



## Best of Bridge Weekday Suppers

The Best of Bridge family is joined by two new contributors!

*The Best of Bridge ladies are back with another bestseller and 175 all new simple recipes with gourmet results for every night of the week*

Following the success of *Sunday Suppers*, the Bridge family continues to grow, with two new contributors joining the team to bring us innovative recipes developed in classic Bridge fashion and delivered with signature Bridge humor and wit.

*Best of Bridge Weekday Suppers* serves up 175 recipes that are easy enough for our busy lives, are delicious, and are perfect for sharing with family and friends.

The idea of preparing weeknight suppers can be daunting — who hasn't arrived home with glazed eyes to find a house full of starving people waiting to be fed? *Best of Bridge Weekday Suppers* provides you with simple, delicious recipes that will keep you from having cereal for dinner or opting for takeout (again!).

In *Weekday Suppers* you'll find a variety of quick-to-prepare meal options using international flavors, along with familiar classics that are sure to satisfy your busy family. You probably already have many of the ingredients in your cupboard and can find the rest at your local supermarket. These meals will carry you through all the seasons, and it's easy to incorporate local meat and produce into them, whether you shop at a farmers' market or grocery store.

Emily and Sylvia have provided simplified methods to speed up cooking, using sheet pan, pressure cooker and one-pot recipes to help streamline weekday meal preparation. They recognize that you have a hectic schedule and don't always have time to make everything from scratch, so to help jump-start your meals, they've included a number of fool-proof recipes that take advantage of convenient store-bought cooked chicken, bottled pastes and sauces, and frozen filled pastas.

Several of the recipes even make enough to give you leftovers to tuck in to at lunchtime the next day! Be sure to include family members (especially those kids) in meal preparation; you'll be spending quality time together and sharing valuable life skills at the same time.

Delectable weekday recipes include Pineapple Pulled Pork Buns, Stovetop Gnocchi and Beef Stew, Rosemary Lamb and Feta Meatballs on Lemon Garlic Potatoes, Curried Turkey Pot Pie, and Baked Mushroom and Herb Risotto.

With over 4 million Best of Bridge books sold, the ladies have truly become an integral part of dinnertime for families all across North America.

**Emily Richards** is a cookbook author, home economist, recipe developer, media spokesperson, television host, brand ambassador, and blogger. She has a passion for getting people into the kitchen to cook. Emily lives in Guelph, Ontario.

**Sylvia Kong** is a food stylist, home economist and consultant at Savory Palate Consulting. She's been featured on CTV and local media, and she loves do-it-yourself projects and cross-country skiing. Sylvia lives in Calgary, Alberta.

**For more information, to request an excerpt and / or author interview, please contact:**

Martine Quibell, Publicity Manager, Robert Rose Inc. [www.robertrose.ca](http://www.robertrose.ca)

416-322-6552 x 3133 / [mquibell@robertrose.ca](mailto:mquibell@robertrose.ca)

120 Eglinton Avenue East, Suite 800, Toronto, ON M4P 1E2