

**Show Rundowns for
August 17, 2026 and August 24, 2026**

DAY & DATE	SHOW TITLE & TEASE	TIME
MON. Aug. 17	Mighty Marshmallow Crescent Puffs: One way we measure how good a recipe is ... is by seeing how big your smile is when we eat it. Well, with this one, you'll be smiling ear to ear.	1:28
TUE. Aug. 18	Company Fancy Chicken Wraps: Dave: That's a wrap.HR: It's a wrap! In my world that sounds like lunch ... so stick around and I'll show ya what I'm making.	1:32
WED. Aug. 19	Fresh Catch Burgers: We're changin' up our burger today with a local favorite that is not only tasty, it's good for us.	1:25
THUR. Aug. 20	Mixed Fruit Smoothie: We are mixing it up today with a smoothie packed with goodness. Stick around and you'll see.	1:32
FRI. Aug. 21	Hamburger Meal In One: When ya get done eating what we're making today, you're gonna wanna just throw out the dishes.	1:32
MON. Aug. 24	Skillet Summer Vegetables: Wanna try something new with some of summer's best veggies? Stick around for this yummy side dish.	1:24
TUE. Aug. 25	Firehouse Pot Roast: When it comes to cooking, the only thing more important than taste ... is safety. Today we have some information that could save your life.	1:32
WED. Aug. 26	Award-Winning Potato Salad: Do you have an award-winning recipe? If ya do, we have some tips that could earn you some bragging rights and possibly some cash.	1:13
THUR. Aug. 27	Potluck Pistachio Fluff: It's a staple on almost every Southern buffet and at church dinners. Any ideas as to what it is?	1:32
FRI. Aug. 28	Buffalo Shrimp Dip: Today, we're making dip at the grill. You won't believe how easy ... and how tasty.	1:29

Key address/Web site for recipe requests

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