



FINE COOKING
PRESENTS QUICK & FRESH WITH ELLIE KRIEGER




July 2009, Newtown, CT - Fine Cooking Presents *Quick & Fresh* with Ellie Krieger, full of menu ideas and recipes for enticingly delicious food that is good for you and quick to make...all with a focus on the wonderful, fresh flavors and spirit of the summer season. The new issue of *Quick & Fresh*, on newsstands now, shows readers how easy it is to eat healthfully in the summer and to make the most of the season's bounty, like juicy tomatoes, the sweetest summer corn, luscious berries and succulent peaches.

Every *Quick & Fresh* recipe is a time-saver. All recipes are under 60 minutes, with most falling under the 30-minute mark, and every recipe has a clock-face graphic to indicate up-front how long it will take start to finish.



What's quicker or fresher than a salad? In **Salad Days** (pages 10-19) Ellie has chosen six of her favorite main course salad recipes for Monday through Saturday dinners that are easy and delightful...like chickpea and spinach salad with cumin that takes under 30 minutes to make. **Grab-and-Go Breakfasts** (pages 24-35) like the 15-minute New York breakfast and **Nibbles & Small Bites** (pages 36-47) such as herbed goat cheese dip will fit great food into the busiest schedule.

Lunch is Ready (pages 48-65) has flavorful summer sandwiches, soups and even more salads that get to the table in no time. Most of the meals, including sweet and spicy grilled cheese sandwiches, take less than a half-hour to fix. **Pizza, Pasta, Pronto** (pages 66-79) are perfect in-a-hurry meals, such as black bean Mexican-style pizza, that have unlimited freedom when it comes to toppings.



Mains in Minutes (pages 80-97) means what it says, with recipes like balsamic chicken with baby spinach and couscous. Ellie lays out the components for quick, fresh and healthy weeknight meals that a busy working mom can get to the table fast, including **Side Kicks** (pages 98-107) such as grilled scallion skewers, and **Sweet & Simple** (pages 108-117) summer desserts like watermelon, lime and mint granite.

Want to have a party that you can enjoy without hours of preparation? Just follow Ellie's plan for pulling off a great **60-Minute Dinner Party** menu (pages 20-23).

Ellie Krieger joined the *Fine Cooking* family as contributing editor in 2009 and her new column *The Good Life* appears in every issue. For more recipes and ideas for quick and fresh meals, visit us on the web at www.finecooking.com.

For more information or to schedule an interview with Ellie Krieger, please contact John Baroody at 212-370 9700, finecookingpr@taunton.com