



Family Secrets Revealed by Dining In's Chef Traci Higgins at The San Mateo County Fair

Media Monster Communications, Inc., July 18, 2008

URL: <http://www.pr9.net/home/cooking/8755july.html>

Chef Traci Higgins will be sharing the great art of disguising vegetables and getting your kids (and other picky eating family members) to eat healthier without sacrificing great taste. Save precious time with her fun, quick-to-fix delicious recipes.

PR9.NET July 18, 2008 - SAN MATEO, CA - Shh... don't tell your kids, but broccoli florets are not really trees. That's YOUR secret. On August 17th, 2008 at 1:00 p.m. The Bay Area's leading personal chef service Founder/Executive Chef Traci Higgins will reveal her own savvy culinary secrets at the San Mateo County Fair (2495 S. Delaware St. San Mateo, CA 94403) with "Family Secrets: Cooking Healthy and Low-Fat Without The Kids Knowing!" Chef Higgins disguises vegetables beyond the old broccoli tree ploy, by bringing unique, creative, fun and easy recipes together that the whole family can enjoy.

"I will be talking about healthy, tasty kids meals that parents can eat too. Very nutrient dense things like adding pureed carrots and sweet potatoes to tomato sauce, pureeing corn in chicken noodle soup, disguising vegetables, etc.....but things that don't take a hour," states Chef Higgins.

This year's 10-day three-county Fair will be food-packed, but not just with the vast number of food vendors. "There will be food competitions and demos each day in the Culinary Building where we have a full-kitchen set-up with video cameras. I love that there is this vehicle to educate people about food and cooking by food professionals, who can also give constructive feedback in competition judging. It's about bringing the community together," explains Susan Faigen, San Mateo County Fair's Culinary Coordinator. "Traci's topic is ideal because it has wide appeal. The Fair is family-oriented - making eating vegetables fun is a great idea," she adds.

Faigen and Higgins who both spent time in the kitchen with their mothers cooking as kids, know the value of learning about healthy and fun meals. Fair-goers will learn quick-n-easy recipes and techniques that make time in the kitchen a breeze.

But for many of today's working moms and even stay-at-home-moms, DINING IN is providing an easy way to get fresh, healthy, organic and calorie-conscious meals delivered to their homes and offices without having to give cooking much thought. "I am new to dining in and I wanted to let you know that I have been so pleased with the taste, presentation (a darling mint garnish on my carrot cake was much appreciated from a tired mommy) and delivery of my meals. In my opinion what sets you apart from other chef delivery services is that you allow customization and a wide variety of cuisine. I can't wait until my lunch tomorrow! I now want to "Dine In" on the weekends because I am guaranteed a healthy and delicious meal!" exclaims DINING IN client, Melissa Splaine

Introducing new kid-friendly menus items is part of DINING IN's new exciting growth this year with their 6,100 sq. ft. expansion and new eco-friendly kitchen, with business that's tripled in the last three years. Kids can enjoy nutrient-packed foods that are healthful and yummy – like Turkey vegetable Bolognese over whole wheat penne pasta, fresh piece of fruit, and not even realize they're getting protein, vitamins and fiber in a fun way that looks gourmet, too.

Chef Higgins has worked for Cooking Light, Weight Watchers, America's Best Recipes and The Food Network on "Follow That Food" with Gordon Elliott. Keep up on her latest news at www.dininginf.com/dininginblog

For interviews with Chef Higgins contact Stacey Kumagai at 818/506-8675 mediamonster@yahoo.com For Info. On DINING IN, www.dininginf.com For info.on San Mateo County Fair www.sanmateocountyfair.com

###

About Media Monster Communications, Inc.

Stacey Kumagai is a published author and President of Media Monster Communications, Inc./BrainGASM Productions Entertainment Media - a full-service publicity, marketing, media relations, promotions, advertising and business development firm.

Phone: 818-506-8675
Website: <http://www.braingasm.com>
E-Mail: mediamonster@yahoo.com