FOR IMMEDIATE RELEASE

America’s Home Cooking: Healthy Recipes Airs on PBS 45 & 49

KENT, Ohio – Wednesday, March 2, 2005 — Healthy Recipes, the latest installment in the America’s Home Cooking series, proves that food that’s good for you doesn’t have to taste bad. Hosts Chris Fennimore and Nancy Polinsky offer viewers a wide range of recipe options that can be used to improve their diets and still satisfy their quest for interesting and delicious meals. It airs on PBS 45 & 49 on Saturday, March 5 at 10 a.m.; Sunday, March 6 at 9 a.m. and 2 p.m.; and Thursday, March 17 at 8 p.m..

“In order to provide the most variety, our program and the accompanying cookbook will have three different sections — low-fat, low-calorie and low-carb,” said Fennimore. The first section deals with recipes that reduce saturated fat in the diet. The second section is devoted to low-calorie recipes that use fresh ingredients and judicious substitutions that help dieters achieve their goals. Finally, the hosts focus on low-carb eating. This diet is useful not only to those who are trying to lose weight, but also to the nearly 44 million Americans who suffer from Type 2 diabetes. Control of blood sugar levels through diet is an important part of any regimen.

Healthy Recipes is the eighth installment in the America’s Home Cooking series, which includes Crock Pot, Cookies, Italian, Comfort Food, Casseroles and Covered Dishes, Quick and Easy and Appetizers.

PBS 45 & 49 is owned and operated by Northeastern Educational Television of Ohio, Inc., a private, nonprofit corporation. A trusted community resource, PBS 45 & 49 uses the power of non-commercial television and related services to enrich the lives of people through high-quality programming and educational services that teach, illuminate and inspire.

-###-