommended in publications such as "O" The Oprah Magazine, Cooking Light, Miami Herald, Shape Magazine, and USA Today, as well as by health care professionals, and busy cooks across the country.

-More-

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Ponichtera has sold over 700,000 of her Quick & Healthy Cookbooks. Visit her web site at www.QuickandHealthy.net for sample recipes, menus and helpful tips.

To request a review copy of Quick & Healthy Volume II, to arrange an interview with Brenda Ponichtera, to receive art electronically, or for any additional information, contact Brenda at: 541-296-1865 or scaledwn@gorge.net:

Also visit the Press Room at www.QuickandHealthy.net. for downloadable recipes with food photography, book cover, author photo and bio.

RECIPES

Spanish Chicken

This colorful dish is especially good served with our Spanish Rice and Beans (recipe follows). Think about following the barbecue method on a hot summer night.

1 pound skinless, boneless chicken breasts
3 green onions, chopped
1 cup chopped tomato
1 can (4 ounces) diced green chiles
1/4 teaspoon salt (optional)
1/8 teaspoon ground cumin
1/8 teaspoon ground black pepper

Conventional oven: Preheat oven to 350 degrees. Spray an 8" x8" pan with nonstick cooking spray. Arrange chicken in the pan. Top with remaining ingredients. Bake uncovered for 25–35 minutes or until chicken is done.

Barbecue or broiler: Barbecue or broil chicken about 3–4 minutes on each side or until done.

Mix remaining ingredients in a microwave-safe bowl. Cover, venting the lid, and cook on high in microwave until heated throughout, about 2 minutes. Pour over cooked chicken.

Microwave oven: Arrange chicken in a microwave-safe dish that has been sprayed with nonstick cooking spray. Top with remaining ingredients. Cover, venting the lid, and cook on high for 6–8 minutes, rotating 1/4 turn halfway through cooking time. Time will vary with thickness of chicken.

-More-

Press Release/Page 4

Makes 4 servings

Each Serving

1/4 recipe

Carb Servings: 0; Exchanges 3 lean meat;

Nutrient Analysis: calories 147, total fat 3g, saturated fat 1g, cholesterol 69mg, sodium 77mg, total carbohydrate 4g, dietary fiber 1g, sugars 2g, protein 26g

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Spanish Rice and Beans

This is a colorful side dish that tastes great with Spanish Chicken (recipe included). For a different flavor, try substituting black beans for the kidney beans.

1 cup quick-cooking brown rice, uncooked

1/8 teaspoon ground cumin

1 1/4 cups fat-free chicken broth*

1 can (15 ounces) kidney beans, drained and rinsed

1 can (4 ounces) diced green chiles

Cook rice according to package directions, adding the cumin, substituting chicken broth for water, and omitting the salt.

When done, mix in remaining ingredients, and cover to heat thoroughly.

*Sodium is figured for reduced sodium.

Makes 4 cups

8 servings

Each Serving

1/2 cup

Carb Servings: 1; Exchanges: 1 starch

Nutrient Analysis: calories 85, total fat 1g, saturated fat 0g, cholesterol 0mg, sodium 20mg, total carbohydrate 16g, dietary fiber 2g, sugars 1g, protein 4g

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Citrus Salad

This unusual salad is great with Mexican food. The addition of fruit gives this salad an interesting and refreshing taste.

1 grapefruit, peeled
1 orange, peeled
1 1/2 quarts of greens (12 ounces)
1 red onion, sliced thin (1 1/4 cups)
2 tablespoons cider vinegar
1 tablespoon lime juice
1 tablespoon canola oil
1 tablespoon water
1/4 teaspoon ground black pepper
1/4 teaspoon ground cumin
1/8 teaspoon salt (optional)

Cut fruit in bite-size pieces. Toss with lettuce and onion.

Mix remaining ingredients for dressing. Drizzle over salad and toss just before serving.

Note: One serving is an excellent source of fiber.

Makes 8 cups

5 servings

Each Serving

about 1 1/2 cups

Carb Servings: 1; Exchanges: 1 fruit, 1 vegetable, 1/2 fat

Nutrient Analysis: calories 96, total fat 3g, saturated fat 0g, cholesterol 0mg, sodium 9mg, total carbohydrate 15g, dietary fiber 6g, sugars 10g, protein 3g

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Peach Custard

This is a great recipe that uses ripe peaches. Try this for dessert with a dollop of fat-free whipped topping, or serve for breakfast either cold or heated in the microwave.

5 fresh peaches, peeled and sliced (about 5 cups)
1 cup egg substitute (equal to 4 eggs)
1 teaspoon lemon juice
1 teaspoon vanilla extract

-More-

Press Release/Page 6

1/2 cup granulated sugar or the equivalent in artificial sweetener
1/8 teaspoon salt (optional)
1/4 cup unbleached all-purpose flour
1/8 teaspoon cinnamon
fat-free whipped topping (optional)
fresh fruit such as raspberries, strawberries, and blueberries (optional)

Preheat oven to 350 degrees. Spread fruit in an 8" x8" pan that has been sprayed with nonstick cooking spray.

Mix egg substitute, lemon juice, and vanilla extract with an electric mixer or wire whisk. Mix in sugar and salt (optional). Gradually add the flour while whipping to prevent lumps. Pour over fruit. Sprinkle with cinnamon.

Bake for 45 minutes or until a sharp knife inserted in the center comes out clean. Garnish with a dollop of fat-free whipped topping (optional) and fresh fruit (optional).

Variation: Pear Custard—Substitute fresh pears for the peaches, and mace for the cinnamon.

Makes 9 servings

Each Serving

1/9 recipe

Carb Servings:2; Exchanges: 2 carbohydrate

Nutrient Analysis: calories 133, total fat 0g, saturated fat 0g, cholesterol 0mg, sodium 46mg, total carbohydrate 29g, dietary fiber 2g, sugars 23g, protein 4g

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