



Local True Food Kitchen Debuts Healthy Cookbook

With locations in Phoenix and Scottsdale, True Food Kitchen is known Valley-wide as a great place to get delicious, healthy food. Now, the restaurant chain has released its first cookbook titled *TRUE FOOD: Seasonal, Sustainable, Simple, Pure*, which features “125 fresh, inviting recipes concocted by Dr. Weil, True Food Kitchen executive chef Michael Stebner and Fox Restaurant Concepts CEO, Sam Fox.” The book also includes essays on a variety of health topics. “*TRUE FOOD* reinforces the restaurant’s mission of preparing mouthwatering food that promotes personal and emotional well-being and demonstrates that it’s easier than you think to nourish your body, mind, and spirit right in your own kitchen,” cites a recent press release. The book is available online at popular bookselling sites like Amazon.com and at bookstores across the Valley.

The Melting Pot Offers Limited Time Features

The Swiss have a saying—Fondue creates a good mood. Fans of The Melting Pot restaurant would likely agree. Known for its legendary molten cheese and chocolate creations, the eatery is now offering guests new and limited-time features. Diners at all three Valley locations can experience bacon and brue cheese fondue, which is a combination of brie, gruyère and emmentaler cheeses, applewood smoked bacon, onion, mustard and black pepper. Chocolate lovers can dive into a white chocolate crème brûlée, a melted version of the popular French dessert. A non-fondue strawberry almond salad that features a raspberry black-walnut vinaigrette will also be available for a limited time. Fondue, which has been around for centuries, gained popularity at parties and restaurants around the 1950s. The shared crock of cheese or chocolate blend is a unique centerpiece that serves as both the meal and, oftentimes, the topic of conversation. The Melting Pot has locations in Scottsdale, Glendale and Ahwatukee. For more information, visit meltingpot.com.



Recent “Beauty in You Workshop” a Success

Valley resident Nassim San recently hosted the first “Beauty in You Workshop... A Day of New Possibilities for Women” event that raised money for the Mona Foundation and was supported by nearly 100 area businesses. “The mission and purpose of the event was to touch, move, empower and inspire women,” according to a recent press release. “This day was also a day for women to give back to the world and provide the opportunity for women and girls to be educated.” At the workshop, which took place at Pepin Restaurante Español, attendees learned from eight guest speakers from a variety of backgrounds. “The Beauty in You Workshop not only successfully raised funds to help other women and girls become empowered, but it also has inspired many attendees to create their own empowerment events,” adds an event spokesperson. To learn more, e-mail nassimsana@hotmail.com.

