



Reader's Digest Books

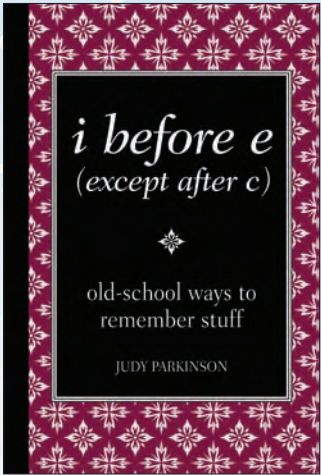


Fall
2010

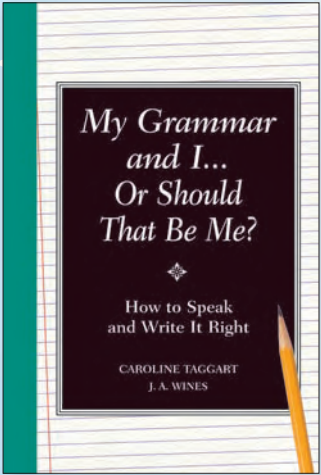


Great Gift Ideas for the Holiday Season

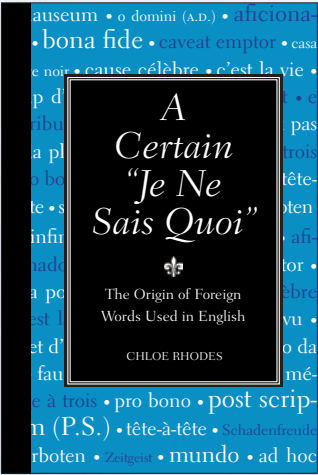
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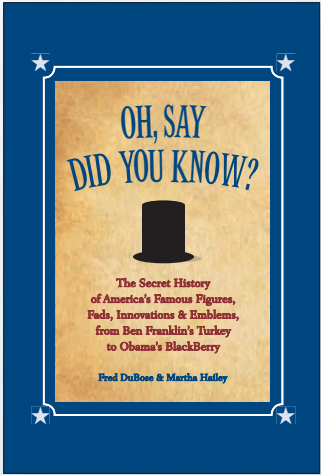
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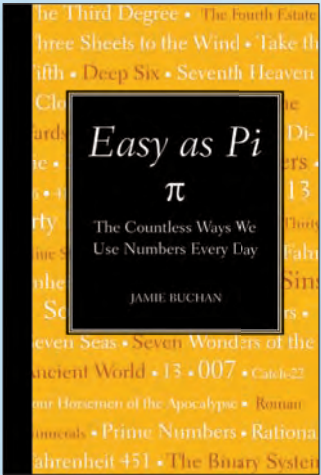
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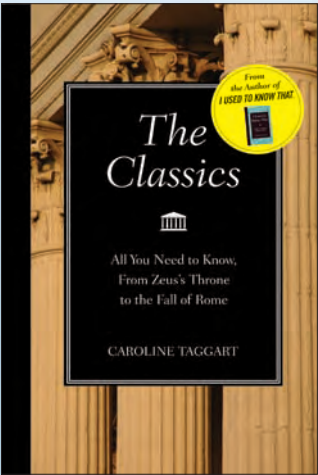
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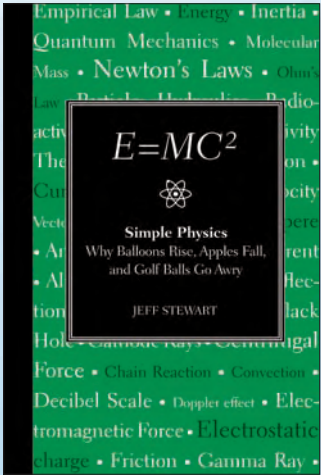
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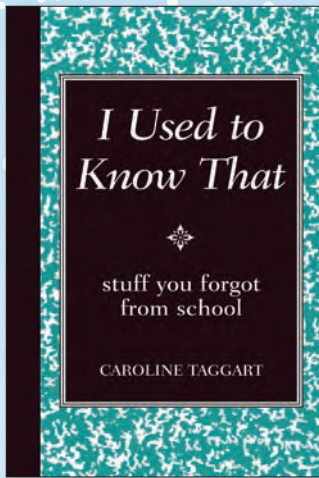


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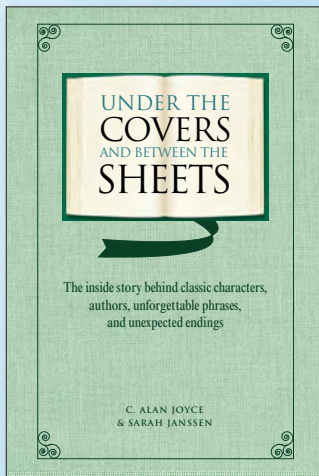


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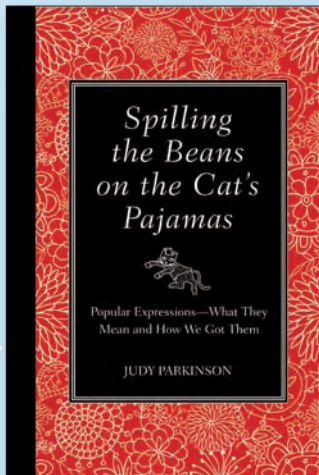
*Note: This Series Has Sold over 500,000 as of February 2010



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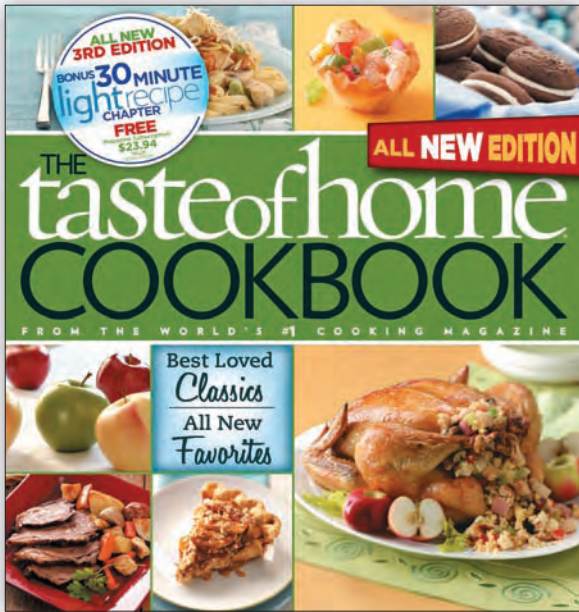
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Taste of Home Cookbook, New 3rd Edition

Best Loved Classics and All New Favorites

From Taste of Home

This all-new edition of the best-selling cookbook contains 1,100 recipes—500 classics and 600 all-new favorites! Of the new recipes, 100 are 30-minute light entrees featured in the bonus chapter—all from the world's #1 cooking magazine.

The ideal reference cookbook for both beginner and seasoned cooks, *The Taste of Home Cookbook, New 3rd Edition* continues to help readers make their cooking experience a breeze with:

- All-new design with 600 new recipes
- A total of more than 1,100+ fabulous recipes and variations, all made from easy-to-find, everyday ingredients
- More than 1,100+ full-color photos to showcase the finished dishes and illustrate techniques
- Nutrition facts, prep, and cook times for every recipe
- Hundreds of tips, techniques, and how-to's from *Taste of Home* readers and the experts on our Test Kitchen staff
- Storage charts, buying tips, and cooking charts
- 23 chapters with easy-to-follow references and indexes
- Handy five-ring binder that lays flat on your counter, two splash guards to keep the pages clean, and tabbed dividers for quick reference

Best of all, *Taste of Home* Test Kitchen home economists have tested each recipe so that it will turn out perfectly in your own kitchen—every single time you make it.

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672 pages / Over 1,100 recipes • 9 ½ x 10 x 2 ½
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MARKETING AND PUBLICITY CAMPAIGN

National Publicity Kicks Off November 2010

- National Satellite TV Tour
- National Satellite Radio Tour
- National and Regional Review Copy Mailing to Food Editors

Advertising

- Ad in Cooking Issue of *Publishers Weekly* and on PW Daily in the Month of November
- National Print Advertising Campaign and over 70 Million Impressions

Online Consumer Marketing

- Promotion on the Taste of Home website, with 2.1 Million Unique Visitors per Month
- Blogger Campaign to Food, Cooking, and Lifestyle Websites

Trade Marketing

- Bonus Free Subscription Offer for Consumers
- Feature at Fall Regional Trade Shows and Gift Shows
- 9-Copy Solid Floor Display 978-1-60652-214-1
- New Title Promotion (*ask your sales representative for details*)

All-New Design with 600 New Recipes

New Holiday Release November 2010

Over 2 Million Copies Sold
of the
Taste of Home Classic Binder Cookbook

honey barbecue wings

PREP 15 MIN. **COOKING TIME** 20 MIN. **YIELD** 2 DOZEN

Diane Azev of **BRANSON, MISSOURI**
These wings are mild enough to please even the kids. The hot-honey barbecue sauce is delicious!

18 whole chicken wings (about 1.5-1.6 pounds)

Sauce:
2 tablespoons minced
1 tablespoon canola oil
1/2 cup honey
1/4 cup ketchup
2 tablespoons orange juice
2 tablespoons soy sauce
2 teaspoons ground ginger
2 teaspoons olive oil
1 teaspoon Worcestershire sauce
1/4 teaspoon Dijon mustard
1/4 teaspoon pepper
1/4 teaspoon hot pepper sauce

1. Cut chicken wings into three sections; discard wing tip sections. Set aside.
2. In a small saucepan, heat garlic, oil and orange juice. Stir in the honey, ketchup, orange juice, soy sauce, ginger, vinegar, Worcestershire sauce, mustard, pepper and hot pepper sauce. Bring to a boil. Reduce heat; simmer, uncovered, for 15 minutes. Remove from the heat; cool to room temperature.
3. Place wings in a large resealable heavy-duty plastic bag; add 1/4 cup cooled honey mixture. Seal bag and toss to coat thoroughly for 3 hours. Cover and refrigerate remaining honey mixture for basting.

Sticky Chicken Wings

PREP 15 MIN. **BAKE** 20 MIN. **YIELD** 2 DOZEN

Jessie Verner of **LAN OAKS, NEW MEXICO**
My husband and I love this with a variety of dipping sauces using ground turkey.

30 chicken wings
1/2 pound ground turkey
1/2 cup finely chopped onion
4 ounces fat-free cream cheese
1/2 cup shredded part-skim mozzarella cheese, divided
1 tablespoon minced fresh cilantro

1. Place chicken wings on a cutting board. With a sharp knife, cut between the joint at the top of the wing and. Discard the tips or use for preparing chicken broth.
2. Take remaining wing and cut between the joints. Discard with recipe as directed.

bacon nachos

PREP/TOTAL TIME 20 MIN. **YIELD** 4-6 SERVINGS

Ruth Ann Britt of **LAKE WILDS, TEXAS**
Topped with vegetables like ground beef and cheddar cheese, these nachos make an always a hit.

1/2 pound ground beef
4 cups tortilla chips
1/4 cup red sauce
2 cups (8 ounces) shredded cheddar cheese

1. Cut potatoes in half lengthwise, leaving stems intact; discard seeds. Set aside in a small pan with oil over medium heat; cook until tender and moist. Do not drain.
2. In a small bowl, combine the cream cheese, 1/4 cup mozzarella, cilantro, chili powder, garlic powder, cumin, salt and pepper. Stir in turkey mixture. Spoon generously into pepper halves.
3. Place in a greased 9-in. x 10-in. x 1-in. baking pan; top with remaining mozzarella (do not uncovered at 350° for 20 minutes for spicy. Bake 10 minutes for medium and 10 minutes for mild.

sour cream and beef turnovers

PREP 45 MIN. **COOKING TIME** 15 MIN. **YIELD** ABOUT 4-12 DOZEN

Dee Kelly of **BRIDGE BRIDGE, BRITISH COLUMBIA**
With a tender crust and savory filling, these mini turnovers are a family eye-opening snack.

3 cups all-purpose flour
1 tablespoon sugar
1 teaspoon salt
1/2 cup shortening
1 egg (2 yolks) or sour cream
1 egg yolk
1/4 pound ground beef
1 large onion, finely chopped
1/4 cup finely chopped fresh mushrooms
1/2 cup sour cream
1/2 teaspoon dried oregano
1/4 teaspoon pepper
1 egg
2 teaspoons water

1. In a large bowl, combine the flour, sugar and salt. Cut in shortening until evenly. Stir in sour cream and egg yolk just until combined. Shape into a ball. Cover and refrigerate for 3 hours or until firm to handle.
2. In a large skillet over medium heat, cook the beef, onion and mushrooms until meat is no longer pink. Remove from the heat; drain. Stir in the sour cream, salt, oregano and pepper.
3. On a floured surface, roll out dough to 1/8-in. thickness. Cut with a floured 3-in. round cutter. Place a rounded teaspoon of filling on one side of each circle. Fold dough over filling; press edges with a fork to seal. Prick top with a fork. Bake 10-15 minutes.
4. Place on greased baking sheets. Beat egg with water; brush over turnovers. Bake at 400° for 12-15 minutes or until lightly browned.

vegetarian linguine

PREP/TOTAL TIME 30 MIN. **YIELD** 4 SERVINGS

Jane Bates of **COVINGTON, FLORIDA**
This dish is so easy to make and offers advantages of fresh mushrooms, tomatoes and other vegetables as well as basil and parmesan cheese.

2 teaspoons minced fresh basil
1/2 teaspoon salt
1/4 teaspoon pepper
1/2 cup reduced-fat parmesan cheese, shredded
1 tablespoon divided Parmesan cheese

1. Cook linguine according to package directions. Meanwhile, in a large skillet, sauté the mushrooms, onions and garlic in butter until soft for 5 minutes. Add the tomatoes, basil, salt and pepper; cover and simmer for 10 minutes.
2. Drain linguine well; toss with vegetables. Sprinkle with cheese and toss to coat.

mexican spaghetti sauce

PREP/TOTAL TIME 30 MIN. **YIELD** 10 SERVINGS

Bonni Lomax of **PROCLAM, MISSOURI**
Spaghetti goes to Southwestern zip with this dish!

