

New *Eating Right is Basic* Cookbook available

With more than 200 pages of recipes, the Eating Right is Basic (ERIB) cookbook includes nutritious, flavorful dishes that span all of the U.S. Department of Agriculture's (USDA's) MyPyramid food groups: grains, vegetables, fruits, dairy products and meat/beans. Each recipe describes how it helps meet daily nutritional needs based on the most up-to-date information provided by the USDA. Included in every dish are the number of servings, preparation and baking time, an ingredient list, nutritional analysis per portion and a "helping hands" section (tips for getting kids to help out in the kitchen).

Safe food handling tips and ingredient substitutions are an added bonus to the cookbook. Detailed instructions on how to clean, separate, chill and cook food according to USDA guidelines give families the tools they need to prepare safe food.

The cookbooks are \$10 and can be ordered online at www.emdc.msue.msu.edu (product number CYFC021). For more information, call 1-888-MSUE-4MI (1-888-678-3464) or go to www.msue.msu.edu.