

## FRENCH TOAST STICKS - WITH MAPLE ORANGE DIP





MAKE THE FRENCH TOAST AHEAD AND POP IT IN THE TOASTER TO REHEAT. ADDING CEREAL MAKES THE FRENCH TOAST CRUNCHY AND EXTRA TASTY.

#### MAPLE ORANGE DIP

1/3 CUP	ORANGE MARMALADE	75 ML
1/4 CUP	MAPLE SYRUP	60 ML
1 TSP	LEMON JUICE	5 ML
PINCH	GROUND CINNAMON	PINCH

#### FRENCH TOAST STICKS

FKENCH I	JAST STICKS	
1/2 CUP	MILK	125 ML
2	LARGE EGGS	2
1 TBSP	GRANULATED SUGAR	15 ML
1/2 TSP	GRATED ORANGE ZEST	2 ML
1 TSP	VANILLA	5 ML
1/2 TSP	GROUND CINNAMON	2 ML
11/2 CUPS	CORN FLAKES, FROSTED FLAKES OR BRAN FLAKES CEREAL, CRUSHED	375 ML
6	SLICES BRIOCHE BREAD	6
2 TBSP	BUTTER, DIVIDED	30 ML

MAPLE ORANGE DIP: IN A SMALL SAUCEPAN (OR MICROWAVE-SAFE BOWL), HEAT MARMALADE, MAPLE SYRUP, LEMON JUICE AND CINNAMON OVER MEDIUM-LOW HEAT UNTIL HOT (OR MICROWAVE ON HIGH FOR 20 SECONDS). SET ASIDE.

FRENCH TOAST STICKS: IN A DEEP SHALLOW DISH,
WHISK TOGETHER MILK, EGGS, SUGAR, ZEST, VANILLA
AND CINNAMON. PLACE CRUSHED CEREAL FLAKES ON A
PLATE. DIP A SLICE OF BREAD IN EGG MIXTURE AND COAT
BOTH SIDES WELL. DIP ONE SIDE OF THE BREAD INTO
CRUSHED CEREAL.

HEAT A LARGE NONSTICK SKILLET OR GRIDDLE OVER MEDIUM-HIGH HEAT AND MELT SOME OF THE BUTTER. PLACE TWO COATED BREAD SLICES, CEREAL SIDE DOWN, AND COOK FOR ABOUT 3 MINUTES OR UNTIL GOLDEN. TURN OVER AND COOK FOR ANOTHER 2 MINUTES OR UNTIL GOLDEN. REPEAT WITH REMAINING BUTTER AND BREAD SLICES.

CUT EACH FRENCH TOAST SLICE INTO FOUR STICKS AND SERVE WITH MAPLE ORANGE DIP. SERVES 4 TO 6

MAKE AHEAD: DO NOT CUT FRENCH TOAST SLICES INTO STICKS. THAT WAY, YOU CAN MAKE THEM AHEAD AND POP IN THE TOASTER TO REHEAT FOR A QUICK BREAKFAST.

WHAT DO SNOWMEN EAT FOR BREAKFAST?
FROSTED FLAKES!

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### SMOKY RED LENTIL SOUP -





JUST BEFORE COOKING, PLACE MEASURED LENTILS IN A COLANDER AND RINGE WITH COLD WATER TO REMOVE ANY DUST OR DEBRIS.

2 TBSP	CANOLA OIL	30 ML
1	MEDIUM ONION, FINELY CHOPPED	1
3	MEDIUM CARROTS, FINELY CHOPPED	3
2 CUPS	DRIED SPLIT RED LENTILS	500 ML
1	CAN (28 OZ/796 ML) CRUSHED TOMATOES	1
8 CUPS	READY-TO-USE CHICKEN BROTH	2 L
3	GARLIC CLOVES, MINCED	3
1 TSP	GROUND CUMIN	5 ML
2 TBSP	SMOKED PAPRIKA	30 ML
2 TSP	BALSAMIC VINEGAR	10 ML
	SALT AND BLACK PEPPER	
1/3 CUP	CHOPPED CILANTRO OR PARSLEY FOR GARNISH	75 ML
	SOUR CREAM	

IN A LARGE POT, HEAT OIL OVER MEDIUM-HIGH HEAT.