1 pound lean ground beef
1/4 cup chopped onion
1 jar (26 ounces) marinara spaghetti sauce
1 can (15 ounces) black beans, rinsed and drained
1 can (14-1/2 ounces) diced tomatoes
1 cup frozen pinto and white beans, thawed
1 tsp salt
1 can (4 ounces) chopped green chiles
1 tablespoon chili powder
1/4 teaspoon salt
1/4 teaspoon pepper
Hot cooked spaghetti

1. In a medium skillet, cook beef and onion over medium heat until meat is no longer pink; drain.
2. In a large saucepan, combine the spaghetti sauce, beans, tomatoes, onion, chiles, chili powder, salt and pepper. Stir in beef mixture. Bring to a boil. Reduce heat; simmer, uncovered, for 10-15 minutes. Serve with spaghetti.

macaroni scramble

PREP/TOTAL TIME 25 MIN. **YIELD** 4 SERVINGS

Patricia Miller of **HOUSTON, TEXAS**
This quick and easy dinner has all the protein, cheer and most needed to make it a hit with your family!

1/2 pound lean ground beef
1 small onion, chopped
1 small green pepper, chopped
1 garlic clove, minced
1 can (10 3/4 ounces) reduced-sodium condensed tomato soup
1/4 cup shredded reduced-fat cheddar cheese
1/4 teaspoon salt
1/4 teaspoon pepper
1/2 cup shredded reduced-fat cheddar cheese

1. Cook pasta according to package directions. Meanwhile, in a large skillet, cook the beef, onion, celery, green pepper and garlic over medium heat until meat is no longer pink and vegetables are tender; drain.
2. Drain pasta; add to the beef mixture. Stir in the soup, onion, pepper, salt and pepper. Bring to a boil. Reduce heat; simmer, uncovered, for 4-5 minutes or until heated through. Sprinkle with cheese.

family-favorite cheeseburger pasta

PREP/TOTAL TIME 30 MIN. **YIELD** 4 SERVINGS

Brandi Haggard of **CAMBRIDGE, WISCONSIN**
I based this recipe to family's cheeseburger craving. What a delicious, healthy dinner!

1/2 cup uncooked whole wheat penne pasta
3/4 pound lean ground beef (90% lean)
2 tablespoons finely chopped onion
1 can (14-1/2 ounces) no-salt-added diced tomatoes
2 tablespoons old-fashioned pasta sauce
2 tablespoons ketchup
1 teaspoon salt
1/4 teaspoon seasoned salt
3/4 cup shredded reduced-fat cheddar cheese

1. Cook pasta according to package directions. Meanwhile, in a large skillet, cook beef and onion.

family-favorite cheeseburger pasta

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Pasta Now

Don't panic if you're in a hurry to get your children to bed. For fast pasta meals, dinner prep time halves if you use frozen pasta. Just add additional sauce. Fresh pasta takes about half the time to cook.

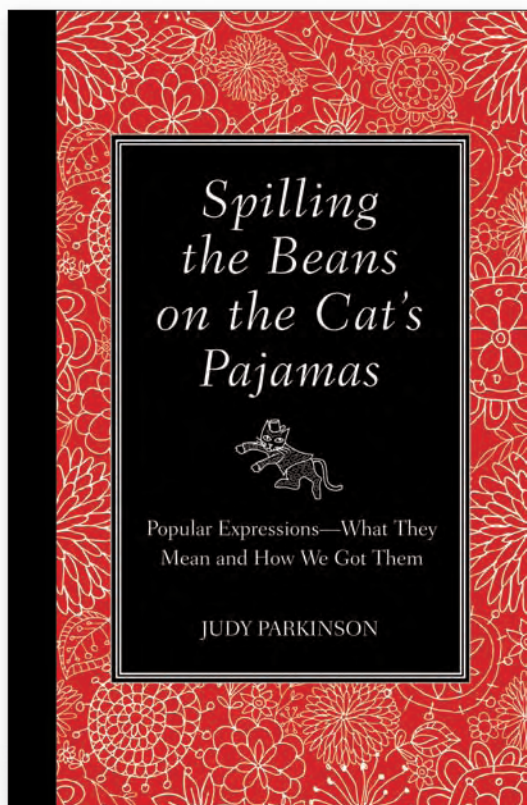
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ABOUT TASTE OF HOME



CATHERINE CASSIDY, *Taste of Home* Editor-in-Chief. Launched in 1993, *Taste of Home* is the most popular recipe magazine in the world, with nearly 4 million paid subscribers. The delectable, practical recipes—more than 60 in each issue—are family favorites contributed by *Taste of Home* readers. *Taste of Home* is published six times a year.



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Spilling the Beans on the Cat's Pajamas

Popular Expressions—What They Mean and How We Got Them

Judy Parkinson

“Strike while the iron’s hot” and “bone up” now on the meanings and origins of popular expressions with this whimsical book.

“Make no bones about it”—*Spilling the Beans on the Cat's Pajamas* is the perfect collection for anyone seeking the meanings of terms that enrich our everyday speech. It “rounds up the usual suspects”—hundreds of catch phrases, quotations, and expressions that keep our language flourishing—and makes them easy to find in an A-to-Z format.

If all “goes according to plan,” you’ll soon know:

- The expressions “all that glitters is not gold” and “apple of the eye” have each been in use for more than 1,000 years
- “To bark up the wrong tree” comes from the sport of raccoon hunting
- “The big enchilada” was used to describe someone on the infamous Watergate tapes
- Embarrassed parents can thank the songwriter Cole Porter for the euphemism “the birds and the bees”
- “Flavor of the month” was a generic advertising phrase of the mid-1940s used to describe new ice cream flavors



JUDY PARKINSON is a graduate of Bristol University and the author of *i before e (except after c)*. A producer of documentaries, music videos, and commercials, she's a Clio award-winner for a Greenpeace ad. Parkinson has published five books and has contributed to a show of life drawings at the Salon des Arts, Kensington. She lives in London.



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“Take with a grain of salt” was in use from the seventeenth century, and is thought to stem from the popular notion that taking a small amount of salt with other ingredients was a **good antidote for poison.**

luck or poor judgement, have to move their pieces back to the starting point.

Another suggestion is that it comes from the early days of radio football commentaries, when diagrams of the pitch, divided into numbered squares, were printed in radio listings magazines so that listeners could follow the game.

The expression's meaning is similar to 'back to the drawing board', which means to go back and rethink a complete project or scheme. Aircraft designers during the Second World War used this phrase when a concept or even a whole design for a new machine proved unworkable and had to be started all over again.

BALLPARK FIGURE

A financial North Americanism that has taken hold in Britain, this is an estimate, or a budget figure, which might better be described as a 'guesstimate'.

A ballpark is a large stadium in America built specifically for the game of baseball, and the phrase 'in the same ballpark' was originally used when two figures, the projected and the real figure, were reasonably close. Over time, the term has evolved so that the estimated figure itself is now known as a 'ballpark figure'.

pp 22-25

TO BARK UP THE WRONG TREE

To be totally off the mark, to waste energy following the wrong course of action, or to have one's attention diverted off the subject in hand. The phrase dates back to the 1820s and neatly puns a dog's bark with tree bark.

Its origins stem from the American sport of raccoon hunting. The hounds of the hunting pack are trained to mark the tree in which the raccoon they are pursuing takes shelter, and then to howl at its base until their master arrives to shoot the animal. The hounds may bark up at the wrong tree, however, if the raccoon has managed to evade them.

The expression first became popular in the early nineteenth century, appearing in the works of James Hall (1793-1868), Davy Crockett (1786-1836) - himself a great raccoon hunter - and Albert Pike (1809-91).

In Britain nowadays, the word 'pants' is often used colloquially to mean 'stiff' or 'not very good', possibly harking back to the grabby English sense of the word 'pants'.

TO HAVE A BEE IN ONE'S BONNET

To be obsessed with a particular idea or notion, as though mentally all a buzz.

The expression, in the form of the variant 'to have bees in the head', implying scattiness, was in circulation in the sixteenth century, for a reference to bees and crazed thought was recorded by the English poet, Court musician and entertainer John Heywood (c.1497-c.1580) in 1546 in one of his collections of English proverbs.

It is thought that bees first met bonnets in the poem 'Mad Maid's Song' by Robert Herrick (1591-1634), written in 1648:

For pity, sir, find out that bee,
Which bore my love away.
I'll seek him in your bonnet brave,
I'll seek him in your eyes.

pp 34-35

TO HAVE A BONE TO PICK

This is a desire to discuss a difference of opinion, settle a misunderstanding about something disagreeable, or express a complaint. The bone is probably the bone of contention, metaphorically tossed between two dogs fighting over it.

Usage goes back to the middle of the sixteenth century, but the expression may well have come from an earlier phrase, 'to have a crow to pluck', which was used at least a hundred years earlier; the crow in this instance symbolizing discord.

In Howell's (1594-1666) *Proverbs* (1659) the phrase 'to have a goose to pluck with you' is used in the same sense.

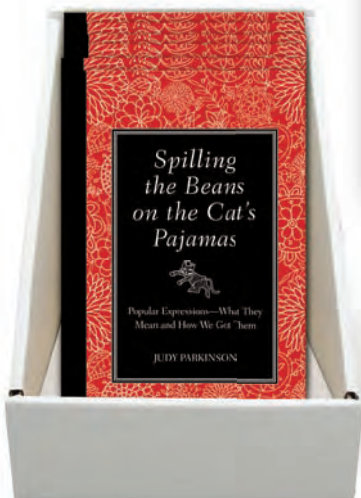
TO HAVE A CHIP ON ONE'S SHOULDER

To display an inferiority complex, to perceive oneself as an underdog, to have a grievance, often unjustifiably.

The expression is believed to have originated in America in about 1842 and may allude to a game of dare, in which a man challenges another to dislodge a chip - as in piece of wood, not French fry - he carries on his shoulder.



pp 35-36



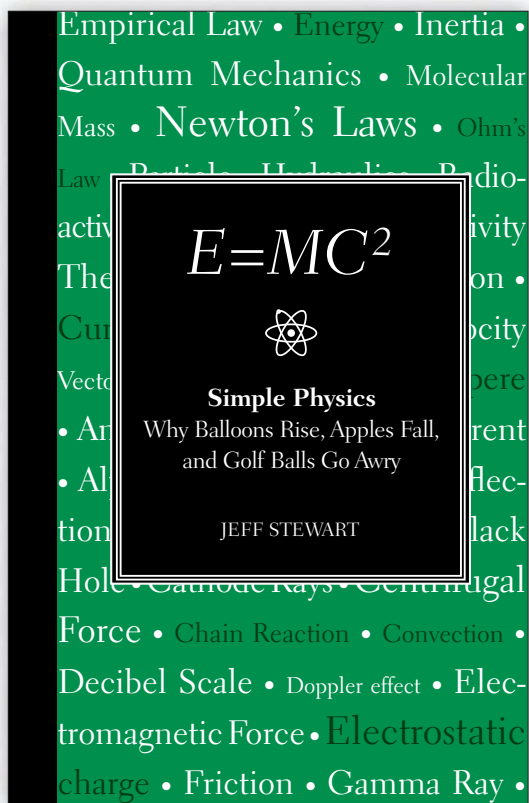
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Hatters used the chemical mercurous nitrate in the making of felt hats, and its side effects can produce trembling symptoms, making one **“as mad as a hatter.”**



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Simple Physics: Why Balloons Rise, Apples Fall, and Golf Balls Go Awry

Jeff Stewart

Anyone frightened by the subject of physics will learn that quantum mechanics doesn't bite—even if it does occasionally bang.

Packed with amusing examples and hands-on experiments, **E=MC²** covers all of the most important discoveries of physics. Travel down the highway, through the beach, and to the pub and learn how physics affects everything in your surroundings—without the use of mind-bending math or the need for a particle accelerator.

With **E=MC²**, you'll find:

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- How the first stars were born
- A refresher on the theory of relativity and an understanding of why—a hundred years later—Einstein's physics still points the way in cutting-edge research
- How satellites work (and why they don't work during inclement weather)

It's physics for the rest of us—so easy to understand, anyone will be able to advance at the speed of light.

JEFF STEWART graduated from Cambridge University with a degree in philosophy. He works as a journalist and graphic designer, and has always been fascinated with physics.

Merchandising Opportunities

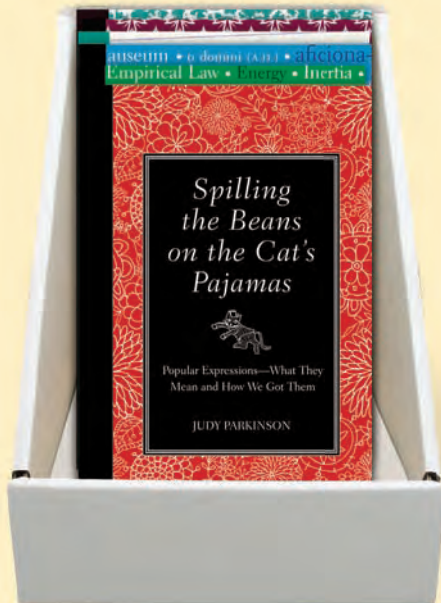
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Boxed Set

The first three books in the series are now available in an attractive boxed set!

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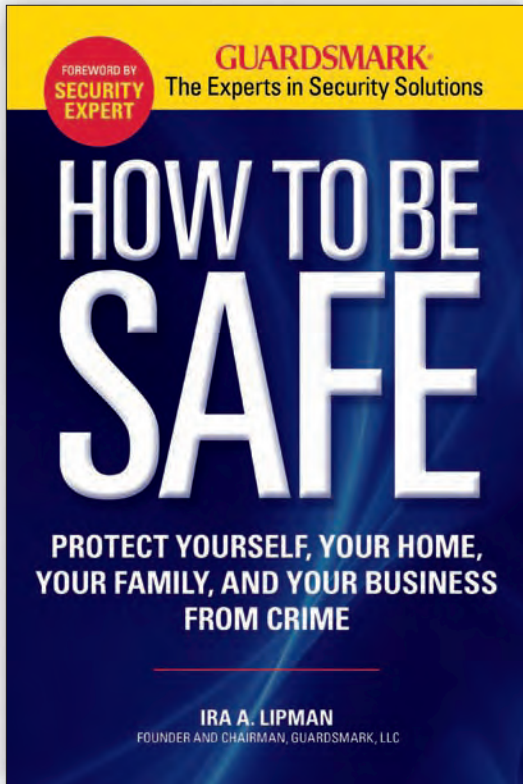


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How to Be Safe

Protect Yourself, Your Home, Your Family, and Your Business from Crime

Ira A. Lipman, CEO, Guardsmark, LLC.

