



**Show Rundowns for  
March 18, 2024, and March 25, 2024**

DAY & DATE	SHOW TITLE & TEASE	TIME
MON. MAR 18	<b>Loaded Potato Roll-Ups:</b> We've cooked up a crazy-good appetizer just in time for March Madness. Wait until you see what it is.	<b>1:27</b>
TUE. MAR 19	<b>Lemon Meringue Cookies:</b> It's officially spring, which means it's time for our taste buds to say goodbye to "hot and hearty" and hello to "lighter and brighter."	<b>1:19</b>
WED MAR 20	<b>Coconut-Crusted Pork Chops:</b> Today we're going nuts in the Test Kitchen, nuts for coconuts that is.	<b>1:22</b>
THUR. MAR 21	<b>Italian Spring Fling Pasta:</b> Spring is in the air and that means it's time to lighten things up. And do we ever have a perfect dish for that?	<b>1:32</b>
FRI. MAR 22	<b>Pimiento Cheese Deviled Eggs:</b> No Easter get-together is complete without them. What could it be? We'll show you and boy, are they ever good!	<b>1:35</b>
MON. MAR 25	<b>Baked Overstuffed Shrimp:</b> If you haven't completed your menu for this weekend yet, then put down the remote, grab a cup of coffee and pay close attention.	<b>1:34</b>
TUE. MAR 26	<b>Sweet and Sour Meatballs:</b> Lace up your sneakers and get ready for a dish that will earn you extra points. It's March Madness and we've got a guaranteed slam dunk.	<b>1:21</b>
WED. MAR 27	<b>Slow Cooker Glazed Carrots:</b> Need an extra pair of hands in the kitchen on Easter? We have an idea that'll make getting dinner on the table so much easier..	<b>1:18</b>
THUR. MAR 28	<b>Coconut Bread Pudding:</b> Don't throw away that day-old bread quite yet ... because we've got a dessert recipe that turns it into something that's truly amazing.	<b>1:30</b>
FRI. MAR 29	<b>Golden Salmon Bake:</b> Today's Good Friday and we've got a fast and fancy recipe that's perfect for dinner tonight.	<b>1:29</b>

Key address/Web site for recipe requests

You can now download the show videos on the  
Affiliates page. <https://www.mrfood.com/index.php/hct/Affiliates>  
Need MR. FOOD information? Call 954-938-0400 x1 (9am to 5pm EST).