

## Show Rundowns for September 6, 2010 and September 13, 2010

DAY & DATE	<b>RECIPE TITLE</b> (if applicable)	SHOW TITLE & TEASE	TIME
*Monday September 6	Potato Chip Cookies	<b>Potato Chip Cookies:</b> Got some leftover chips from your Labor Day festivities? Well, they can be the start of some melt-in-your-mouth new treats tomorrow. You'll see!	1:35
*Tuesday September 7	Kung Pao Watermelon Shrimp	<b>Kung Pao Watermelon Shrimp:</b> We're in back-to-school mode and it's time for some fresh ideas for family mealtime – and I've got one with a tasty summery twist! You'll see!	1:33
*Wednesday September 8	Glazed Cornish Hens	<b>Glazed Cornish Hens:</b> Cornish hens are the ultimate in personal portions – even a rooster might crow about these pint-sized babies, just like we will.	1:33
*Thursday September 9	Pizza Fondue	<b>2010 International Housewares Show/Pizza Fondue:</b> Wanna be a trendsetter in the kitchen? We'll tell you what's "in" this year when it comes to housewares!	1:37
*Friday September 10	Chicken Burrito Bundles	<b>Chicken Burrito Bundles:</b> Our home-cooked fast food beats anything we can buy, and don't our kids deserve the best? We'll show you!	1:38
*Monday September 13	Macaroni & Cheese Soup	<b>Macaroni &amp; Cheese Soup:</b> Nothing gets 'em to the dinner table faster than a favorite comfort food – and we've got one you can cook up fast! Join me!	1:40
*Tuesday September 14	Double Chocolate Chewies	<b>Double Chocolate Chewies:</b> How can we double the fun of baking cookies? Invite our kids to join in and help! And you're invited, too.	1:33
*Wednesday September 15	Spaghetti Squash	<b>Spaghetti Squash:</b> It looks like spaghetti, it tastes like spaghetti, but it isn't spaghetti. It's a healthy option you're gonna want to try soon.	1:42
Thursday September 16	N/A	A Rainbow of Healthy Options: What's in the pot of gold at the end of the food rainbow? A load of healthy benefits! We'll share some with you!	1:36
*Friday September 17	Dessert Personality Quiz	<b>Dessert Personality Quiz:</b> Ever hear the expression "We are what we eat"? Well, we've got a tasty quiz for you today to prove that! You'll see!	1:43

\*Key station address for recipe requests

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General questions regarding satellite feed or dubbing? Call Christopher Rahner at (212) 975-8139. Need additional MR. FOOD information? Call 954-938-0400 (9am to 5pm EST).