Written by Ira Lipman, CEO of Guardsmark, one of the world's largest security service companies, this valuable guide will show you and your family how to be safer at home, online, on the road, at work, and on vacation.

Crime exists in many forms in every society, and as the world changes, new threats emerge—from bioterrorism to identity theft.

How to Be Safe is the most comprehensive security manual on the market, encouraging individuals to take a positive, preventive approach to their own safety. Its comprehensive sweep spans the gamut from “traditional” crimes on the street to stalking, hate crimes, and nursing home security. Topics covered include:

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How to Be Safe instructs and educates readers on how best to prevent crime—a resource that could save both lives and precious assets.

Guardsmark's Founder and CEO Shares His Security Expertise for Your Home, Business, and Family

Securities and Valuable Documents

Do not assume that stock certificates are not negotiable simply because they are issued in your name. Stolen stock certificates are frequently used as collateral for loans, which are then, of course, defaulted. Obtaining reissuance of a stock certificate to replace one that has been lost or stolen is a laborious and time-consuming process, for the issuee is generally required to post a bond to indemnify the transfer agent for any possible loss resulting from the sale of the stolen certificate. There is also the distinct possibility that you might suffer a loss from being unable to sell a security while it is tied up for months in a reissuing process.

Don't Be Lured Away from Your Home

The ways in which burglars or confidence tricksters attempt to gain admission to homes are legion. Many of them are equally skilled at getting people out of their homes.

For example, a friend's purse was stolen at a restaurant. The next day she received a call from a woman who apologized profusely and said that she had taken the purse by mistake. The caller indicated that she was at work, but if the victim would care to meet her at a convenient location, she would be happy to return the purse. Naturally, the friend was overjoyed at the prospect of recovering her property—to the point of even buying lunch for her benefactor. When she returned home, she found her home burglarized. It had been entered by an accomplice, who had duplicated a key from the one in the victim's purse.



IRA A. LIPMAN is the founder, Chief Executive Officer, and owner of Guardsmark, a privately held security services company with 153 branch offices in the United States of America, Canada, Puerto Rico, the United Kingdom and France. Known for its innovative security concepts and rigid standards of excellence, **Guardsmark is one of the world's largest security service companies.** In 2002 Ira Lipman won both the Corporate Citizenship Award from the Committee for Economic

Development and the Stanley C. Pace Award for Leadership in Ethics from the Ethics Resource Center. He has written for the public on a wide range of security topics and contributes regularly to the professional literature of the security field. He is also the editor and publisher of *The Lipman Report*, a specialized monthly management newsletter. He has served on the boards of more than 40 organizations and holds membership in numerous others.



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SILVANA NARDONE is the founding Editor-in-Chief of *Every Day with Rachael Ray*, where she has been honored with the magazine industry's top awards since its launch in 2005. She is the magazine's "No-Recipe Zone" and "Sweet Spot" columnist. A writer, editor, cooking

instructor, and food consultant, she is the coauthor of *Saveur Cooks Authentic Italian*, has been featured in many publications including the *New York Times*, and has appeared on NBC *Weekend Today*, WCBS *News This Morning*, WABC *Eyewitness News This Morning*, E! Entertainment *True Hollywood Story*, Fox News *Fox & Friends*, and the Food Network's *Roker on the Road*. She was profiled by *Big Apple Parent* and *About.com* for her focus on gluten-free and dairy-free cooking. Silvana owned her own Italian bakery, Fanciulla, when Rachael Ray hired her to launch her magazine. She lives in Brooklyn, New York, with her husband Stephen and two children, Isaiah and Chiara. **Visit her blog at www.dishtoweldiaries.com.**

Cooking for Isaiah

Gluten-Free & Dairy-Free Recipes for Easy, Delicious Meals

Silvana Nardone, Editor-in-Chief,
Every Day with Rachael Ray

Foreword by Rachael Ray

Taste how delicious gluten-free and dairy-free foods can be with family-friendly recipes from Silvana Nardone, the Editor-in-Chief of *Every Day with Rachael Ray* magazine and mother of food sensitive teen Isaiah.

Cooking for Isaiah is a love story of Silvana Nardone's journey to develop great-tasting meals for her son, Isaiah, after he was diagnosed with food intolerances to gluten and dairy. The results of her efforts are found in the pages of this book, through 135 recipes that are not only easy to make, but taste and look delicious, including "S'mores Pancakes with Marshmallow Sauce," "Double-Decker Toasted Cornbread and Spicy Greens Stack," "Chicken and Waffles with Maple Bacon Gravy," "Shrimp Pizza with Garlic Cream Sauce", and "Chocolate Birthday Cake with Whipped Chocolate Frosting." You'll also find:

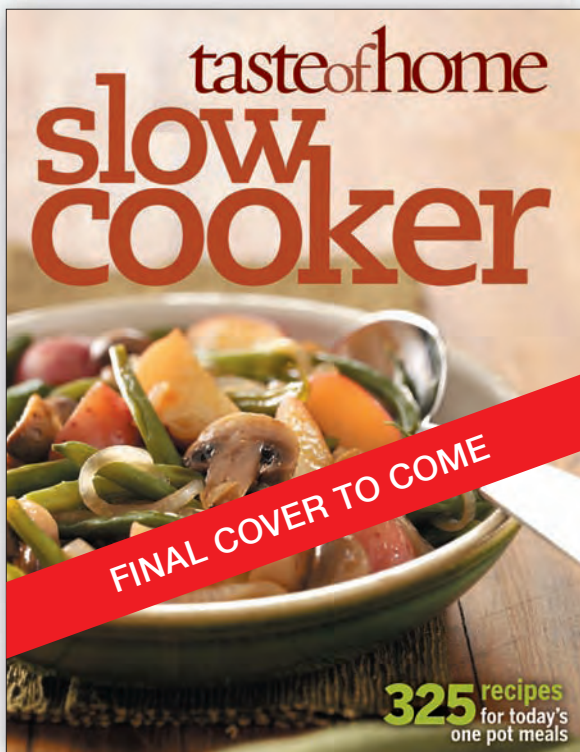
- Silvana's tried-and-tested all-purpose flour and pancake mix recipes
- An ingredient substitutions chart that shows you what to swap if, for example, you need to cook without gluten, but dairy is okay
- Dishes that are perfect for entertaining with friends and family
- Complete pantry set-up
- Food shopping, recipe make-ahead and storage tips

Substitutions

The recipes in my cookbook are universally written, making them flexible and accessible to everyone. You can cook up a recipe as is or substitute any ingredient to better fit your lifestyle. Since my recipes use mostly conventional ingredients straight from the supermarket, the substitutions list is short ...

I Use You Could Also Use:

- Silvana's All-Purpose Flour = All-purpose flour
- Silvana's Pancake Mix = Store-bought pancake mix
- Rice milk = Other nondairy milk, cow's milk
- Vegetable shortening = Unsalted butter
- Vegetable oil = Melted unsalted butter
- Corn or rice pasta = Durum wheat pasta
- Rice cereal crumbs = Dried bread crumbs



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- Feature on Winter Cooking Tables
- Advertising in Various *Taste of Home* Publications including *Slow Cooker*
- Promotion on the *Taste of Home* Website with 2.1 Million Unique Visitors per Month



Taste of Home Slow Cooker

325 Recipes for Today's
One Pot Meals

From Taste of Home

Enjoy 325 delicious, nutritious, and economical slow-cooker dishes with minimal time and fuss.

There's nothing like the aroma of a home-cooked dinner to welcome you to the table. Preparing those mouthwatering meals is a snap with the 325 comforting recipes in *Taste of Home Slow Cooker*. With just a hint of planning, an incredible meal can simmer to perfection on its own while you're at work, running errands, or spending time with the family. Best of all, most of the entrees are meal-in-one specialties, so you can set dinner on the table in a flash. Chapters include recipes for:

- **Snacks & Beverages:** Cherry Cola Chocolate Cake, Warm Pomegranate Punch, Slow Cooker Mexican Dip
 - **Beef, Pork, and Poultry:** Texas-Style Beef Brisket, Asian Pork Roast, Prosciutto Chicken Cacciatore
 - **Soups, Sides, Pasta & More:** Cincinnati Chili, No-Fuss Potato Soup, Everything Stuffing, Shrimp Marinara
- And because it's *Taste of Home*, you'll also find:
- A beginner-friendly overview of the basics of slow cooking
 - Easy-to-follow directions with cooking tips throughout
 - Prep/Cook times
 - Recipes made with everyday ingredients



Hearty Cheese Tortellini (*left*), Italian Stuffed Peppers (*above*)



Taste of Home Appetizers

325 Simple Party Foods

From Taste of Home

Serve up the perfect morsel for any occasion with 325 party starters from the world's #1 cooking magazine.

Dazzle family and friends with tasty tidbits from **Taste of Home Appetizers**. With this colorful new cookbook, it's never been easier to:

- Mix and match from 325 simple-to-make recipes for any occasion
- Find the perfect bite for any event or budget
- Dish up delicious dips and spreads, meatballs, party pizzas, sweet-and-savory snack mixes, and more

Inside this incredible collection you'll also discover:

- Practical pointers, serving ideas, and entertaining tips for stress-free gatherings any day of the week
- Handy guidelines to help take the guesswork out of food portions and quantities
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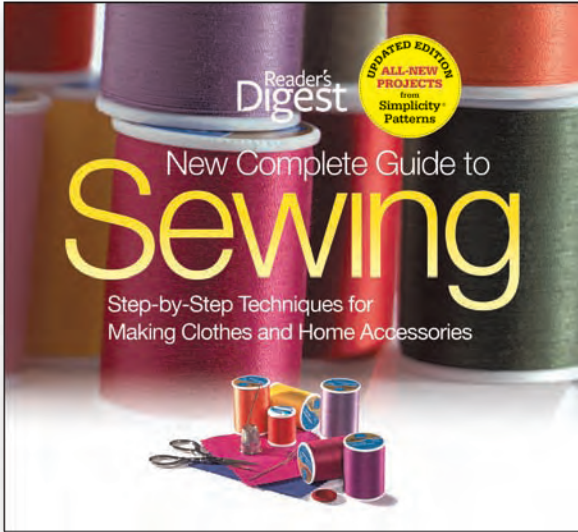
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See pages 24-29 for other *Taste of Home* titles.



New Complete Guide to Sewing

Step-by-Step Techniques for Making Clothes and Home Accessories

From the editors at Reader's Digest

The ultimate stitch-and-seam reference book for both beginners and seasoned sewers is now updated with all-new projects from Simplicity® patterns.

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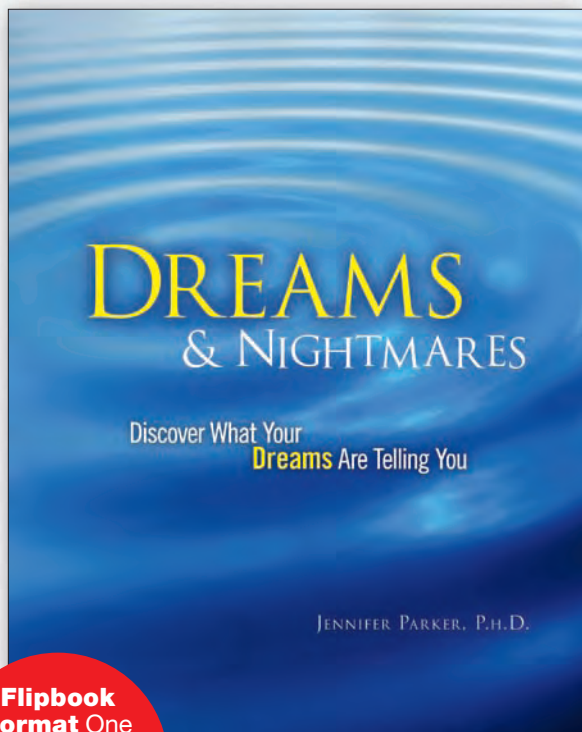
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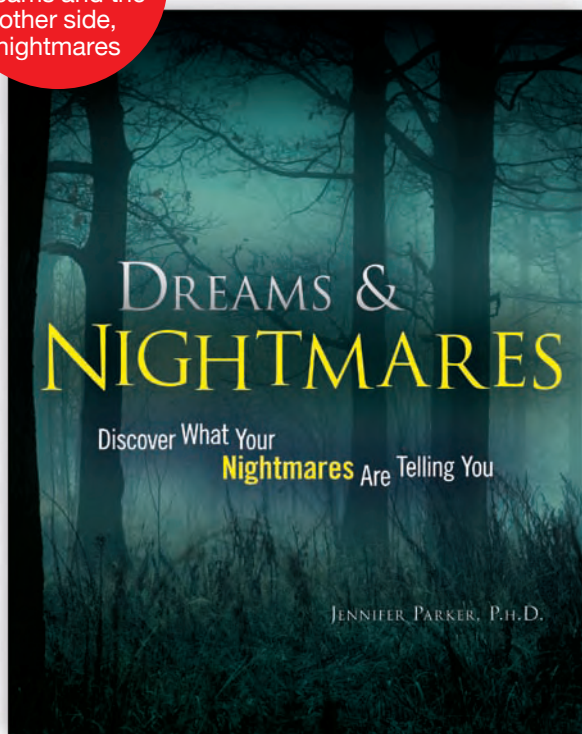
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See pages 45-47 for other DIY titles.



Flipbook Format One side represents dreams and the other side, nightmares



Dreams & Nightmares

Discover What Your Dreams Are Telling You

Discover What Your Nightmares Are Telling You

Jennifer Parker, Ph.D.

Learn how to interpret your dreams and nightmares and acquire important insights to achieving your potential in waking life.

