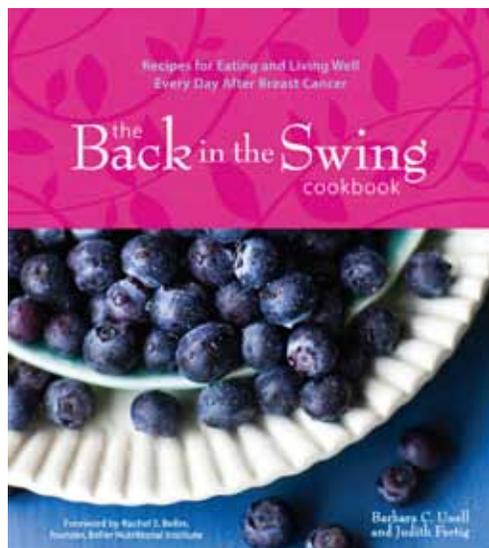


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Swing Back from Breast Cancer

The Back in the Swing Cookbook: Recipes for Eating and Living Well Every Day After Breast Cancer (\$29.99, Andrews McMeel Publishing, August 7, 2012) is a life-affirming book full of 150 feel-good, easy-to-prepare recipes. As the woman's guide to making delicious meals and embracing a positive lifestyle, **The Back in the Swing Cookbook** will make mind, body and spirit feel energized and empowered.

Created specifically for breast cancer survivors by the national grassroots nonprofit organization Back in the Swing USA, the book contains new information that answers the

No. 1 question on many women's minds: "How do I safely and smartly prevent, and

get back in the swing of life after, breast cancer?"

"In **The Back in the Swing Cookbook**, all the research is done, from fabulous foods to eat and recipes to prepare, to options to get you moving and ways to feel good every day."

—Rachel S. Beller
Founder, Beller Nutritional Institute

Using fresh ingredients that are specifically designed to help breast cancer survivors get back in the swing of healthy living, **The Back in the Swing Cookbook** is a book that you will love to use in the kitchen. Delicious recipes include Citrus Sesame Chicken Salad, Strawberry Agua Fresca, Mushroom and Broccoli Risotto, and Gingersnap-Crusted Pumpkin Pie. Each recipe also includes a complete nutritional analysis. In addition to fabulous food and drinks, the book's beautiful pages include luscious photographs and "Recipes for Life"—tips on exercise, nature, meditation, relaxation, positive emotions, pets, friendships, and more—that set it apart from other cookbooks and make it a great gift idea. October, National Breast Cancer Awareness Month, is an especially thoughtful time to honor those who have been affected by breast cancer.

The Back in the Swing Cookbook is a special gift of goodness for you, a friend, a co-worker, or a family member to reap joyful, healthy rewards for a lifetime.

About the Authors

Barbara C. Unell founded Back in the Swing USA and is the author of a dozen books about healthy family living. The creator of many national publications and nonprofit programs, she has been an educator and contributor on social issues, appearing on NPR and *Good Morning America*. Visit www.backintheswing.org.



Judith Fertig is the author of more than 20 cookbooks, including *Heartland: The Cookbook*. Her work has appeared in *Better Homes and Gardens*, *Bon Appétit*, *Cooking Light*, *Saveur*, and *Vegetarian Times*. She's an enthusiastic supporter of Back in the Swing.

The Back in the Swing Cookbook: Recipes for Eating and Living Well Every Day After Breast Cancer

By Barbara C. Unell and Judith Fertig • Andrews McMeel Publishing, LLC • ISBN: 978-1-4494-1832-8
\$29.99 (\$34.99 Canada) • Hardcover: 8 x 9, 288 pages • Publicity begins August 7, 2012



Spiced Blueberry Applesauce Muffins

Makes 12 to 15 muffins • Prep Time: 10 minutes

Cook Time: 16 to 18 minutes

Some of our favorite flavors come together to celebrate taste, texture, and great health. Make a batch, individually wrap the muffins well, and freeze for up to 3 months. You may prefer golden flaxseed because it doesn't have the "horse food" flavor, some say, and the color is better in the final product.

1 ¼ cups whole wheat flour
1 ¼ cups old-fashioned rolled oats
1 teaspoon baking powder
½ teaspoon baking soda
¼ teaspoon salt
1 teaspoon ground cinnamon
1 tablespoon milled flaxseed
1 cup unsweetened applesauce
½ cup buttermilk
½ cup firmly packed brown sugar
2 tablespoons grapeseed oil or canola oil
1 large egg, beaten
¾ cup fresh or thawed frozen blueberries



1. Preheat the oven to 375°F. Line 12 muffin cups with paper liners.
2. In a large bowl combine the flour, oats, baking powder, baking soda, salt, cinnamon, and flaxseed. In a medium bowl, combine the applesauce, buttermilk, brown sugar, oil, and egg. Stir the applesauce mixture into the flour mixture until just moist. Fold in the blueberries. Fill the muffin cups equally, about two-thirds full.
3. Bake for 16 to 18 minutes, until a toothpick inserted in the center of a muffin comes out clean.