SAUTÉ ONION AND CARROTS FOR 5 MINUTES, STIRRING

OFTEN UNTIL VEGETABLES BEGIN TO SOFTEN. STIR IN THE

LENTILS, TOMATOES, CHICKEN BROTH, GARLIC, CUMIN AND

PAPRIKA. BRING TO A BOIL, REDUCE HEAT TO MEDIUM-LOW,

PARTIALLY COVER AND SIMMER FOR IO TO 15 MINUTES,

UNTIL LENTILS ARE TENDER AND SOUP HAS THICKENED.

STIR IN VINEGAR AND SEASON TO TASTE WITH SALT AND PEPPER. SERVE GARNISHED WITH CILANTRO AND A DOLLOP OF SOUR CREAM. SERVES 8.

TIP: YOU CAN SUBSTITUTE VEGETABLE BROTH FOR THE CHICKEN BROTH.

TIP: THIS SOUP FREEZES WELL FOR UP TO 2 MONTHS.

EVERYTHING MAKEG BROTH. -ITALIAN PROVERB

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### SMOKY SALMON BOWL -



BUILD YOUR BOWL IN LAYERS OR SERVE SPACED OUT IN A SHALLOW BOWL. IN THE END, ALL THE INGREDIENTS GET TOSSED TOGETHER BEFORE YOU DIG IN.

2 TBSP	TACO SEASONING	30	ML
2 TBSP	CANOLA OIL	30	ML
6	SALMON FILLETS (ABOUT 6 OZ/175 G EACH)		6
3 CUPS	HOT COOKED WHITE OR BROWN RICE	750	ML
2	AVOCADOS, PEELED AND SLICED		2
1	CAN (19 OZ/540 ML) BLACK BEANS, DRAINED AND RINSED (2 CUPS/500 ML)		l
11/2 CUPS	CORN KERNELS	375	ML
1 CUP	SHREDDED RED CABBAGE	250	ML
1	LIME, CUT INTO WEDGES		1
	GARNISHES (OPTIONAL): CHOPPED FRESH CILANTRO, CHOPPED GREEN ONIONS, SOUR CREAM, SALSA		

IN A SMALL BOWL, STIR TOGETHER TACO SEASONING AND OIL.

PREHEAT OVEN TO 425°F (220°C). LINE A BAKING SHEET WITH PARCHMENT PAPER AND PLACE SALMON ON TOP. SPREAD SEASONING MIXTURE ALL OVER SALMON FILLETS. ROAST IN OVEN FOR IO MINUTES, OR UNTIL FISH FLAKES WHEN TESTED.

DIVIDE RICE, AVOCADOS, BEANS, CORN, CABBAGE AND LIME AMONG SIX BOWLS, THEN TOP WITH SALMON AND YOUR CHOICE OF GARNISHES. SERVES 6.



### TURKEY ZUCCHINI MEATBALLS





MEATBALLS ARE A FAVORITE IN MANY HOUSEHOLDS.
THE ADDITION OF ZUCCHINI KEEPS THESE EASY
MEATBALLS TENDER AND JUICY. SERVE ON TOP
OF ZUCCHINI NOODLES OR PASTA.

1 LB	LEAN GROUND TURKEY	500 G
1 CUP	GRATED ZUCCHINI	250 ML
3/4 CUP	DRY BREAD CRUMBS	175 ML
1/3 CUP	GRATED PARMESAN CHEESE	75 ML
1/4 CUP	CHOPPED PARSLEY	60 ML
1	LARGE EGG, BEATEN	1
1 TSP	GRATED LEMON ZEST	5 ML
1 TSP	GARLIC POWDER	5 ML
1/2 TSP	EACH SALT AND BLACK PEPPER	2 ML

PREHEAT OVEN TO 350°F (180°C) AND SET ASIDE A
PARCHMENT LINED OR LIGHTLY GREASED BAKING SHEET.

IN A MEDIUM BOWL, MIX TURKEY, ZUCCHINI, BREAD
CRUMBS, PARMESAN, PARSLEY, EGG, LEMON ZEST, GARLIC
POWDER, SALT AND PEPPER UNTIL WELL COMBINED.
USING A MINI ICE CREAM SCOOP OR 2-TBSP (30 ML)
MEASURE, SCOOP AND ROLL MIXTURE INTO MEATBALLS.
PLACE ON PREPARED BAKING SHEET AND BAKE 25 TO
30 MINUTES, OR UNTIL COOKED THROUGH. MAKES
ABOUT 26 MEATBALLS. SERVES 4.

MAKE AHEAD: THESE FREEZE WELL. COOL, THEN STORE IN A FREEZER-SAFE CONTAINER FOR UP TO 2 MONTHS.