Packaged in a fun flipbook format, *Dreams & Nightmares* is a guide to interpreting and understanding what your mind is trying to tell you while your body sleeps. One side of the book explores dreams and the other side nightmares—two parts of the same phenomena. Based on scientifically based yet accessible information, *Dreams & Nightmares*:

- Shows you how to interpret your own dreams and use them to gain insight into your life
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- Provides a wealth of fascinating information to help you unlock the power of your dreams

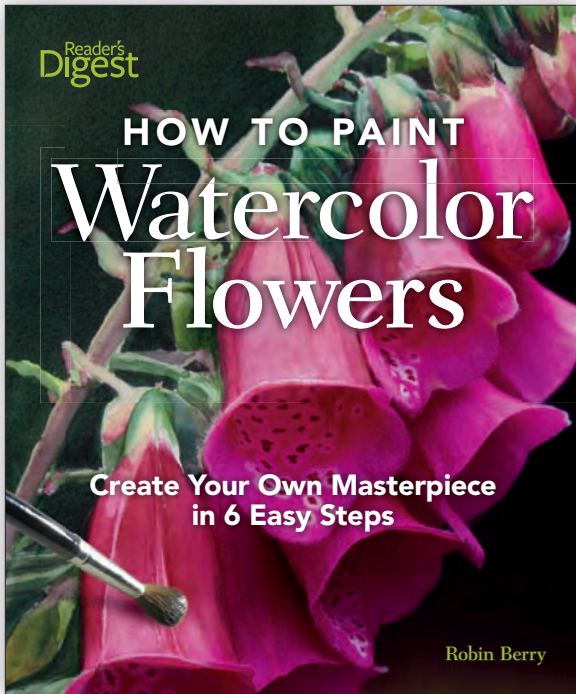
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ROBIN BERRY has been a professional artist for 35 years. After 20 years as a nationally recognized porcelain artist, Robin changed direction to painting, focusing exclusively on transparent watercolor. Today her flower paintings regularly win awards in national shows. Robin lives and works in Minneapolis, Minnesota.

How to Paint Watercolor Flowers

Create Your Own Masterpiece in 6 Easy Steps

Robin Berry

Learn how to paint watercolor flowers with more than 60 professionally photographed images and step-by-step instructions.

Practice flower painting at your leisure, without worrying about seasonal availability, changing light, or your subject altering in appearance as buds open or fade. This beautiful collection of 60 flower images by professional nature photographers teaches you how to turn a floral photograph into a watercolor masterpiece. Along with the photographs, you'll find:

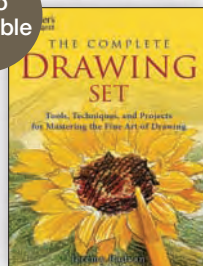
- Step-by-step painting demonstrations with tips on special techniques and working methods, palette choices, and color mixing
- A variety of techniques that are clearly explained, from laying washes to methods of salt granulation and wax resist
- Advice on bringing detail and vitality to your flower paintings
- A handy hidden-wiro format that shows the photo on one side of the spread and step-by-step instructions on the facing page, eliminating the need to turn a page as you paint

No matter your level of expertise, **How to Paint Watercolor Flowers** will provide you with countless hours of fun.

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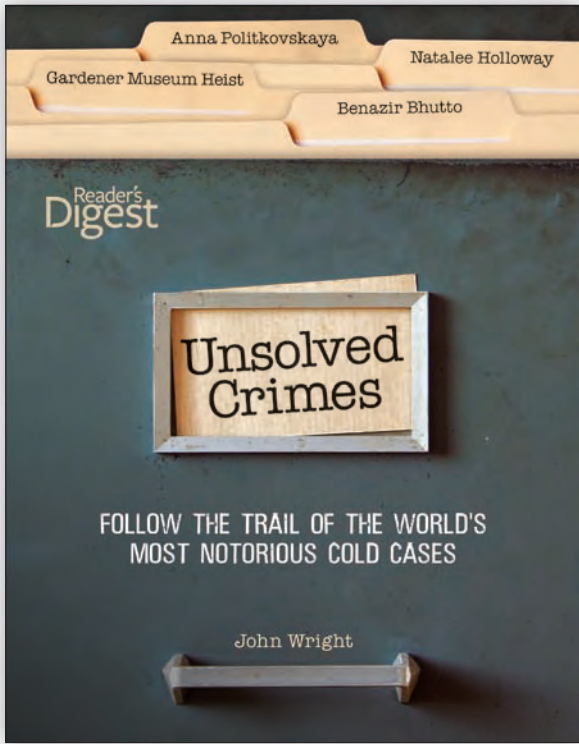


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Follow the Trail of the World's Most Notorious Cold Cases

John Wright

When a crime is committed, investigators search for “hot” clues. But what happens when the trail turns cold? Here you’ll find the details of many unsolved crimes—and an invitation to solve the crime yourself.

Many unsolved criminal cases are closed and left dormant for years, and recent DNA advances and forensic technologies are overturning guilty verdicts and creating more unsolved cases. *Unsolved Crimes* presents the victims, the details of the investigation, and the suspects in each case, and “Lingering Doubts” sidebars ask unanswered questions to let you assess the situation.

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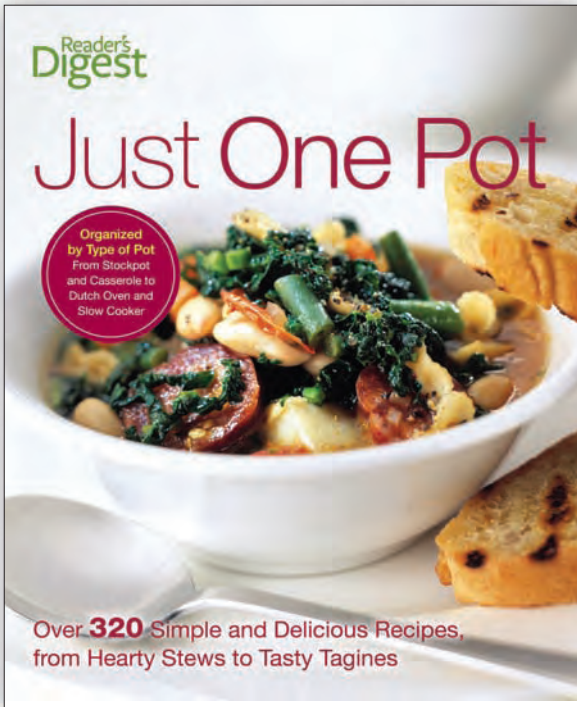
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Just One Pot

Over 320 Simple and Delicious Recipes, from Hearty Stews to Tasty Tagines

Ting Morris, Hajra Makda, and Carla Bardi

Discover the convenience and fun of cooking a complete meal in just one pot and open a whole new world of easy, hearty possibilities.

Arranged in chapters by type of pot used—from soup pots to slow cookers to Dutch ovens—**Just One Pot** includes more than 300 classic recipes compiled by chefs from around the world. Hundreds of color photos showcase the dishes, and historical anecdotes about the culinary traditions from which they sprung are sprinkled throughout. You'll find recipes for:

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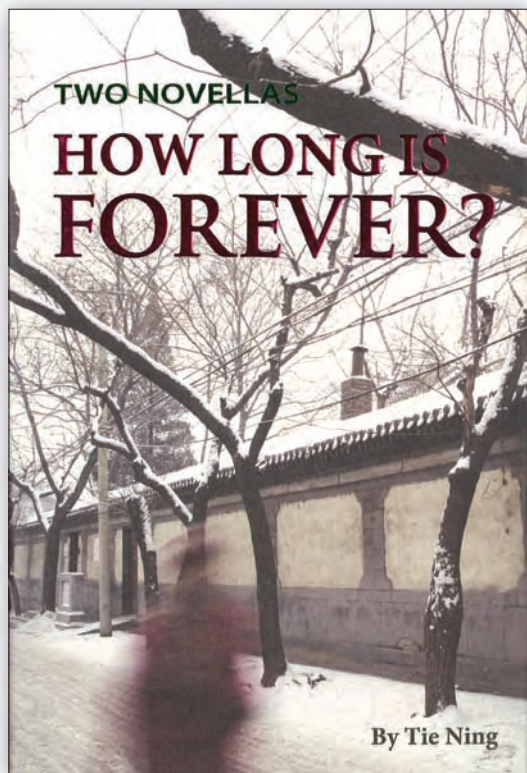
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Whether you're a gourmet chef exploring new methods or a busy mom concerned about easy nutritious meals, **Just One Pot** offers something for all tastes and every occasion.





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Chinese author Tie Ning explores the deeper needs of humanity through two provocative, poetic novellas, *The Woman Opposite* and *How Long Is Forever?*

The Woman Opposite

Seeking to distance himself from the unwanted advances of a woman, a young man moves to a new city, where he isolates himself by moving into a lonely warehouse full of discarded furniture. It is here that he discovers the woman in the opposite apartment. Living her private life in full view of the young man, the woman is completely oblivious to his presence—yet his hidden observances bring on a growing obsession of haunting familiarity.

How Long Is Forever?

She is an ordinary hutong girl who loves others as she loves herself. In her relationships with those around her, whether they are her family, friends, lovers or only nodding acquaintances, she is always the one who makes the compromise. Is there a limit to her tolerance? How long is she going to give in to the demands of others? As long as “no” is not a word in her vocabulary, perhaps, the answer might be forever...

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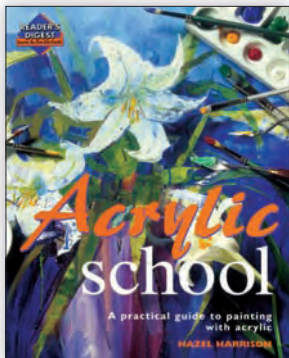
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TIE NING was born in Beijing in 1957 and is the current president of the Chinese Writers' Association. She began publishing literary works in 1975, and has produced more than 50 novels and collections of essays. Her major novels include *The Gate of Roses*, *Les Grandes Baigneuses*, and *Benhua*. She has also written over a hundred novellas and short stories, including *Oh, Xiangxue!*, *The Twelfth Night*, *The Red Shirt without Buttons*, *The Woman Opposite*, and *How Long is Forever?* Tie Ning has won six national literary prizes in China, including the Lu Xun Literature Award, and received more than 30 honors for her novels and essays. The movie *Oh, Xiangxue!*, adapted from her short story of the same name, received high honors at the 41st Berlin International Film Festival and China's *Golden Rooster* and *Hundred Flowers* awards for films. Her works have been translated into English, Russian, German, French, Japanese, Korean, Spanish, Danish, Norwegian, Vietnamese, and many other languages.

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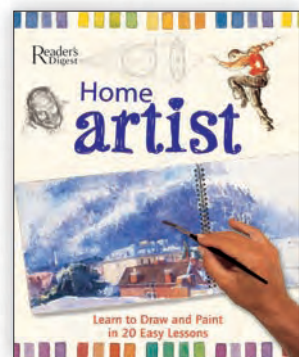
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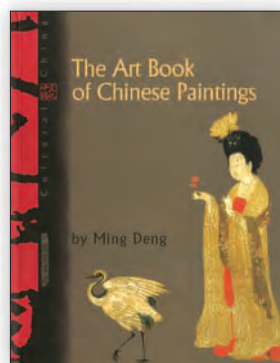
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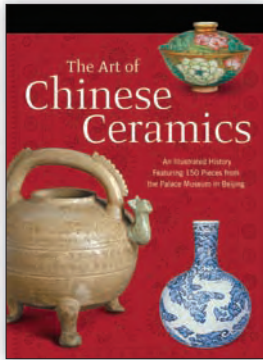
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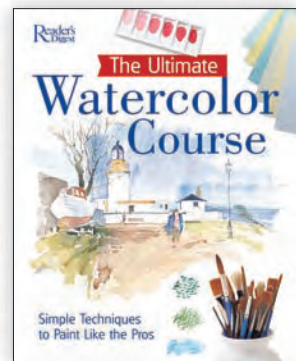
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John Barber
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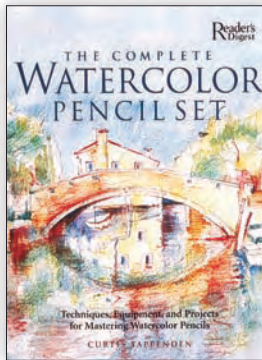
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 Two 96-page introduction books plus a starter kit of tools add up everything you need to create beautiful works of art. Illustrated with over 200 photos and instructional drawings, this book demonstrates how pencils give a different tone to watercolor art and involve less prep and clean up.

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EAN 9-780762-106233-53000
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2 books 96 pages each
7 1/2 x 9 1/2 x 1 1/2
Over 200 photos & illustrations
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How to Paint Watercolor Flowers

This collection features 60 flower images taken by professional nature photographers. With hundreds of tips and step-by-step instructions, you'll learn how to transform each floral photo into a watercolor masterpiece. Wire-bound for easy reference.

ISBN 978-1-60652-168-7
EAN 9-781606-521687-52695
\$24.95 hardcover w/ concealed wire
160 pages 8 1/2 x 11
150+ full-color photos throughout
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BIBLES/STORIES/GENERAL



The Bible's Most Fascinating People

Robin Paul Nettelhorst
 Discover 100 of the most intriguing personalities in the Bible—with all of their human frailties. Read tales of selfless sacrifice and ruthless rage; of visions and visitations; of the rise and fall of kingdoms and nations; and the lives of saints, sinners, lost prophets, avenging sons, and noble disciples.

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EAN 9-780762-108886-52495
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192 pages 7 3/4 x 10
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The Taste of Home Cookbook, 3rd Edition; Bonus: 30 Minute Healthy Meals

This new edition of the best-selling cookbook contains more than 500 new recipes, 500 best loved classics, and a bonus section of over 100 30-minute light recipes—all from the world's #1 cooking magazine.

ISBN 978-0-89821-774-2
EAN 9-780898-217742-52995
\$29.95 5-ring binder
676 pages/1,100+ recipes
9 1/2 x 10 x 2 1/2
100+ full-color photographs throughout
Carton quantity: 6



The Taste of Home Cookbook, Cooks Who Care Edition

This new edition of the best-selling cookbook contains 1,395 easy recipes, 21 Cooks Who Care stories, plus exclusive access to 300 new searchable web recipes—all from the world's #1 cooking magazine.

ISBN 978-0-89821-729-2
EAN 9-780898-217292-52995
\$29.95 5-ring binder
738 pages / Over 1,300 recipes
9 1/2 x 10 x 2 1/4
Over 1,300 photos & illustrations
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Winning Recipes with Bonus Book Contest Winning Light Recipes

A collection of 645 ribbon-winning recipes—selected from thousands of recipes submitted from great home cooks—all made with everyday ingredients and easy-to-follow, step-by-step instructions. Includes a bonus book containing 76 light, heart-smart dishes that delight the palate with fewer calories and less fat.

ISBN 978-0-89821-709-4
EAN 9-780898-217094-52995
\$29.95 5-ring binder
240 pages & 80 pages/
Over 700 recipes
9 1/4 x 10 x 2 1/2 & 5 1/4 x 7 3/4
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Winning Recipes, Vol. 2

The second volume of the popular title, this value-packed book contains 640 new ribbon-winning recipes, all made with everyday ingredients and easy-to-follow, step-by-step instructions. Icons highlight grand prize winners, serves 2 recipes, and light and quick recipes.

