

Local Health Counselor & Radio Personality Has 2 Book Signings

Twin Falls, ID – Jill Skeem, local macrobiotic health counselor, co-host of *Top Story* on 1310am KLIX www.newsradio1310.com, and author of “*Comfort Food Gets a Vegan Makeover*” has two book signings this upcoming Mother’s Day weekend.

Jill will be doing a book signing Friday, May 10th from 11:00 a.m. – 4:00 p.m. at Costco located 731 Pole Line Rd., Twin Falls and Saturday, May 11th from Noon – 5:00 p.m. at Coldwater Creek, located 1239 Pole Line Rd. E. Twin Falls , where Jill will be serving samples of her no-sugar caramel corn.

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. 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.

“I tried to make over these recipes as close to the originals as possible so you get the same taste and feel, but without the saturated fat and cholesterol and more importantly, the angioplasty.” said Skeem. “You don’t have to be vegan to buy this cookbook. These are easy-to-follow, healthy and delicious recipes that appeal to everyone.

Since more people are eating healthier or practicing Meatless Mondays, have children and/or friends who are vegetarians or have vegetarians coming to dinner this would be the perfect Mother’s Day gift.

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.

Jill’s cookbook will be available for purchase at both book signing venues and is available locally at Rudy’s- A-Cook’s Paradise, Twin Falls Sandwich Co. and Sta Well Health Food. It is also available at www.jillskeem.com for \$18 plus tax and shipping. For more information, contact Jill Skeem at 208 – 320-2786.

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