

**Show Rundowns for
September 14, 2026 and September 21, 2026**

DAY & DATE	SHOW TITLE & TEASE	TIME
MON. Sept 14	Orzo Mushroom Toss: Hey Kelly, what did one mushroom say to the other? Kelly: I don't know. Boy, are you ever a "fungi." Stick around as we share a tasty recipe, and no more corny jokes...I promise.	1:26
TUE. Sept. 15	Sausage Sheet Pan Supper: Watch out one-pot meals, there's some new competition in town that's ready to give you a run for your money.	1:34
WED. Sept. 16	Garlic Shrimp and Spinach: Got 10 minutes? Then you can make a dinner that is restaurant worthy ... and there is no tipping required.	1:33
THUR. Sept. 17	Betsy's Buttermilk Pie: I got a package in the mail, with no return address and the contents were priceless. Just wait until you see what was in it.	1:34
FRI. Sept. 18	Chop Chop Chicken: Do you get confused as to which knife to use for what? If ya do, we have the answers and a recipe to test your skills.	1:25
MON. Sept. 21	Creamy Onion Pie: We've tried everything to get rid of onion tears, including wearing a diver's mask, now we finally found a way to turn those onion tears into tears of joy.	1:29
TUE. Sept. 22	Shortcut Chow Chow Salad: Life is too short to waste time in the kitchen. So we've got a shortcut recipe that's perfect for any time of year.	1:35
WED. Sept. 23	Apple Coffee Cake: It's apple season. Let's see if you have what it takes to resist what we're making today? I bet ya don't.	1:28
THUR. Sept. 24	Portobello Steak Sandwich: We've all heard of Meatless Mondays, but after today's segment, you might start hearing more about tasty Thursdays.	1:25
FRI. Sept. 25	Awesome Munchies: Looking for an awesome snack to hold the family over until dinner? We've got one with a twist that's hard to resist.	1:35

Key address/Web site for recipe requests

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