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Harold Import and Rodale take *A Second Helping*

JUNE 13, 2007 — Harold Import Company adds another cookbook from Rodale Press and award-winning author/editor David Joachim in his popular 'A Man A Can' series. *A Man, A Can, A Plan — A Second Helping* offers 50 fast meals to satisfy your healthy appetite. Joachim created the series featuring these quick, tasty, healthful meals based on canned and other convenience foods.

"This cookbook makes meals guys would love," raved the *Philadelphia Daily News*. "A foolproof, not to mention spill-proof, guide to manly success in the kitchen," exclaimed the *Sunday Star-Ledger*.

A Second Helping is packed with 50 new tempting, guy-friendly recipes. The hearty, healthy fare includes Chili Empanadas, Noodlicious Ramen Salad, Cheez-It Crusted Chicken, Pesto Salmon Pitas, and more. Step-by-step instructions and full-color photographs assist even the most culinarily-challenged dudes in whipping up dishes that satisfy.



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