



**Show Rundowns for
April 29, 2024, and May 06, 2024**

DAY & DATE	SHOW TITLE & TEASE	TIME
MON. APR. 29	Lemon Rosemary Chicken: We've got a trick to make your roasted chicken crispy, juicy, and delicious. So don't go anywhere.	1:23
TUE. APR. 30	Homestyle Tuna Croquettes: The main ingredient in today's dish is super versatile and it's probably right in your pantry. What is it and how are we going to make it different?	1:35
WED MAY 01	Kentucky Derby Bars: We're getting ready for the Kentucky Derby, so dig out your Derby best as we whip up a dessert that's winner circle-worthy.	1:30
THUR. MAY 02	Quinoa Veggie Salad: Grab a bag of quinoa and get ready as we dish up a new salad that's packed with protein. Did I mention it's pretty tasty too?	1:30
FRI. MAY 03	Party Margarita Cake: Today we're making a one-of-a-kind dessert that's inspired by the margarita. It's just in time for Cinco de Mayo.	1:43
MON. MAY 06	Noodles Romanoff: If you have a hard time coming up with a main course for dinner, never mind what to serve with it, then put down the remote and pay close attention.	1:32
TUE. MAY 07	Pork Chops with Bacon-Onion Marmalade: Was there one kitchen tool you remember your Mom using more than any other when you were a kid? For me it was the wooden spoon, and it wasn't just for stirring onion.	1:33
WED. MAY 08	The World's Best Western Omelet: We've got tips and tricks to make the world's best omelet coming up next. It's easier than you might think and it's huge.	1:29
THUR. MAY 09	Perfect Fried Shrimp: Everybody's talking about these and soon, so will you. Are you ready to take the plunge?	1:28
FRI. MAY 10	Fruity Pancake Muffins: What's the best thing you can do for Mom this Mother's Day? We've got the inside scoop.	1:32

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).