## GRILLED VEGETABLE PANINI - WITH MINTED MAYO



THIS COLORFUL SANDWICH IS FULL OF GRILLED
VEGETABLES THAT WILL MAKE YOU WANT TO
SAVOR EACH BITE. FOR A VEGAN TWIST, LOOK FOR
VEGAN MAYONNAISE FOR THE MAYO SPREAD.

2	RED BELL PEPPERS, QUARTERED	2
2	YELLOW BELL PEPPERS, QUARTERED	2
2	PORTOBELLO MUSHROOMS, STEMS REMOVED	2
2	ZUCCHINI, SLICED LENGTHWISE	2
1/4 CUP	EXTRA VIRGIN OLIVE OIL	60 ML
1/4 CUP	RED WINE VINEGAR	60 ML
1/2 TSP	DIJON MUSTARD	2 ML
1	GARLIC CLOVE, MINCED	1
1/2 TSP	EACH SALT AND PEPPER	2 ML
1/2 CUP	MAYONNAISE	125 ML
2 TBSP	CHOPPED FRESH MINT	30 ML
4	SOFT KAISER BUNS, CUT IN HALF	4

IN A LARGE BOWL, COMBINE PEPPERS, MUSHROOMS AND ZUCCHINI.

IN A SMALL BOWL, WHISK TOGETHER OIL, VINEGAR, MUSTARD, GARLIC, SALT AND PEPPER. POUR ALL BUT 2 TBSP (30 ML) OVER VEGETABLES AND TOSS TO COAT WELL.

PLACE VEGETABLES ON GREASED GRILL OVER MEDIUM-HIGH HEAT; CLOSE LID AND GRILL, TURNING ONCE ABOUT 12 MINUTES OR UNTIL TENDER. REMOVE TO THE SAME LARGE BOWL. CUT MUSHROOMS INTO THICK SLICES.

IN A SMALL BOWL, WHISK TOGETHER MAYONNAISE
AND MINT. ADD RESERVED 2 TBSP (30 ML) OF THE OIL
MIXTURE. SPREAD OVER CUT SIDES OF BUNS. LAYER THE
VEGETABLES INTO THE BUNS TO SERVE. SERVES 4.

TIP: FOR A LIGHTER COLORED MUSHROOM AND GREAT FLAVOR, USE A SMALL SPOON TO SCRAPE OUT THE GILLS OF THE MUSHROOMS BEFORE ADDING THEM TO THE BOWL.

