

Brenda J. Ponichtera, RD, author of
QUICK & HEALTHY RECIPES AND IDEAS, 3rd Edition
For People Who Say They Don't Have Time To Cook Healthy Meals
is available for radio telephone interviews.

**Award-Winning Cookbook Author And Registered Dietitian, Brenda Ponichtera, Shares
Recipes and Time-Saving Tips For Eating Healthy**

Many people complain that they don't have enough time to prepare wholesome meals, but relying on frozen dinners or takeout isn't going to help them eat healthfully. According to award-winning cookbook author and registered dietitian Brenda Ponichtera, they don't realize that using fresh ingredients with a few staples from their pantry can reduce time spent in the kitchen. Meal planning and preparing a weekly shopping list can also drastically cut down on that last-minute scramble for dinner.

In **QUICK & HEALTHY RECIPES AND IDEAS For People Who Say They Don't Have Time To Cook Healthy Meals** Ponichtera presents over 200 healthy, mouth-watering recipes for everything from appetizers, soups, and salads, to main dishes, side dishes, and desserts, as well as 20 weeks of dinner menus, each with an accompanying grocery list, and complete nutritional information about each dish.

In an interview, Ponichtera can offer great suggestions for keeping meal preparations quick and easy:

- Take advantage of produce that is cleaned, sliced, and/or peeled. Although these may cost more, it is worth it if lack of time is keeping you from eating fresh vegetables.
- Fresh herbs always taste best, but dried herbs also work well. When buying fresh, chop all at one time and freeze in resealable plastic bags for future use.
- Use quick-cooking brown rice. It cooks in only 10 minutes.
- Try low-fat canned chili. Several brands are available that meet the goal of no more than 30% of the calories from fat. Check the label and look for those with no more than 8 grams of fat per 240 calories. An excellent source of fiber.

Brenda Poinichtera can also answer the following questions:

1. You wrote **QUICK & HEALTHY RECIPES AND IDEAS** to help people eat better. What are five things people can do to save time and still eat healthy?

Brenda Ponichtera/ page 2

2. You recommend having a weekly shopping list that is divided into categories and posting it at the beginning of each week in a central location at home. Why are you so specific about categories? Why do you emphasize one trip a week to the grocery store?
3. Why is meal planning, and knowing what you are going to eat for the next week, so important?
4. In **QUICK & HEALTHY RECIPES AND IDEAS**, you also recommend having a well-stocked pantry and keeping nonperishable items on hand. What types of foods do you suggest stocking up on?
5. Preparing recipes that kids will enjoy is not always easy. **QUICK & HEALTHY RECIPES AND IDEAS** contains more than 200 recipes the whole family can eat. Can you share some advice for parents to get their children to develop good eating habits?
6. A healthy breakfast gives you a jump-start for the day. For those who like to grab a bowl of cold cereal, what nutritional information should they look for on the side of the box? Preparing a container of low-fat or fat-free yogurt mixed with fresh fruit to take with you is also an easy idea. What are some ways to make it even healthier? For people on the go, you recommend fresh fruit over fruit juice. Why?
7. You also include a section in the book for some quick meal ideas that don't require a recipe, including lunches like Chicken Barbecue Sandwich, French Dip, and a Deli Wrap. Can you share how to make a Deli Wrap?
8. In addition to 20 weeks of dinner menus and recipes there is a section listing each recipe by carbohydrate content. Why?
9. Some people don't realize that freezing food is a great way to save time. You recommend cooking more than what you need and freezing leftovers for another meal. You also suggest keeping some foods on hand in the freezer to limit trips to the grocery store. Which foods do you recommend stocking up on?
10. Your book is recommended and made available by a number of hospitals and outpatient wellness programs. Why?

Brenda Ponichtera's advice and can-do attitude will inspire your audience to start cooking healthfully. Please contact us to arrange an interview. We look forward to hearing from you.

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QUICK & HEALTHY RECIPES AND IDEAS

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