ISBN 978-0-89821-753-7
EAN 9-780898-217537-52995
\$29.95 5-ring binder
516 pages/640 recipes
9 1/2 x 10 x 2 1/2
Full-color photographs throughout
Carton quantity: 6



The Taste of Home Baking Book

Taste of Home magazine presents its largest collection of baking recipes from great home bakers! Over 725 recipes, 675 photos, step-by-step instructions, and prep and bake times take the worry out of baking.

ISBN 978-0-89821-528-1
EAN 9-780898-215281-52995
\$29.95 hardcover 5-ring binder
510 pages/Over 725 recipes
9 1/2 x 10 x 2 1/2
Over 675 photos & illustrations
Carton quantity: 6





Best Seller

Taste of Home Comfort Food Diet Cookbook

Lose weight with tasty meals the whole family can enjoy. Includes 70 page of information on the diet, 433 recipes, a four-week meal plan, tips on dining out, and access to a gated website with additional meals, tips, and online support.

ISBN 978-0-89821-751-3
 EAN 9-780898-217513-51795
\$17.95 paperback with French flaps
320 pages/433 recipes 8 1/16 x 9
Full-color photographs throughout
Carton quantity: 12



Best Seller

Taste of Home Cookies

Create tasty treats for every occasion with 620 recipes—ranging from shortcut cookies, big batch treats, and brownies and bars to buttery shortbreads, jam-packed sandwiches, and Christmas favorites. All recipes include prep and cooking times, step-by-step instructions, and approximate number of servings.

ISBN 978-0-89821-727-8
 EAN 9-780898-217278-51859
\$17.95 paperback
384 pages/620 recipes 8 1/16 x 9
Over 400 photos & illustrations
Carton quantity: 10

TASTE OF HOME BEST-SELLING PAPERBACKS



PUB DATE Oct.

Appetizers

Take the guesswork out of party planning with 325 easy-to-make, tasty party starters and tons of tips for foolproof entertaining. Mix and match from a variety of dips and spreads, meatballs, party pizzas, snack mixes, bite-sized desserts, beverages, and more.

ISBN 978-0-89821-801-5
 EAN 9-780898-218015-51595
\$15.95 paperback with French flaps
256 pages/325 recipes 7 x 9 1/16
Over 200 photos & illustrations
Carton quantity: 20



Best Seller

Backyard Grilling

To make your outdoor cooking experience the best it can be, here is a wide variety of over 300 recipes that are simple to follow and feature common ingredients found in your local market.

ISBN 978-0-89821-557-1
 EAN 9-780898-215571-51595
\$15.95 paperback with French flaps
256 pages/323 recipes 7 x 9
Over 300 photos & illustrations
Carton quantity: 16



Best Church Supper Recipes

Over 500 home-style recipes that serve eight or more and are designed to travel well. Special features include hints and tips, quick-and-easy dishes, classroom treats, and recipes that serve 20, 30, even 100 people. Perfect for any function, family reunion, or social gathering.

ISBN 978-0-89821-639-4
 EAN 9-780898-216394-51595
\$15.95 paperback with French flaps
256 pages/Over 500 recipes 7 x 9 1/16
Over 300 photos & illustrations
Carton quantity: 24



Best Seller

The Busy Family Cookbook

Save time—and your sanity—with 370 recipes that feature ingredient lists, simple prep techniques, and easy cooking methods. Each chapter is arranged by speed and include some recipes that take as little as 10 minutes to make!

ISBN 978-0-89821-664-6
 EAN 9-780898-216646-51595
\$15.95 paperback with French flaps
256 pages/370 recipes 7 1/16 x 9 1/16
Over 225 photos & illustrations
Carton Quantity: 24



Cake Mix Creations

Start with a cake mix, add a few extra ingredients, and bake a delicious cake every time! In addition, you'll find incredible recipes for cookies, easy scones, and yummy coffee cake—each starting with a mix.

ISBN 978-0-89821-615-8
EAN 9-780898-216158-51595

\$15.95 paperback with French flaps
240 pages/216 recipes 7 x 9"
Over 200 photos & illustrations
Carton quantity: 12



Dinner on a Dime

Save time and money with 403 economically sensible, easy-to-assemble, mouthwatering recipes. Includes tips on how to freeze ahead for heat-and-eat meals throughout the week and how to stretch those leftovers.

ISBN 978-0-89821-707-0
EAN 9-780898-217070-51595

\$15.95 paperback with French flaps
256 pages/403 recipes 7 x 9"
Over 200 photos & illustrations
Carton quantity: 16



Fast Fixes with Mixes

This unique book contains 355 delicious recipes from cooks across North America—including plenty of "comfort food" ideas. Get the taste of real home-cooked meals by simply adding spices and fresh ingredients to ready-made store-bought mixes.

ISBN 978-0-89821-469-7
EAN 9-780898-214697-51595

\$15.95 paperback with French flaps
224 pages/355 recipes 7 x 9"
Over 200 photos & illustrations
Carton quantity: 30



More Fast Fixes with Mixes

The second volume in the series gives you brand-new family-style meals made by adding spices and fresh ingredients to store-bought mixes or ready-made breads and pastries. All prep work takes 30 minutes or less.

ISBN 978-0-89821-749-0
EAN 9-780898-217490-51595

\$15.95 paperback with French flaps
256 pages/350+ recipes 7 x 9"
Full-color photographs throughout
Carton quantity: 12



Grill It!

In addition to beef, poultry, pork and seafood favorites, this book includes 343 recipes for vegetables, side dishes, appetizer and even desserts—all made over an open flame. Also features recipes for sauces, marinades and seasonings.

ISBN 978-0-89821-766-7
EAN 9-780898-217667-51595

\$15.95 paperback
256 pages/343 recipes 7 x 9"
Over 300 photos & illustrations
Carton quantity: 16



Freezer Pleasers

338 recipes that will help families spend less time in the kitchen, save money, and share a home cooked meal every night—without all the work. Learn all of the freezing essentials, including how to turn last night's leftovers into a fantastic new dish with the addition of a few kitchen staples.

ISBN 978-0-89821-711-7
EAN 9-780898-217117-51595

\$15.95 paperback with French flaps
256 pages/338 recipes 7 x 9"
Over 200 photos & illustrations
Carton quantity: 16



Best Seller

Guilt Free Cooking

Say goodbye to guilt and hello to good health with 356 mouthwatering recipes shared by health-conscious family cooks. Each recipe has an icon indicating low-fat or low-sodium heart-smart choices—plus all include Nutrition Facts and Diabetic Exchanges.

ISBN 978-0-89821-613-4
EAN 9-780898-216134-51595

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256 pages/356 recipes 7 x 9 1/2
Over 200 photos & illustrations
Carton quantity: 12



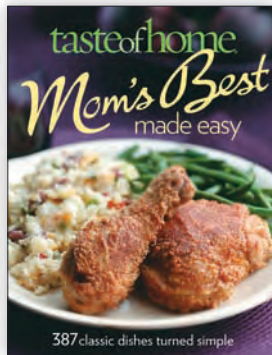
The Market Fresh Cookbook

This unique volume of more than 300 kitchen-tested recipes is guaranteed to give you new, fresh ideas for preparing mouthwatering meals with healthy fresh produce from your grocer or your garden. Illustrated with over 225 photographs.

ISBN 978-0-89821-519-9
EAN 9-780898-215199-52195
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EAN 9-780898-216967-51595
\$15.95 paperback with French flaps

256 pages/Over 300 recipes
7 1/4 x 9 1/4 hc 7 x 9 1/4 pb
Over 225 photos & illustrations
Carton quantity: 16hc 24pb

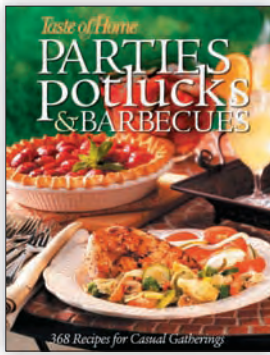


Mom's Best Made Easy

Recreate the same great meals Mom made with these delicious all-new recipes—quick, flavorful, inexpensive, and without all of the effort. Includes "30-Minute Meals," "Weeknight Menus," and bake sale treats.

ISBN 978-0-89821-752-0
EAN 9-780898-217520-51595

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256 pages/350+ recipes 7 x 9 1/2
Full-color photographs throughout
Carton quantity: 12



Parties, Potlucks, & Barbecues

Look no further for no-fuss recipes that travel and keep well and won't put a strain on your budget. 368 crowd-pleasers from the family cooks at the heart of Taste of Home magazine allow for easygoing outdoor entertaining.

ISBN 978-0-89821-697-4
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\$15.95 paperback with French flaps
256 pages/368 recipes 7 x 9 1/2
Over 250 photos & illustrations
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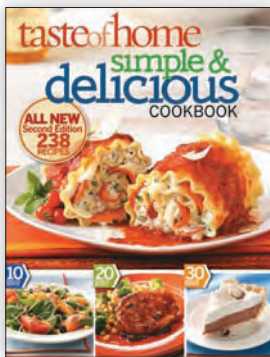
Best Seller

Simple & Delicious Cookbook

Make mealtime magic any day of the week with 242 time-saving, taste-tempting recipes from the readers and test kitchen experts at Taste of Home, the #1 cooking magazine in the world.

ISBN 978-0-89821-515-1
EAN 9-780898-215151-51595

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256 pages/242 recipes 7 1/4 x 9 1/4
Over 250 photos & illustrations
Carton quantity: 24

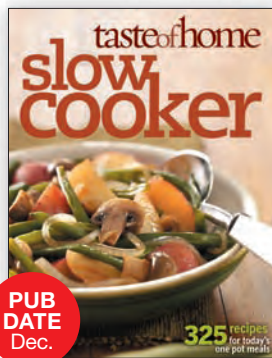


Simple & Delicious, Second Edition

The follow-up to the best-selling *Simple & Delicious Cookbook* will take the hassle out of planning menus and creating weeknight meals. Features 238 quick, great-tasting recipes, shopping lists, and a pantry planner.

ISBN 978-0-89821-767-4
EAN 9-780898-217674-51595

\$15.95 paperback
256 pages/238 recipes 7 x 9 1/2
Over 300 photos & illustrations
Carton quantity: 16



PUB DATE Dec.

Slow Cooker

Enjoy more than 300 delicious, nutritious, and economical dishes with minimal time and fuss. From Appetizers and soups to main dishes and desserts, all dishes can be ready in a few hours or after simmering in your slow cooker all day.

ISBN 978-0-89821-802-2
EAN 9-780898-218022-51595

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TASTE OF HOME HARDCOVERS

**The New Appetizer**

Serve up the perfect treat for any event or budget with 230 tasty party starters and over 150 full-color photos. Includes practical pointers, serving ideas, and entertaining tips for stress-free gatherings any day of the week.

ISBN 978-0-89821-728-5
EAN 9-780898-217285-52495

\$24.95 hardcover with jacket
256 pages/230 recipes 8¾ x 8¾
150+ full-color photographs

**The New Slow Cooker**

Over 200 delicious, nutritious, and economical dishes from family cooks across North America. Each recipe requires minimal time, fuss, and clean up—just pop it in the oven, simmer it on the stove, or put it in your Crock-Pot and receive rave reviews every time.

ISBN 978-0-89821-583-0
EAN 9-780898-215830-52495

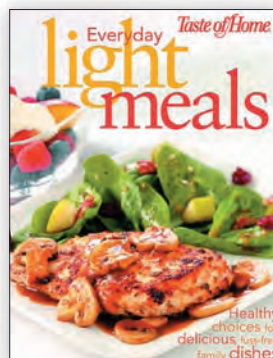
\$24.95 hardcover with jacket
288 pages/Over 200 recipes 9 x 9
Over 240 photos & illustrations
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**The New Potluck**

From Taste of Home magazine come over 170 time-honored, mouthwatering recipes that are perfect for small or large groups. Cooks from across North America share their favorite sizeable, potluck dishes—all are test-kitchen prepared and include a family anecdote or remembrance.

ISBN 978-0-89821-458-1
EAN 9-780898-214581-52495

\$24.95 hardcover with jacket
256 pages/Over 170 recipes 9 x 9
Over 150 photos & illustrations
Carton quantity: 12

**Everyday Light Meals**

Here are 425 family-favorite light recipes gathered from across the country—recipes that are lean on fat and calories but not on flavor. Includes 90+ family-pleasing menus that include a hearty main dish and side as well as add-on ideas for a complete, balanced meal.

ISBN 978-0-89821-518-2
EAN 9-780898-215182-52695

\$26.95 hardcover with jacket
352 pages/425 recipes 8¾ x 11¼
Over 300 photos & illustrations
Carton quantity: 8

TASTE OF HOME COMBOUND COOKBOOKS

**Casseroles, Slow Cooker, & Soups**

Take the guesswork out of cooking with 536 tempting recipes in three classic categories—meal-in-one casseroles, bubbling slow-cooked specialties, and thick, hearty soups. This ultimate cookbook—with entire meals in one pot—belongs in every cook's kitchen library.

ISBN 978-0-89821-614-1
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Over 390 photos & illustrations
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CANNING & PRESERVING

**Back to Basics: Traditional Kitchen Wisdom**

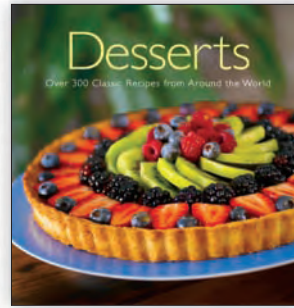
Edited by Andrea Chesman

Learn the basics of self-sufficiency, including composting and cold storage solutions, pickling, wine making, growing your own fruits and vegetables, canning, preserving, raising honeybees, making your own cheese, and much more! Contains easy-to-follow, step-by-step illustrated instructions.

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DESSERTS

**Desserts**

Satisfy the sweet cravings of your family and friends with more than 300 luscious desserts for every occasion, whether relaxed or elegant. Scattered throughout are 30 recipes that cater to specific health and diet needs, including diabetic, gluten-intolerant, low carb, and low calorie diets.

ISBN 978-0-7621-0923-4
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288 pages/300 recipes 9 1/4 x 10 1/2
Over 150 photos & illustrations
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DIETARY

**Cooking for Isaiah**Silvana Nardone
Foreword by Rachael Ray

Discover how delicious gluten-free and dairy-free foods can be with family-friendly recipes from Silvana Nardone, the Editor-in-Chief of *Every Day with Rachael Ray* magazine and mother of food sensitive teen Isaiah.