HE WHO GOES TO BED WITHOUT EATING
WILL REGRET IT THROUGHOUT THE NIGHT.
-ITALIAN PROVERB

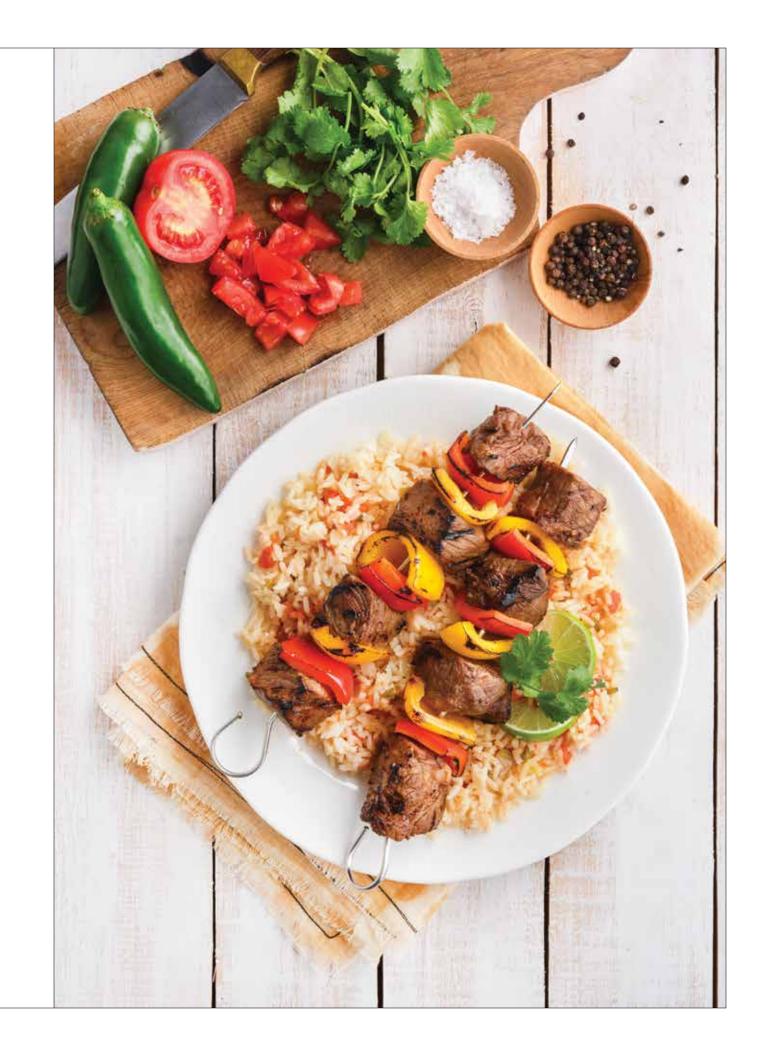
## GRILLED FILIPINO BEEF SKEWERS

TENDER CUBES OF BEEF ARE MARINATED TO GET A
WONDERFUL FLAVOR THAT IS PERFECTLY BALANCED
WITH THE SWEET PEPPERS. A QUICK GRILLING
CREATES A CRISP EXTERIOR AND ADDS TEXTURE.
SERVE SKEWERS OVER TOP OF A PLATE OF RICE.

1/3 CUP	SOY SAUCE	75 ML
3 TBSP	LIME OR LEMON JUICE	45 ML
2 TBSP	BROWN SUGAR, PACKED	30 ML
2 TBSP	CANOLA OIL	30 ML
1/4 TSP	EACH SALT AND PEPPER	IML
3	GARLIC CLOVES, MINCED	3
1/2 LB	STRIP LOIN GRILLING STEAK, CUT INTO 1 <sup>1</sup> /2-INCH (4 CM) CUBES	750 <i>G</i>
1	RED BELL PEPPER, CUT INTO 11/2-INCH (4 CM) PIECES	1
1	YELLOW BELL PEPPER, CUT INTO 11/2-INCH (4 CM) PIECES	1
	FLAT METAL SKEWERS OR SOAKED BAMBOO SKEWERS	

IN A LARGE BOWL OR RESEALABLE BAG, COMBINE SOY SAUCE, LIME JUICE, SUGAR, OIL, SALT, PEPPER AND GARLIC. STIR IN BEEF, COATING WELL. COVER AND REFRIGERATE FOR AT LEAST 4 HOURS OR UP TO 12 HOURS.

PREHEAT BARBECUE GRILL TO HIGH. THREAD ALTERNATING PIECES OF BEEF AND VEGETABLES ONTO SKEWERS; DISCARD MARINADE. GRILL SKEWERS, TURNING ONCE, FOR 5 MINUTES FOR MEDIUM-RARE OR TO DESIRED DONENESS. SERVES 4 TO 6.



### SUN-DRIED TOMATO OIL AND HERB GRILLED STEAK

YOU WILL GET AN EXTRA ZIP OF FLAVOR BY RUBBING THE STEAKS IN THE PARSLEY AND GARLIC MIXTURE AFTER THEY ARE GRILLED. SIMPLE AND SO TASTY.

2 TBSP	SUN-DRIED TOMATO OIL	30 ML
1 TSP	FINELY CHOPPED SUN-DRIED TOMATOES IN OIL	5 ML
1/2 TSP	ITALIAN SEASONING	2 ML
1/4 TSP	EACH SALT AND BLACK PEPPER	1 ML
2	BEEF STRIP LOIN GRILLING STEAKS (ABOUT I LB/500 G TOTAL)	2
2 TBSP	CHOPPED FRESH PARSLEY	30 ML
1	LARGE GARLIC CLOVE, MINCED	1

IN A SHALLOW DISH, STIR TOGETHER SUN-DRIED

TOMATO OIL AND TOMATOES, ITALIAN SEASONING, SALT

AND PEPPER. ADD STEAKS AND TURN WELL TO COAT;

LET STAND FOR 15 MINUTES.

PLACE STEAKS ON GREASED GRILL OVER MEDIUM-HIGH HEAT AND GRILL FOR ABOUT 8 MINUTES OR UNTIL DESIRED DONENESS.

MIX PARSLEY AND GARLIC TOGETHER ON CUTTING BOARD AND PLACE STEAKS ON TOP. RUB BOTH SIDES OF THE STEAKS INTO THE HERB AND GARLIC MIXTURE. LET STAND FOR 3 MINUTES BEFORE SLICING THINLY TO SERVE. SERVES 4.



