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FOR IMMEDIATE RELEASE

## **The Frugal Foodie Cookbook** **Waste-Not Recipes for the Wise Cook** By Lara Starr with Lynette Shirk

Save Your Sanity (and Money, Too!)

Lara Starr started her culinary career as a “party girl.” One kid, one layoff, two books, and a recession later, she evolved into a “hipper clipper” who never lets the lack of funds get in the way of a great meal. Lynette Shirk has worked in the kitchens many 4-star restaurants, but learned how to stretch a dime from her grandmother in Ohio.

Together, they show you how to creatively and cleverly use ingredients and leftovers to produce wonderful meals for any occasion. Whether you want to make a nutritious family dinner for less, or produce fabulous food to entertain friends without breaking the bank, it can all be found here. With hundreds of delicious recipes and expert advice to help save both your wallet and your sanity, *The Frugal Foodie Cookbook* will keep you and your family living well — and eating even better!

- Learn how one **Exponential Chicken** can make five dinners for two (Page 102)
- Read **Centsable Solutions** at the end of each chapter for tips on saving money at the grocery store, restaurants, and throughout the house.
- The **Frugal Beauty** (page 181) includes recipes for luxurious beauty treatments that can be whipped up for pennies.

*LARA STARR pursues her love of cooking and saving money with equal fervor. The coauthor of The Party Girl Cookbook, Lara has offered advice on easy, affordable cooking and entertaining on TV, radio, newspapers, magazines, and web sites throughout the US and Canada. She lives in Marin County, California with her well-fed husband and son.*

*LYNETTE SHIRK is a classically trained chef and has worked in the kitchens of Chez Panisse, Masa's, Wolfgang Puck's Postrio, Bizou, Stars, and Williams-Sonoma corporate headquarters. She resides and eats Alaskan king crab legs in Seattle.*

\*\*Food photography of select recipes available upon request

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