ISBN 978-1-60652-165-6
EAN 9-781606-521656-52495

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224 pages/125 recipes 7.65 x 9
Full-color photographs throughout
Carton quantity: 12

PUB
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GENERAL

**AllRecipes.com Easy Everyday Favorites**

From the World's #1 Cooking Website

Millions of home cooks turn to allrecipes.com for reliable, quick, and easy recipes that taste great. Now they can grab this book filled with only five-star recipes from the site they've come to love. Includes step-by-step instructions, nutrition facts, practical pointers, and flavor-boosting tips from home cooks.

ISBN 978-0-7621-0844-2
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\$15.95 paperback with French flaps
256 pages/250 recipes 7 x 9
80+ full-color photographs
Carton quantity: 16

Best
Seller

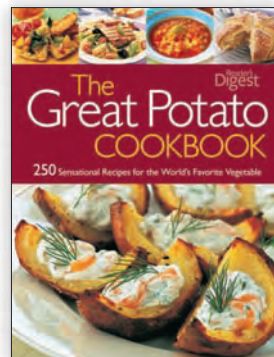
**Extraordinary Meals from Ordinary Ingredients**

This book contains more than 900 delicious, easy, inexpensive recipes with unique, secret ingredients that are sure to deliver fresh twists to your favorite meals. Organized alphabetically by item, from applesauce and anchovies to peanut butter and yogurt.

ISBN 978-0-7621-0934-0
EAN 9-780762-109340-51795

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384 pages/919 recipes 7 1/4 x 10
Over 130 photos & illustrations
Carton Quantity: 16

Best
Seller

**The Great Potato Cookbook**

This book contains 250 mouth-watering, budget-conscious recipes that use potatoes as the main ingredient—guaranteed to transform the spud from dud to stud! Sidebars and fun facts are scattered throughout the book, in addition to step-by-step instructions.

ISBN 978-1-921569-13-5
EAN 9-781921-569135-52495

\$24.95 hardcover with jacket
320 pages/250 recipes 8 1/4 x 10 1/2
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GENERAL



Just 5 Things

Rachel Lane

More than 320 quick-to-fix recipes that use 5 or fewer common, readily available ingredients. All of the crowd-pleasing recipes have been tested, and each one is illustrated with a stylish color photograph, helping novice cooks prepare and present the dishes with ease and flair.

ISBN 978-0-7621-0980-7
EAN 9-780762-109807-52495

\$19.95 flexiboard
704 pages/300+ recipes 6½ x 8½
Over 325 photos & illustrations
Carton quantity: 8



Just One Pot

For people on the go—discover one-pot cooking that saves time with simple preparation and easy clean up. Over 320 international recipes for rich soups, stews, deep fried foods, and easy casseroles—all with step-by-step instructions and beautiful illustrations.

ISBN 978-1-60652-160-1
EAN 9-781606-521601-51995
\$19.95 paperback with French flaps
256 pages/320+ recipes 9 x 11
Over 300 photos & illustrations
Carton quantity: 12



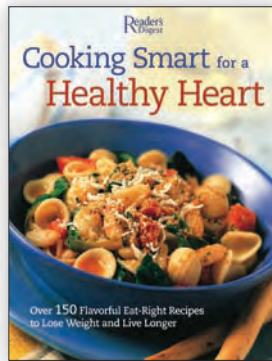
Quick Food

Jenny Fanshaw & Annette Forrest
Chock-full of more than 330 mouth-watering, gourmet recipes that can be prepared in less than 30 minutes, this cookbook is perfect for busy cooks who want to spend less time in the kitchen without losing out on delicious meals.

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Over 330 photos & illustrations
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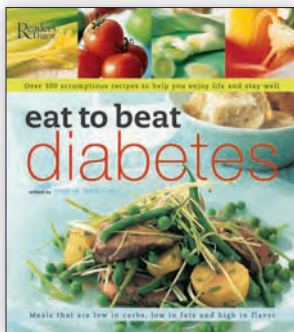
HEALTH



Cooking Smart for a Healthy Heart

Based on the latest medical and nutrition research, this heart-smart cookbook has over 150 delicious low-fat, nutrient-packed recipes that will help you lose weight and live longer. Discover new ways to make old favorites with easy-to-follow instructions, nutritional breakdowns, and over 250 photos.

ISBN 978-0-7621-0996-8
EAN 9-780762-109968-51995
\$19.95 paperback with French flaps
352 pages/150+ recipes 8½ x 10½
Over 250 photos & illustrations
Carton quantity: 8



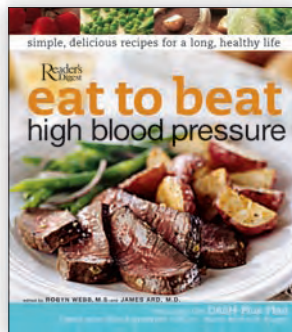
Eat to Beat Diabetes

More than 300 delicious recipes for people with diabetes—each featuring an ingredient list and a nutritional analysis. Based on the latest research, this revolutionary book is filled with well-tested recipes your family will love.

ISBN 978-0-7621-0486-4
EAN 9-780762-104864-52695
\$26.95 hardcover with jacket

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EAN 9-780762-108978-51595
\$15.95 paperback

320 pages/300+ recipes
9½ x 10½ hc 8 x 10 pb
Over 250 photos & illustrations
Carton quantity: 14



Eat to Beat High Blood Pressure

Lower your pressure in just two weeks with 300 delicious recipes and an innovative diet plan. Includes nutritional analysis, cooking tips, and flavor substitutions.

ISBN 978-0-7621-0898-5
EAN 9-780762-108985-51595

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320 pages/300 recipes 8 x 10
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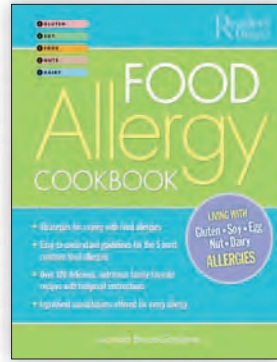
HEALTH

**Fight Back with Food**

An authoritative, easy-to-use reference arranged in an A-to-Z format, packed with nutrition tips for a healthier life. Part 1 reveals 50 superstar foods with the most potential to treat and prevent disease. Part 2 provides a powerful food arsenal to help fight 50 common ailments. Part 3 has over 100 recipes for treating and fighting disease.

ISBN 978-0-7621-0840-4
EAN 9-780762-108404-51795

\$17.95 paperback
352 pages/100+ recipes 8 x 10 1/4
Over 200 photos & illustrations
Carton quantity: 14

**Food Allergy Cookbook**

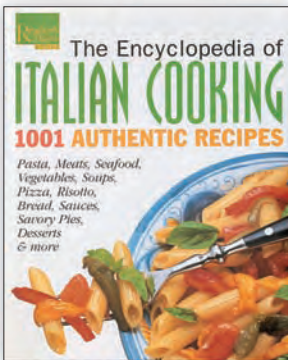
Lucinda Bruce-Gardyne

Fight the alarming rise in food allergies with this authoritative cookbook, which provides readers with the knowledge to prepare over 400 simple-to-follow, made-from-scratch recipes.

ISBN 978-0-7621-0896-1
EAN 9-780762-108961-52495

\$24.95 hardcover with jacket
224 pages/400+ recipes 7 1/4 x 9 1/4
Over 200 photos & illustrations
Carton quantity: 12

ITALIAN

**The Encyclopedia of Italian Cooking**

With 1,001 authentic Italian dishes created by chefs from Italy's 20 regions, this book will tempt cooks of every heritage. Recipes are ranked from super-easy to challenging—so you can create a five-course meal or a simple pizza. Includes over 500 photographs.

ISBN 978-0-7621-0340-9
EAN 9-780762-103409-53295

\$32.95 hardcover with jacket
360 pages/1,001 recipes 9 1/4 x 11 1/4
Over 500 photos & illustrations
Carton quantity: 8

**Pasta Italia**

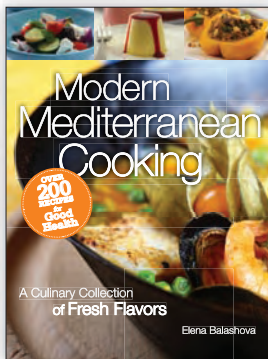
Gabriella Mari and Cristina Blasi

Take a cooking tour of Italy and learn how to recreate unique regional pasta specialties. Renowned chefs and founders of the Cordon Bleu Cooking School of Florence unlock culinary delights destined to inspire novice and seasoned home chefs. Includes over 280 recipes ranked by difficulty, from super-easy to challenging.

ISBN 978-0-7621-0586-1
EAN 9-780762-105861-52995

\$29.95 hardcover with jacket
256 pages/250+ recipes 9 1/4 x 11 1/4
Over 250 photos & illustrations
Carton quantity: 10

MEDITERRANEAN

**Modern Mediterranean Cooking**

Take a tour through the Mediterranean and sample hundreds of delicious and healthy recipes sure to delight the palate. Alongside each recipe you'll find level of difficulty, detailed serving suggestions, vitamin content, and preparation/cooking time.

ISBN 978-1-60652-136-6
EAN 9-781606-521366-51995

\$19.95 flexibound
480 pages/200+ recipes 6 1/2 x 8 1/2
Full-color photographs throughout
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QUICK & EASY

**Life's Too Short to Chop Onions**

Kitty Greenwald

Fun, easy dinner recipes for the gal who's got better things to do than slave over an oven. Create tasty meals like "Chili con Speedy" and "Chicken Curry in a Hurry." All recipes are quick, cheap, and require little or no clean up. Includes smart shopping tips.

ISBN 978-1-60652-124-3
EAN 9-781606-521243-51495

\$14.95 paper-over-board
144 pages/99 recipes 4 1/4 x 7 1/4
Spot art throughout
Carton quantity: 48

QUICK & EASY



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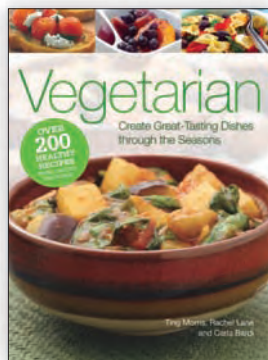
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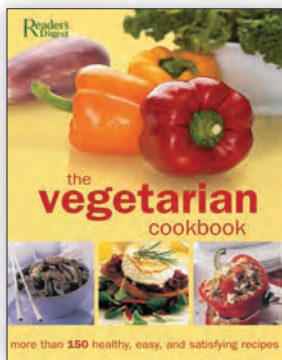


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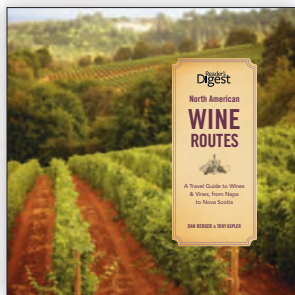


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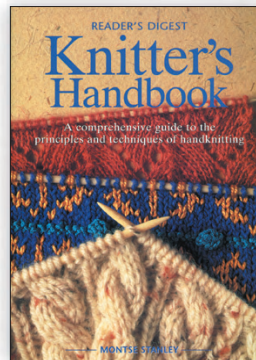
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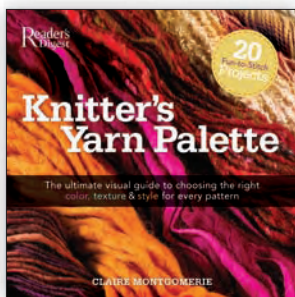
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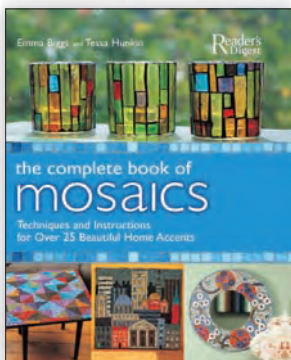


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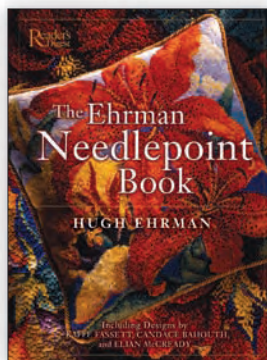


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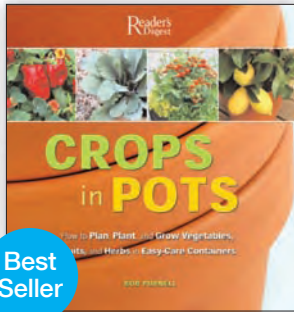


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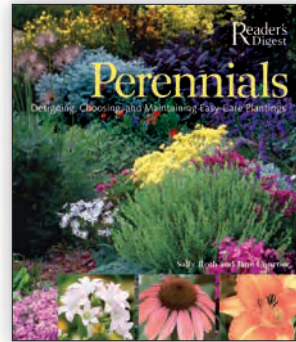
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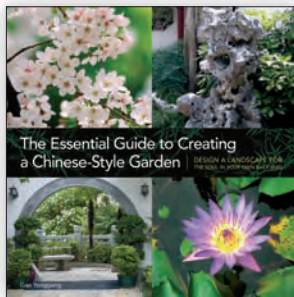
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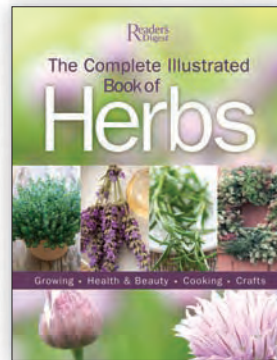
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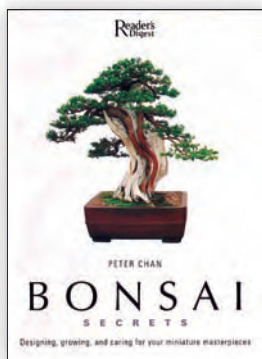
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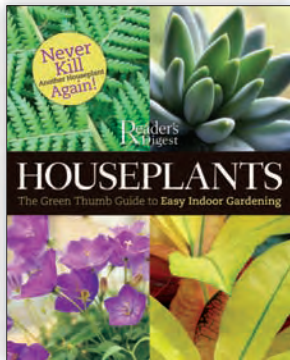
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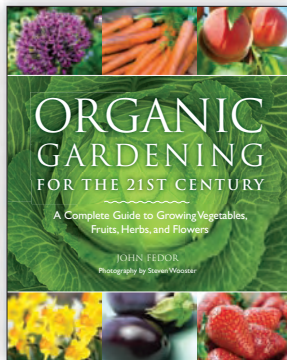
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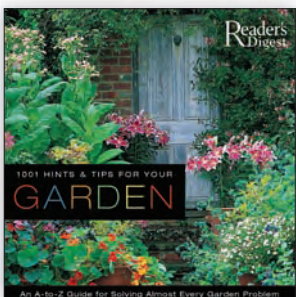
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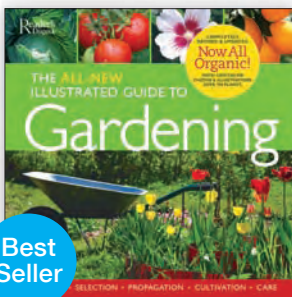