Calories 144 • Total Fat 3.5g • Saturated Fat 0.5g
Carbohydrates 26g • Protein 3.5g • Dietary Fiber 3g • Sodium 94mg

PUBLICITY

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— From *The Back in the Swing Cookbook*
Andrews McMeel Publishing

Friends Are Good Medicine!

Extensive research has shown that not only do friends ease your mind, they can lower your physiological responses to stress, as well.

In July 2010, researchers from Brigham Young University reviewed 148 studies that tracked the social habits of more than 300,000 people. They found that people who have strong ties to family, friends, or coworkers have a 50 percent lower risk of dying over a given period than those with fewer social connections, according to the journal *PLoS Medicine*. When surveyed by Back in the Swing, breast cancer survivors ranked their friends as one of the most helpful sources of their getting back in the swing.

For another delicious recipe,
see reverse side

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Potato Frittata Twist

Serves 4 • Prep Time: 15 minutes

Cook Time: 8 minutes plus 1 hour if baking the potatoes

Another cup of coffee . . . please!

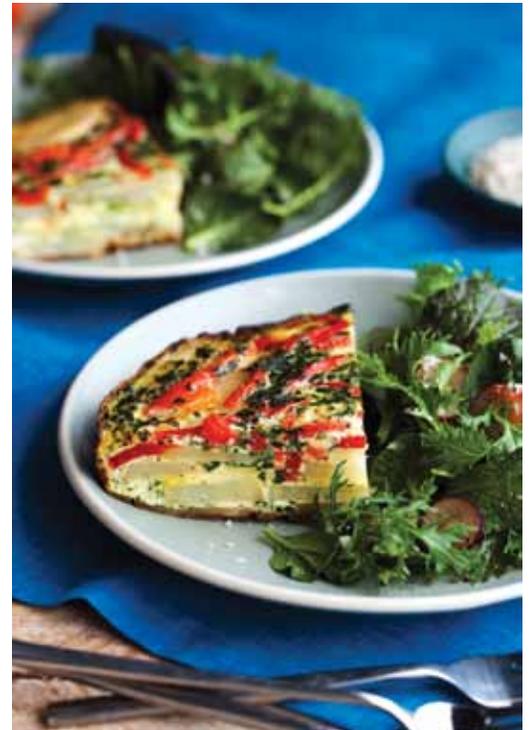
The evidence is out: Coffee contains large amounts of antioxidants that improve health. Other research has suggested coffee can help prevent cognitive decline and can boost vision and heart health. According to findings reported in March 2011 in *Stroke: Journal of the American Heart Association*, women in the study who drank more than 1 cup of coffee a day had a 22 percent to 25 percent lower risk of stroke than those who drank less. Stroke is the third leading cause of death in the United States, behind heart disease and cancer.

“We used to worry that [coffee] raises blood pressure and causes increased heart rate, but it appears to be less risky than we thought,” says physician Claudette Brooks, spokeswoman for the American Stroke Association.

This is so good, you won't believe it's this easy! In Spain and Portugal, this favorite comforting dish of sliced potatoes, thinly sliced peppers, garlic, and olive oil cooked in an egg batter is sliced and served in wedges, hot or cold. It's so quick to make, it's perfect for a soothing “I'm hungry right now” dinner. Of course, a frittata is also great for breakfast. This recipe calls for baked potatoes, so plan on preparing them the night before. If you don't have baked potatoes on hand, prick the potatoes all over with a paring knife and microwave on high for 7 to 8 minutes, until tender. Then slice. The good-for-you foods also include fresh lemon juice, garlic, and olive oil in the Work of Art Drizzle.

1½ tablespoons Work of Art Drizzle (page 145), divided
3 medium cold baked russet potatoes, thinly sliced
1 cup very thinly sliced jarred roasted red peppers
¼ cup chopped fresh Italian parsley
2 large eggs
2 large egg whites
Salt and pepper

Place a large skillet over medium-high heat and brush the bottom with about 2 teaspoons of the Work of Art Drizzle. Arrange the potatoes, then the peppers in the skillet. Cook for 5 minutes, without stirring, until the potatoes are warm. Drizzle on the remaining Work of Art Drizzle and sprinkle with the parsley. In a bowl, whisk the eggs and egg whites with salt and pepper and pour over the vegetables. Cook, covered, without stirring, for about 8 minutes, until the egg mixture is solid when you shake the pan. Remove from the heat, slice, and serve.



Calories 173 • Total Fat 2.5g • Saturated Fat 1g
Carbohydrates 30g • Protein 8g
Dietary Fiber 3.6g • Sodium 66mg

— From *The Back in the Swing Cookbook*
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