

Local Health Counselor & Radio Personality Publishes Cookbook

Kimberly, ID – Jill Skeem, a local macrobiotic health counselor and co-host of Top Story on 1310am KLIX published, “***Comfort Food Gets a Vegan Makeover***” cookbook.

This cookbook gives a simple vegan twist to over 60 of your favorite comfort foods, such as lasagna, chili, shepherd’s pie, burgers, fries, mashed potatoes, caramel corn and much more.

Over the years, Skeem found that many people do want to eat healthier, but do not want to give up their favorite foods or know how to make those dishes healthier.

“I tried to make over these recipes as close to the original ones as possible so you get the same taste and feel, but without the saturated fat and cholesterol and more importantly, the angioplasty.” Said Skeem.

More and more people are eating healthier or practicing Meatless Mondays, have children and/or friends who are vegetarians or have vegetarians coming to dinner. So really, this cookbook is for everyone.

Jill Skeem is a certified macrobiotic health counselor, educator and chef. She graduated from the Strengthening Health Institute, a premier macrobiotic educational facility in Philadelphia, Pennsylvania and is also a graduate from The Ohio State University.

Jill teaches adult and children’s cooking classes. She lectures to companies and organizations on health and wellness, was a contributing writer to the local paper and various publications. She appears regularly on local morning television and radio shows discussing healthy eating and demonstrating recipes. She is also a co-host of Top Story, a local radio talk show, www.newsradio1310.com.

Jill’s cookbook is available at www.jillskeem.com or locally at Rudy’s- A-Cook’s Paradise. It is \$18.00 plus tax and any shipping costs.

For more information, contact Jill Skeem at 208 – 320-2786.

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