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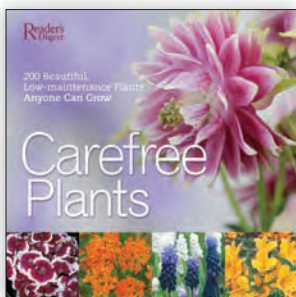
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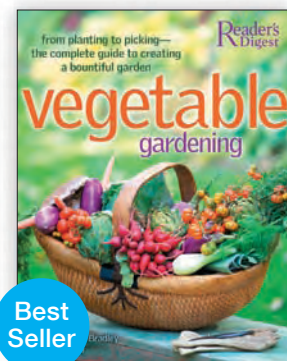
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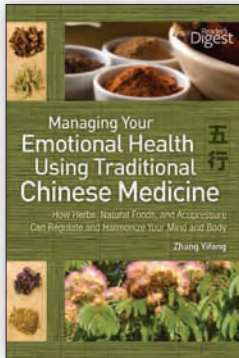
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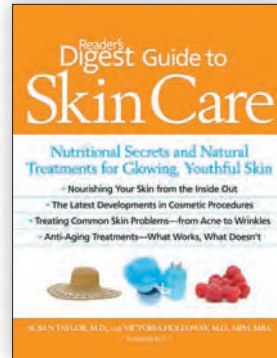
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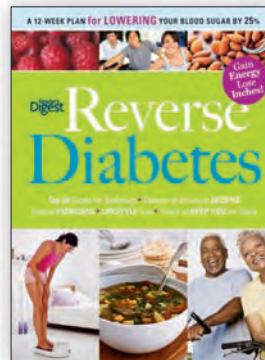
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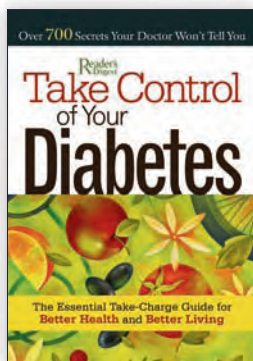
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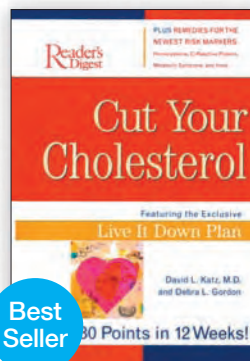


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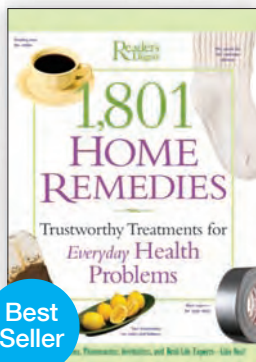
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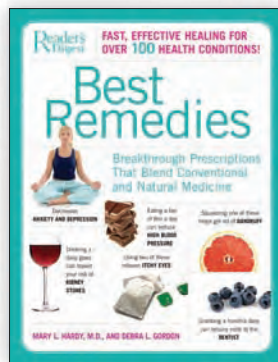
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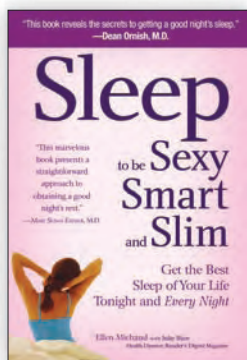
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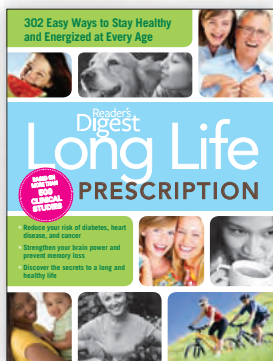
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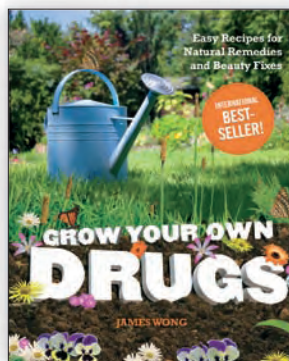
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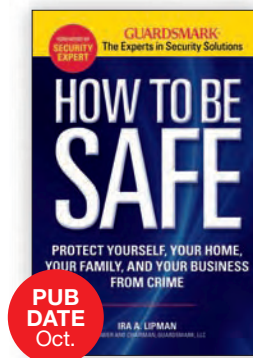
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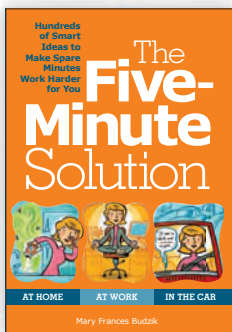
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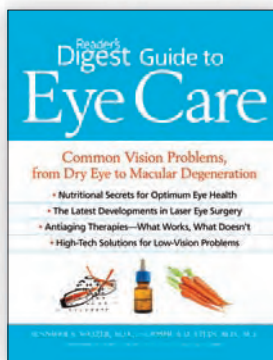
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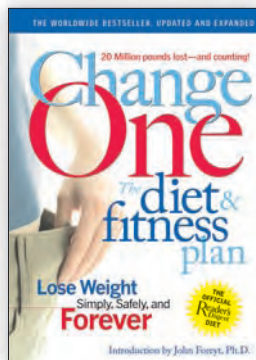
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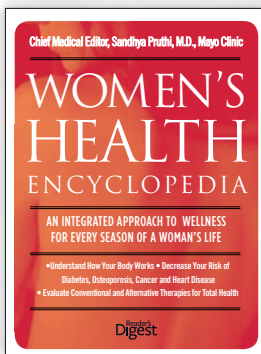
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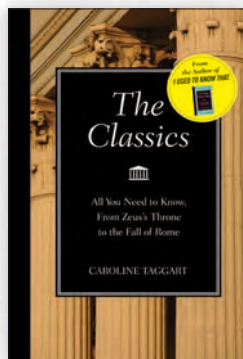
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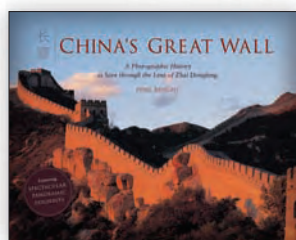
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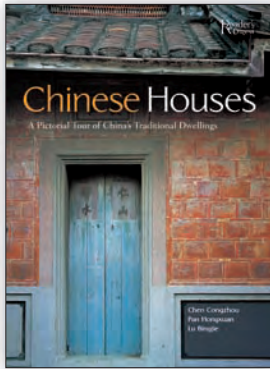
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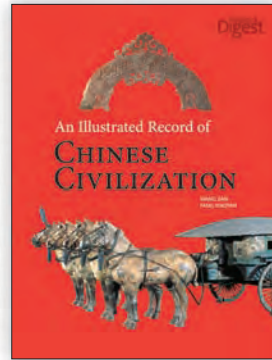
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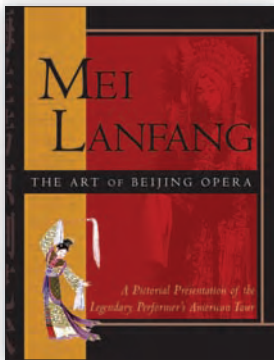
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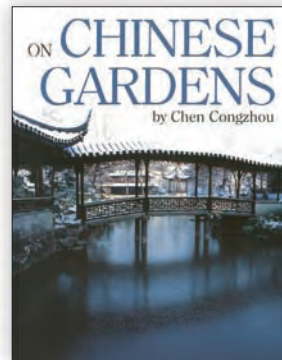
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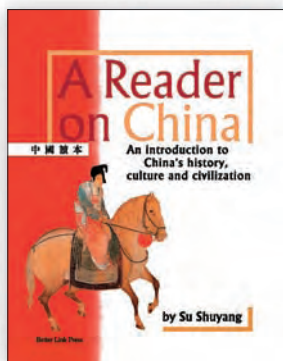
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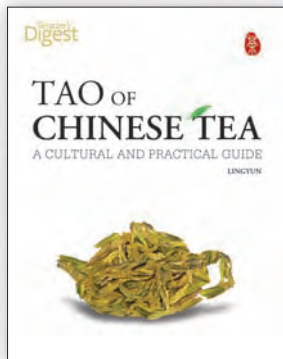
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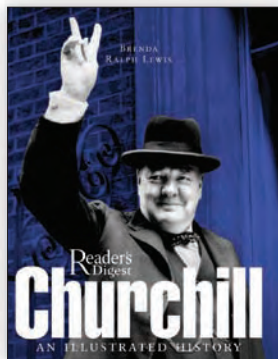


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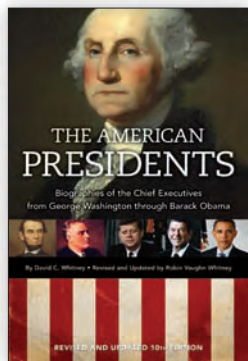


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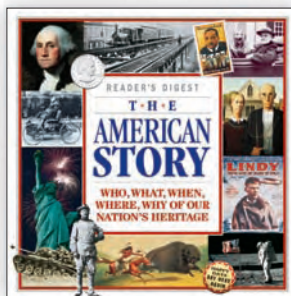
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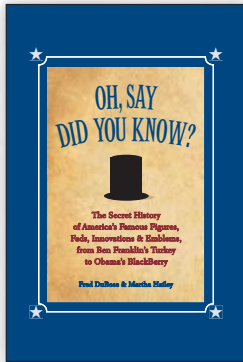


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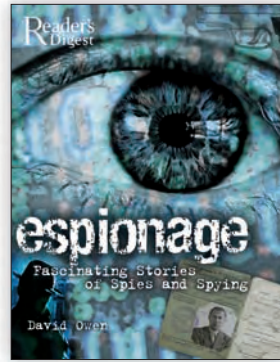
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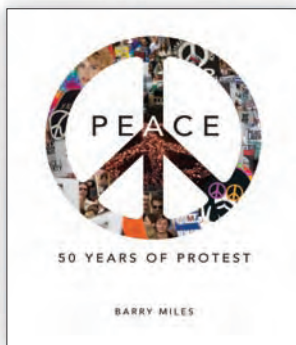
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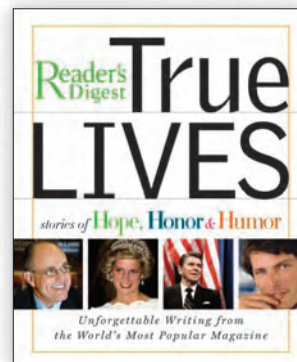
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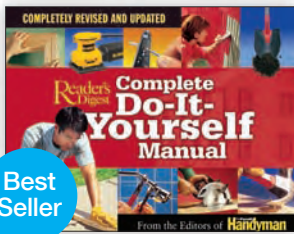
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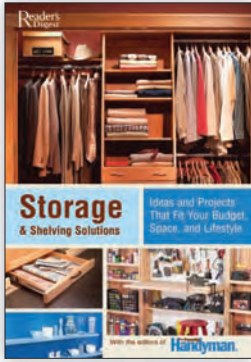
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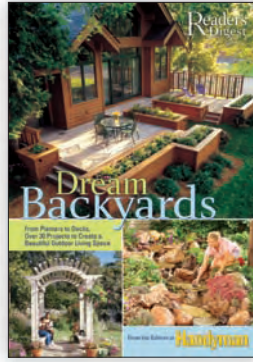
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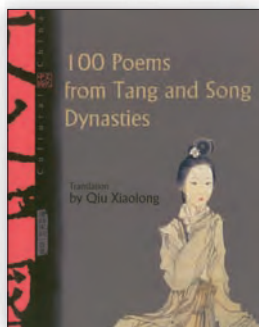
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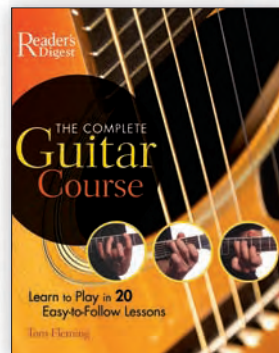
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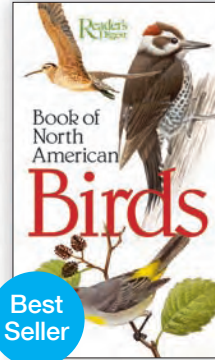
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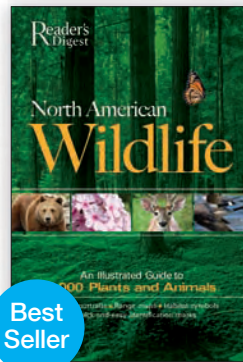
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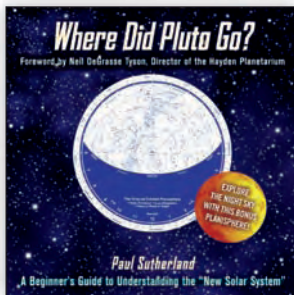
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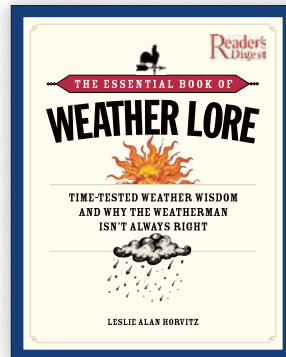
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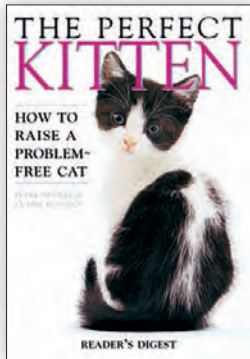
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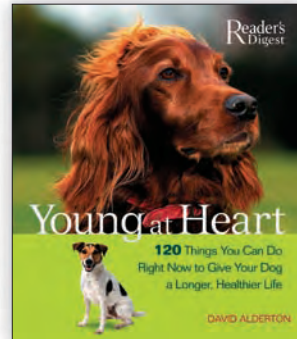
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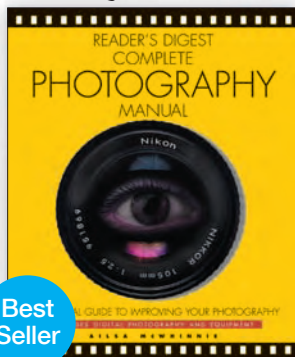
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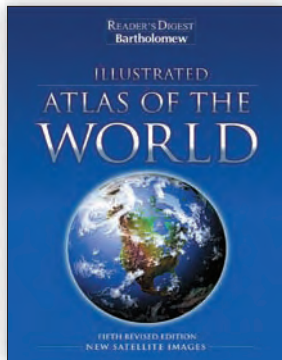