#### ROASTED VEGGIE PAN -

THIS COMBINATION OF VEGETABLES WILL ADD COLOR AND TEXTURE TO ANY MEAL.

SELECT YOUR FAVORITE VEGGIES TO ROAST TOGETHER SO EVERYONE WILL ENJOY!

2 CUPS	CHOPPED CAULIFLOWER OR BROCCOLI OR HALVED BRUSSEL SPROUTS	500 ML
1	SMALL RED ONION, SLICED OR CHOPPED	1
1	RED OR YELLOW BELL PEPPER, SLICED	1
1	ZUCCHINI, SLICED	1
2 TBSP	CANOLA OIL	30 ML
I TBSP	CHOPPED FRESH PARSLEY OR BASIL	15 ML
1 TSP	ITALIAN SEASONING	5 ML
1/2 TSP	EACH SALT AND BLACK PEPPER	2 ML

IN A LARGE BOWL, TOSS TOGETHER CAULIFLOWER, ONION, PEPPER, ZUCCHINI, OIL, PARSLEY, ITALIAN SEASONING, SALT AND PEPPER. SPREAD ONTO PARCHMENT PAPER LINED BAKING SHEET AND ROAST IN 400°F (200°C) OVEN FOR ABOUT 25 MINUTES OR UNTIL TENDER AND GOLDEN BROWN. SERVES 4.

TIP: USE ANY COLOR OF PEPPER OR ADD SOME HEAT AND ADD A JALAPEÑO OR CHILI PEPPER TO THE MIX.

TIP: SUBSTITUTE CHOPPED EGGPLANT OR HALVED MUSHROOMS FOR THE CAULIFLOWER.

TIP: SUBSTITUTE REGULAR OR SWEET ONION FOR RED ONION.

VARIATION: LOOKING FOR A CHANGE-UP? OMIT CAULIFLOWER AND ZUCCHINI AND USE I LB (500 G) MINI POTATOES, HALVED, CHOPPED SQUASH OR SWEET POTATOES.

#### – SPANISH RICE —

ADDING FLAVOR TO RICE IS EASY AND DOESN'T TAKE MUCH TIME. WITH A FEW EXTRA INGREDIENTS, THIS SIDE DISH WILL BECOME A NEW FAVORITE.

2 TBSP	CANOLA OIL	30 ML
1	SMALL ONION, FINELY CHOPPED	1
2	GARLIC CLOVES, MINCED	2
1	JALAPENO PEPPER, SEEDED AND MINCE	ED I
1/4 TSP	SALT	IML
1 CUP	LONG-GRAIN RICE	250 ML
2	VINE-RIPENED TOMATOES, CHOPPED	2
2 CUPS	READY-TO-USE VEGETABLE BROTH	500 ML

IN A SAUCEPAN, HEAT OIL OVER MEDIUM HEAT. COOK
ONION, GARLIC, JALAPEÑO AND SALT FOR ABOUT
5 MINUTES OR UNTIL SOFTENED. STIR IN RICE TO COAT.
STIR IN TOMATOES AND POUR IN BROTH. BRING TO
A SIMMER; COVER AND REDUCE HEAT TO LOW. COOK
FOR ABOUT 20 MINUTES OR UNTIL RICE IS TENDER AND
BROTH IS ABSORBED. SERVES 4.

I THINK MY SOULMATE MIGHT BE CARBS.

