

Eat Magazine Spring 2007 Issue Highlights

EAT CELEBRATES ITS 1ST BIRTHDAY WITH NEARLY 90 NO-FAIL RECIPES

DES MOINES (March 2007) – The spring 2007 issue of *EAT* magazine (www.bhg.com/eat), a Better Homes and Gardens Special Interest Publication by Meredith Corporation, features your favorite foods faster than ever. *EAT*, which celebrates one year since its inception, highlights refreshing, summery cakes; five fabulous meals under \$15; and one-pan family-friendly dinners.

Featured articles in the spring 2007 issue include:

GOT 15 MINUTES? GOT DESSERT! (pg. 44) – What’s not to like about angel food cake? It’s light, delicious, and—most important of all—fast. Learn how easy it is to turn this store-bought staple into the perfect cake with exciting flavors such as Chocolate-Drizzle, Lemon Cream and Berries and Honey-Rosemary!

FAST FIVE UNDER \$15 (pg. 14) – Short on cash? Pinched for time? No problem. Here are five delicious dinners that can be cooked and ready to eat in 30 minutes or less for no more than \$15. Recipes like Deli Style Submarines and Ravioli with Fresh Vegetables are sure to be a hit with the family! Also included, *EAT* provides readers with a handy shopping list for each dish.

HASH BROWNS (pg. 30) – Hash browns are so good, why save them for breakfast? With the smorgasbord of heat-and-eat varieties available, they’re an easy fix when you need comfort food, pronto. Try them diced in a Pork and Potato Skillet or shredded with Sausage and Apples.

ONE-PAN PLAN (pg. 38) – One pan is all you’ll need to fix a delicious, family-friendly dinner simply and quickly. Save time and dish soap with our Skillet-Style Lasagna, One-Pot Spaghetti, and Salmon with Tropical Rice, just few of the family favorites we’ve made even easier by limiting them to just one pan.

OUTSIDE THE BOX (pg. 93) – See what one basic box of biscuit mix can really do with a little creativity. Try all of *EAT*’s delectable sweet or savory recipes, including Cinnamon-Sugar Biscuits and Pesto Biscuits, to take your biscuits to the next level! To cut fat and calories from any biscuit, substitute the light version of biscuit mix in each recipe.

The spring 2007 issue of *EAT* is available on newsstands until June 12, 2007 for \$4.99. A member of Better Homes and Gardens Special Interest Media, *EAT* magazine is published quarterly by Meredith Corporation. *EAT* understands the cooking challenges of busy families, so the editors have packed the fall issue with fast, simple, delicious recipes that everyone in the family will love.

Contact:

Lindsey von Busch
Lindsey.vonbusch@meredith.com
(732) 288-0629