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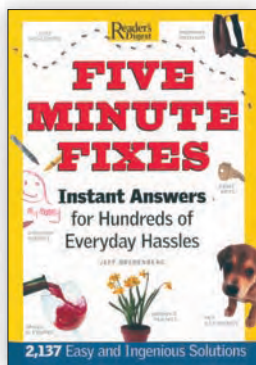


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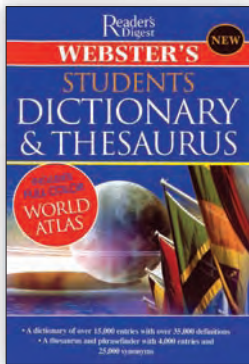
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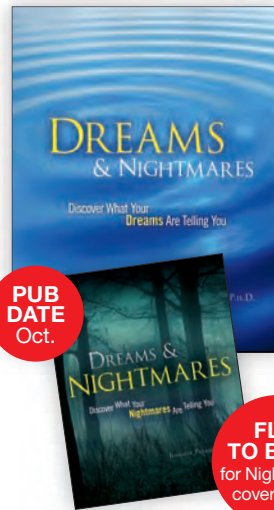
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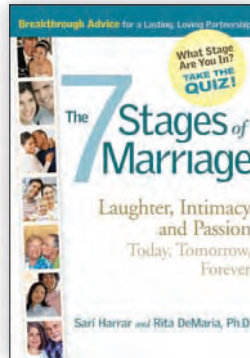
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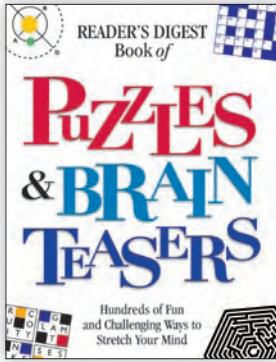
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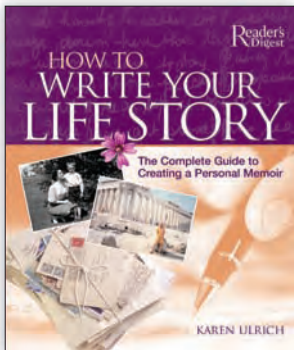
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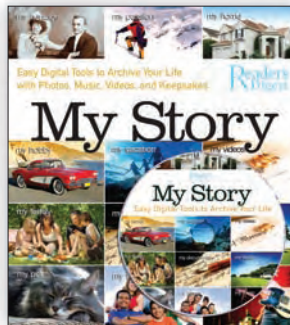


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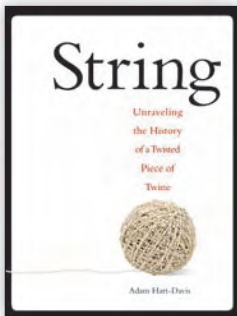
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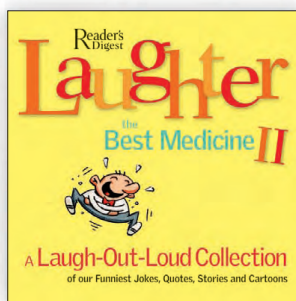
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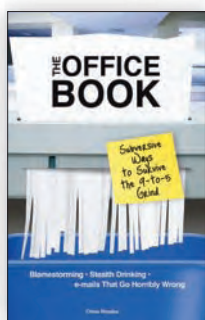
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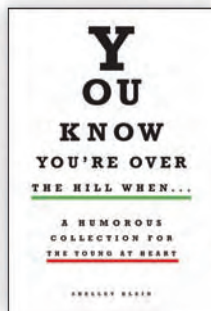
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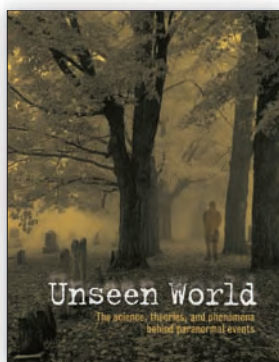
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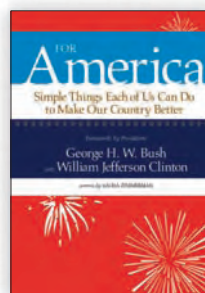


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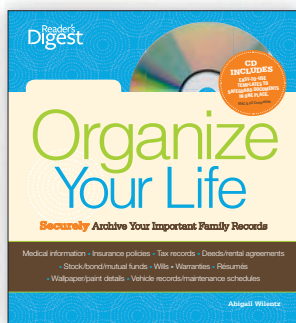
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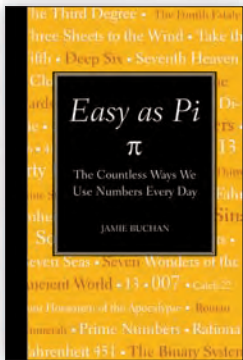
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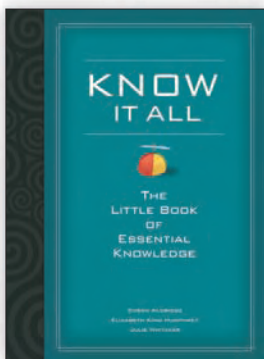
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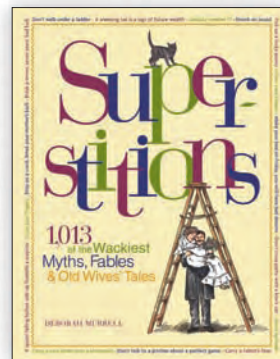
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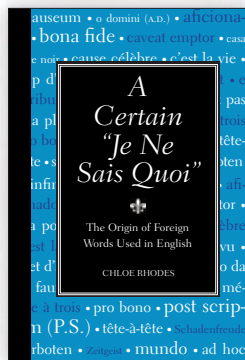
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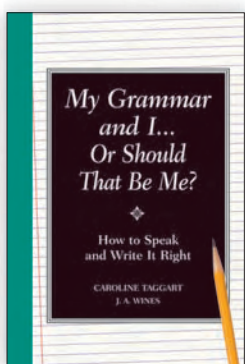
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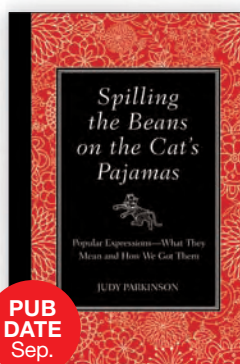


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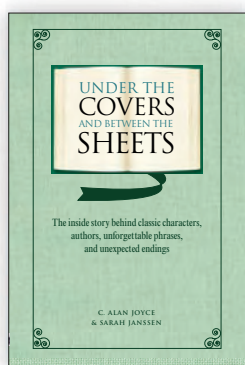
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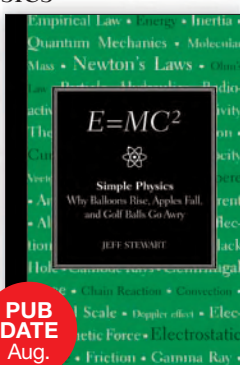


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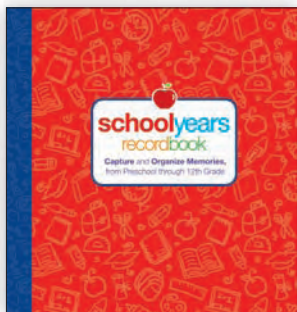
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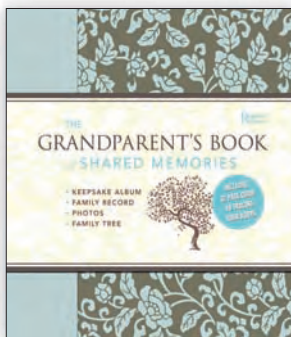
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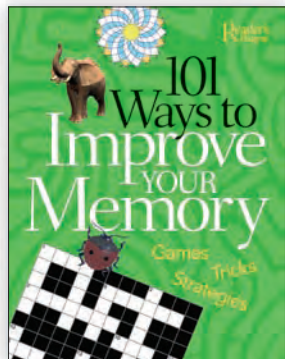
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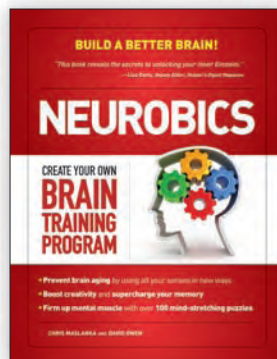
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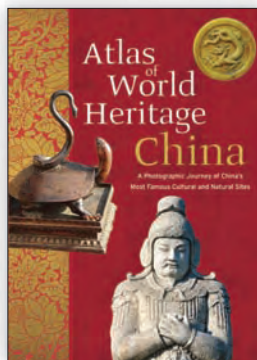
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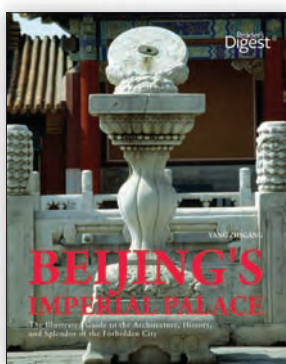
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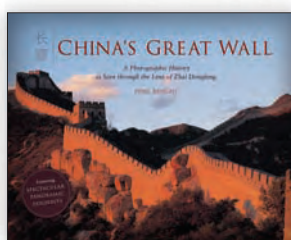
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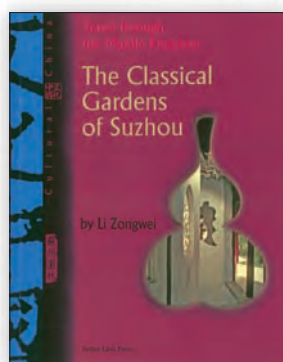
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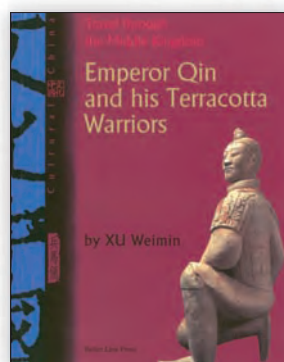
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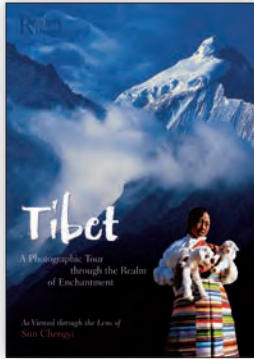
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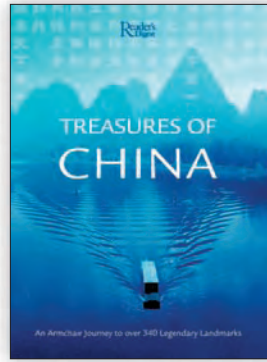
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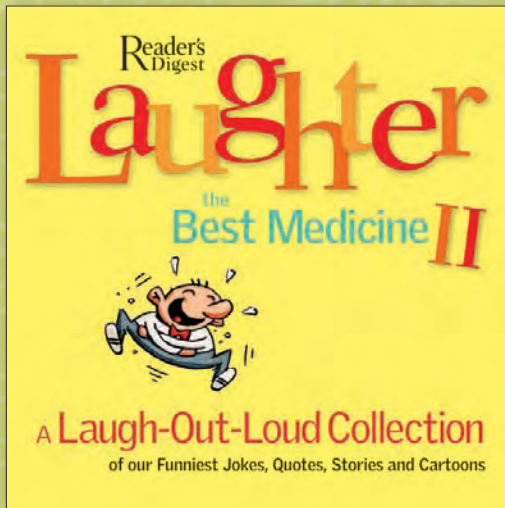
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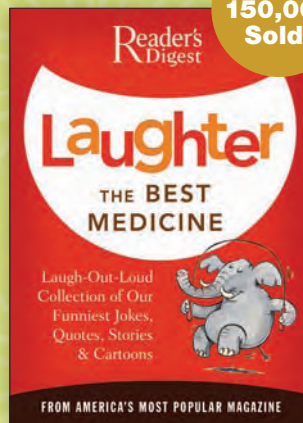
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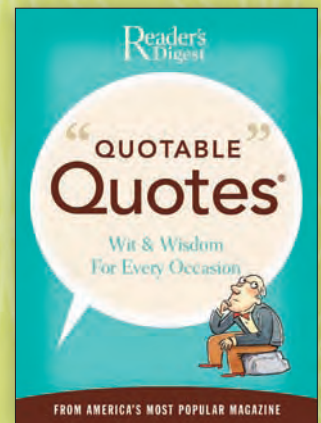
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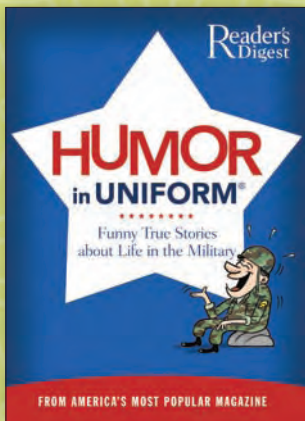
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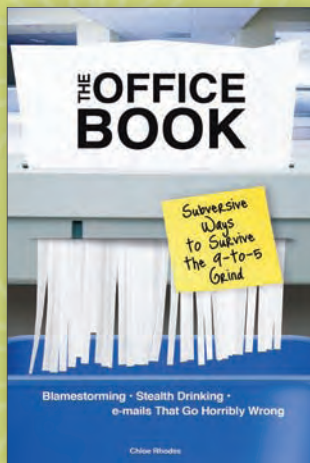
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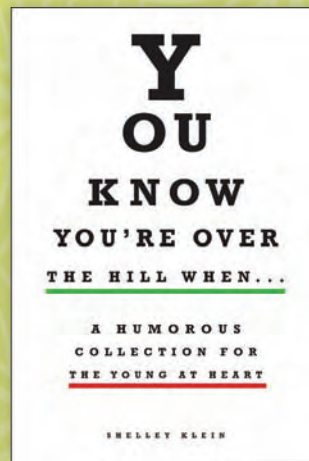
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