

# HeartSmart chef really cooks at Heart and Stroke event

Acclaimed chef Bonnie Stern will be a special guest at Angie's Eatery on Oct. 7 at 7.30 p.m. The event is a fundraiser for the local chapter of the Heart and Stroke Foundation of Canada and tickets are \$10 each. Stern will present a cooking demonstration, including numerous helpful hints, and she will also answer questions about food preparation, health and nutrition.

Copies of her newest book, *More HeartSmart Cooking*, written in conjunction with the Heart and Stroke Foundation, will be available for sale during the evening. The highly-acclaimed author

of eight cookbooks, including an earlier collaboration with the foundation — *Simply HeartSmart Cooking* — owns and runs The Bonnie Stern School of Cooking, one of the finest schools in Canada.

Her column appears every week in *The Toronto Star* and she is a regular contributor to *Canadian Living* magazine, as well as being a popular guest on radio and television shows.

Stern opened her cooking school and cookware shop 23 years ago and ran it single-handedly for the first five years.

The preface to *More HeartSmart Cooking* is by foundation president Gary Sutherland who notes, "The Heart and Stroke Foundation is pleased to be able to provide you with our next exciting cookbook from Bonnie Stern. Our last Stern book was an overwhelming success and this book is produced in response to your request for more delicious, lower fat,



BONNIE STERN

higher-fibre recipes."

The latest book includes menu planning and shopping checklists, a complete nutritional analysis of each recipe, preparation tips and appendices which incorporate a table of food values from the Canadian Diabetes Association.

With some 200 recipes and 16 pages of full-colour photographs, this is a practical, easy-to-follow guide to sensible eating which also offers mouth-watering recipes for all occasions.

An Evening with Bonnie Stern will include refreshments and all proceeds will go to the Heart and Stroke Foundation's Stouffville chapter.

To order tickets, call 640-1635 or 640-1408.

~ KATE GILDERDALE

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