



**Show Rundowns for  
August 28, 2017 and September 8, 2017**

<b>DAY &amp; DATE</b>	<b>SHOW TITLE &amp; TEASE</b>	<b>TIME</b>
MON. AUGUST 28	<b>Spinach Feta Scramble:</b> Do you know how fresh the eggs in your fridge are? Join us today as we share a tip, so you'll always be in the know.	<b>1:35</b>
TUE. AUGUST 29	<b>Potluck Pistachio Fluff:</b> It's a staple on almost every Southern buffet and at church dinners. Any ideas to what it is?	<b>1:32</b>
WED. AUGUST 30	<b>Perfect Poutine:</b> (To Kelly:) I can't believe you ate all of those. (To Camera) What were they? The only way you'll know is to stick around.	<b>1:24</b>
THUR. AUGUST 31	<b>Crazy-Fast Shrimp Scampi:</b> Today we're making "fast food" for dinner. It's not the kind you get at the drive-thru, and you won't have to wait in line for it.	<b>1:28</b>
FRI. SEPTEMBER 1	<b>Sweet Pickle Slaw:</b> This weekend it's time to have one last summertime fling and we have just the thing to make it extra special.	<b>1:29</b>
MON. SEPTEMBER 4	<b>Fresh Chunky Salsa:</b> What's the secret to adding a zing to everything from our burgers and dogs to our nachos and dip? It's easy, and fresh-tasting, so don't go anywhere.	<b>1:21</b>
TUE. SEPTEMBER 5	<b>General Tso's Chicken:</b> There's no need to order take-out when you can whip up a "house special" in no time.	<b>1:34</b>
WED. SEPTEMBER 6	<b>Crazy Cake:</b> Today we've got a crazy recipe for ya. You won't believe what's in it...or maybe what's NOT in it. Stick around, you'll see.	<b>1:35</b>
THUR. SEPTEMBER 7	<b>Pull-Apart Salad Bread:</b> Everybody knows that salad goes with bread, but what about salad IN bread? It'll all make sense once you see what we're baking up today.	<b>1:34</b>
FRI. SEPTEMBER 8	<b>Banana Pudding Dream:</b> If you love banana pudding, then you're gonna love our creamy-dreamy version of it that's so easy to throw-together.	<b>1:25</b>

Key address/Web site for recipe requests

**Problems during satellite feed? Call 212-975-6530.**

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**Need additional MR. FOOD information? Call 954-938-0400 (9am to 5pm EST).**