

**Show Rundowns for
October 12, 2026 and October 19, 2026**

DAY & DATE	SHOW TITLE & TEASE	TIME
MON. Oct. 12	Sassy Chicken Street Tacos: Today we're showing you how you can make a trendy food truck favorite right home. So be sure to stick around.	1:35
TUE. Oct. 13	Cloud Bread: What if I told ya we can make a homemade bread, that's as light as a cloud and it's guilt-free? Well, we can.	1:27
WED. Oct. 14	Really Good Rice Pudding: Long grain rice is nice to throw at a wedding, while medium grain rice is perfect for this...any ideas?	1:35
THUR. Oct. 15	Smothered Chicken Florentine: I would put today's main dish up against any restaurant entree ... and it cooks up in just 15 minutes. It's definitely a keeper.	1:21
FRI. Oct. 16	Greek Potatoes: You don't have to be Greek to whip up the dish we're making today. I'll show ya.	1:23
MON. Oct. 19	Tuna Melt Casserole: Today we've got a dish that will earn you a standing ovation every time you serve it. So ya better get ready for all the attention.	1:34
TUE. Oct. 20	Autumn Pumpkin Dump Cake: Today we've got a recipe filled with pumpkin, spice and everything nice. Stick around, you'll see.	1:31
WED. Oct. 21	Maple French Toast Sticks: These aren't you're average French toast sticks. Wait until you see the surprise we've got coming up next.	1:34
THUR. Oct. 22	Easy Corn Pudding: We're taking corn pudding to a whole new level with a recipe that started many moons ago.	1:30
FRI. Oct. 23	After Work Pepper Steak: If you've got 15 minutes, you've got dinner. We'll show you how with a sizzling idea.	1:35

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).