



**Show Rundowns for
September 2, 2024, and September 09, 2024**

DAY & DATE	SHOW TITLE & TEASE	TIME
MON. SEPT 02	Farm Stand Fruit Dip: To celebrate Labor Day we have a 3-ingredient dip that's easy to make, yet hard to resist.	1:31
TUE. SEPT 03	Cinnamon Bun Poke Cake: Want to enjoy the taste of homemade cinnamon buns without all the work? We've got a recipe that can do just that.	1:28
WED SEPT 04	Onion Strings: You know, sometimes it's the simplest things that make an ordinary dish ... extraordinary, and today we're doing just that.	1:30
THUR. SEPT 05	Barbecue Chip Chicken: If every time you make chicken breasts, you think to yourself, "They can put a man on the moon, so how come "I" can't make chicken that's not dry and boring?" Well, we're here to help.	1:32
FRI. SEPT 06	Grandma's Best Casserole: In honor of National Grandparents' Day, we're making a casserole dish that is Grandparent approved.	1:32
MON. SEPT 09	Marinated Steak Nachos: Budget-friendly? Yes. Made in under 30 minutes? Yes. Tasty? That's a big yes! So, stay right where you are because the recipe is coming up next.	1:29
TUE. SEPT 10	Sweet Potato Biscuits: Today we've got a southern favorite that you can whip up in no time. They're so good you might consider adding these to your weekly dinner routine.	1:29
WED. SEPT 11	Pork with Apples and Bacon: Calling all bacon lovers! If you're a big fan of the divine swine, nature's candy or whatever else you might call this smoking good creation, then you'd better stay right where you are.	1:35
THUR. SEPT 12	Quick Chicken Curry: If you're guilty of using the same 4 spices over and over and ignoring all the others buried in the back of your spice cabinet, then today we're going to shake things up a bit.	1:34
FRI. SEPT 13	Wonton Egg Drop Soup: You can't decide between wonton or egg drop soup? With today's easy recipe, you won't have to. So, grab a soup spoon and meet me right back here.	1:36

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).