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**Cooking with All Things Trader Joe's**

***New Cookbook Introduces Fast, Delicious Menus with Trader Joe's Ingredients***  
**Cooking with All Things Trader Joe's Introduces Time-Saving Flavorful Recipes**

Encinitas, Calif. (June 2, 2008) - Deana Gunn and Wona Miniati, women who love food, cooking, and Trader Joe's, found themselves wishing there was a cookbook devoted to their favorite grocer. When they realized one didn't exist, they decided to write one themselves.

Cooking with All Things Trader Joe's provides easy dinner solutions for busy moms, amateur cooks, bachelor's looking for a "meal to impress" and anyone who loves the variety and quality of foods found at Trader Joe's stores around the country.

"There are thousands of cookbooks out there, but none specifically written for Trader Joe's," said Gunn. "The unique products Trader Joe's carries lend themselves to standout, flavorful meals that can be made in a fraction of the time it would take if you shopped at a regular grocery store and made everything from scratch."

The cookbook shows how to make the most of Trader Joe's "prep kitchen" items, including specialty sauces, dips, prepped vegetables, and pre-marinated meats. The recipes, like Zesty Shrimp and Scallops on Greens are a healthy alternative to take-out or fast food and almost as easy. Gunn and Miniati stand firm that you can put a homemade gourmet dinner on the table in minutes, without sacrificing flavor or quality.

There's something for everyone in this cookbook. Many of the recipes are vegetarian or can easily be made vegetarian. Ethnic dishes like Korean Bool Kogi on Rice Sticks are scattered throughout, as well as classic comfort foods like Comfy Chicken Pot Pie. People who don't know how to cook or don't want to cook will appreciate the Bachelor Quickies section, featuring frozen and ready-to-heat selections that are matched to create Complete menus, including wine or beer choices.

"What I love most about this cookbook is that every recipe can be made with ingredients that are available at Trader Joe's," says Miniati. "As a mom of two young kids, I don't have the time to shop at multiple grocery stores. We specifically wrote each recipe using



ingredients Trader Joe's carries, from specialty sauces like Trader Ming's Soyaki to staples like milk, flour, and spices. So this cookbook is a great time-saver, not only because the recipes themselves are easy, fast and healthy, but also because you only have to shop at one place to make these fabulous meals."

Gunn and Miniati are already working on the next edition and plan to publish new recipes regularly, showcasing new items as they appear on Trader Joe's shelves. Readers who like the recipes in the book can register [www.cookingwithtraderjoes.com](http://www.cookingwithtraderjoes.com) for seasonal updates and special menu suggestions not found in the book.

**About Brown Bag Publishers, LLC:**

Brown Bag Publishers is a media company committed to creating and distributing unique, fun, and creative book titles. Cooking with All Things Trader Joe's is the first cookbook series in the portfolio. Brown Bag Publishers is based in Encinitas, California.

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