

[PDF] Taste Of Home: Comfort Food Diet Cookbook: New Quick & Easy Favorites: Slim Down With 427 Satisfying Recipes!

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Description:

About the Author **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. The dishes, all beautifully photographed, capture special flavors of the season and are made with ingredients that home cooks are likely to have on hand or can readily find at a local supermarket.

New recipe contests are announced every issue, and readers are encouraged to send their best recipes for *Taste of Home*'s regular features, like "A Complete Meal in a Matter of Minutes," "Cooking for One or Two," "My Mom's Best Meal," "Super Snacks & Appetizers," and "Just Desserts."

The magazine's unique staff of field editors is made up of more than 1,000 experienced home cooks located in each state and Canadian province, who regularly share recipes, well-liked menus and kitchen tips. *Taste of Home* is published six times a year and has five sister magazines, *Simple & Delicious*, *Slow Cooker*, *Appetizers*, *Cooking for 2*, and *Healthy Cooking*.

From October 2008 through October 2010 the number of unique monthly visitors to the TOH family of websites increased over 111% to 2.8 million and page views increased over 124%. Visit tasteofhome.com. The Taste of Home Facebook page alone has a growing fan base of over 165,000 friends. Like it today!

Peggy Woodward, RD, is the Food Editor of *Taste of Home Healthy Cooking* magazine and the author of "Ask Peggy", an in-magazine and online food and nutrition column. As a registered dietitian with Taste of Home for nearly a decade, she has contributed to a number of special-diet related publications.

Diane Werner, RD, is *Taste of Home*'s Food Director and registered dietitian, with more than 25 years of food and nutritional experience. She has toured the country doing events, TV, radio, and newspaper interviews in support of the magazine and book program.

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