### BREAKFAST AND BRUNCH

Blueberry Pecan Oat Scones

Sheetpan Buttermilk Cinnamon Pancakes

Raspberry Chia Jam

Blender Zucchini Muffins

Instant Pot Brown Butter Steel-Cut Oatmeal

Creamy Old-Fashioned Stovetop Oats

Cheesy Eggs Benedict

Apple Ricotta Bake

Egg In a Hole

Ramekin Eggs

Breakfast Granola Squares

French Toast Sticks with Maple Orange Dip

### **APPETIZERS**

Sushi Bake

Nacho Chip Dip

Potato Bacon Cheddar Bowls

Pepper Jelly Tarts

Caramelized Onion and Blue Cheese Tartlets

Garlic-Rubbed Crostini

Roasted Tomatoes and Feta Crostini

Edamame Lemon Hummus

Ricotta and Fig Honey Crostini Pam's Herb-Marinated Shrimp

Herb and Cheese Beef Rolls

### SALADS AND SANDWICHES

Sriracha Egg Salad Sandwiches

Quinoa Salad with Roasted Tomatoes and Feta

Falafel Salad with Tahini Dressing

Pizza Sliders

Seafood Dinner Roll Sandwich

Tomato with Harissa Cream Cheese Toasts

Hummus Toast with Sautéed Spinach and Garlicky Mushrooms

Turkey Scallopini Sandwich with Pickled Veg Mayo

Taco Bowl Salad

Grilled Vegetable Panini with Minted Mayo

Cauliflower "Potato" Salad

Carrot and Parsley Salad

Arugula Avocado Citrus Salad

Panzanella

Baked Egg and Cheese Rolls

### **SOUPS**

Buffalo Chicken Chowder

Quick Black Bean Soup

Spaghetti and Meatball Soup

Chickpea Cauliflower Soup

Creamy Mushroom Soup

Succotash Soup

Satay Tofu Noodle Soup

Turkey Barley Soup

Sausage Potato Soup with Greens

Chicken Tumeric Rice Soup Smoky Red Lentil Soup

### **BEEF AND VEAL**

Turkish-Style Stuffed Flatbread

Beef and Lentil Meatloaf

Roast Beef Pan Sliders

Cheeseburger Pie

Oven Steak

Greek-Style Mini Meatloaves

Sun-Dried Tomato Oil and Herb Grilled Steak

Bacon and Mushroom-Stuffed Family Burger

Dressed-Up Meatloaf Slices Grilled Filipino Beef Skewers

## CHICKEN AND TURKEY

Turkey Zucchini Meatballs

Balsamic Chicken and Mushrooms

Skillet Greek Chicken and Couscous

Turkey Tetrazzini

Turkey Nuggets

Chicken Cassoulet

Chicken Piccata and Peas

Middle Eastern-Style Chicken and Rice

Thai-Style Chicken

Smoked Paprika Garlic Chicken

Penne Frittata with Smoked Chicken

Lemongrass Chicken with Noodles

### PORK AND LAMB

Crusted Rack of Lamb

Glazed Peameal Bacon

Roast

Sausage on a Bun

Spiral Pasta Taco Casserole

Skillet Egg Roll

Vietnamese-Style Pork Tenderloin

Moroccan Lamb Meatball Stew

Adriana's Pizza Tacos

Hoisin Broccoli and Pork

Chorizo and Black Beans on Rice

Kimchi and Bacon Fried Rice

# FISH AND SEAFOOD

Smoky Salmon Bowl

Canned Salmon Patties

Garlic Cilantro Shrimp Tacos

Cashew Salmon and Broccoli

Creamy Tuna Pasta with Peas

Skillet Fish and Polenta

Cubes

Spice Honey-Glazed Salmon

Coconut Green Curry Fish Soup

Turmeric Ginger Baked Fish Poached Tomato Cod Pasta

### **VEGETARIAN**

Mushroom Jamaican Hand Pies

Rustic Veggie Galette

Currywurst

Instant Pot Wild Rice
Mushroom Pilaf

Instant Pot Butternut Squash Risotto

Barley Lentil Pepper Stew
Garlic Mushrooms on Toast

Roast Squash and Kale Salad

Polenta-Stuffed Peppers
Tasty Tofu and Rice

Florentine Pizza

Pasta Cacio e Pepe

Lentils with Coconut Rice Cauliflower Puttanesca

Steaks

Miso-Glazed Eggplant

### **SIDES**

Roasted Potatoes with Herb Yogurt Sauce

Quick Herbed Flatbread

Brussels Sprout Gratin

Roasted Veggie Pan

Broccoli Gremolata

Spanish Rice

Skillet-Roasted Carrots

Green Beans and Garlic

Cumin Roasted Sweet Potatoes

Hoisin Roasted Broccoli

Cheese Pull-Aparts

Garlic Noodles

Kale Pesto Pasta

#### **SWEETS**

Peanut Butter Pretzel Bars

Homemade Peanut Butter Shell

Skillet Cherry Cornmeal Cobbler

Apple Puffs

Hazelnut Shortbread Bars

Hot Fudge Banana Special

Freezer Strawberry Ice
Cream Cheesecakes

Sweetened Condensed Milk Cookies

Jillian's Coconut Panna Cotta with Raspberry Chia Jam

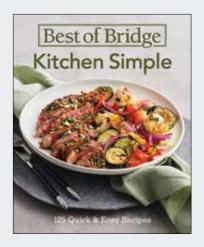
London Fog Rice Pudding

Berry Whip

Skor Bar Trifle

Fudgy Cocoa Brownies

Vanilla Cupcakes



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This is their fourth Best of Bridge book.

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- Selected author appearances currently being explored.

