



PRESS RELEASE

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Guam Super Cookbook dishes up healthier versions of local favorites

Healthier versions of family-favorite CHamoru recipes have been revealed in a new edition of the "Guam Super Cookbook." Organized by University of Guam students and staff and produced by Graphic Center, the cookbook is the fourth and final edition and just in time for the holidays.

"This edition includes creative and healthier recipes for some of our island favorites," said Jessie Rosario, vice president of sales and marketing for Graphic Center. "Guam Super Cookbook has become the most popular cookbook and will make the most perfect gift for Christmas."

The recipes come from family archives and self-proclaimed food connoisseurs throughout the island. The dishes were then prepared and photographed for the cookbook by UOG students in the Scientific Principles of Food course in cooperation with nutrition educators at the university.

"This project was a great way for students to apply nutrition concepts directly to community education," said Tanisha F. Aflague, assistant professor of nutrition and coordinator of nutrition programs for Cooperative Extension and Outreach at the university. "Students were engaged in every step of creating the dishes under the guidance of their instructors and experienced extension educators."

Recipes include oyster and chicken with broccoli, eggplant in coconut milk, and traditional favorite CHamoru dishes, such as red rice with tinala' katne and finadene sauce.

A portion of the proceeds from the cookbook sales will go to students studying in UOG's College of Natural and Applied Sciences and to Cooperative Extension and Outreach programs.

The Guam Super Cookbook is available for sale for \$15 for a limited time at the UOG Cooperative Extension and Outreach office, located in the Agriculture and Life Sciences Building, Room 228D. For more information and to reserve a copy, contact Kathleen Duenas at 735-2062 or kduenas@triton.uog.edu.

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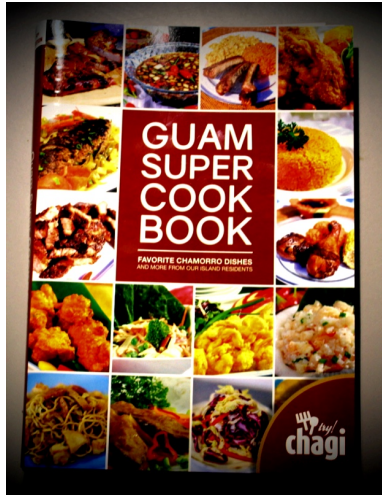


Photo caption:

(Back row, from left) Clarissa Barcinas, Tanisha F. Aflague, Nancy Roberts, Ilesha Ibanez, Rynette Perez, Marissa Villaverde, Kathleen Duenas, (front row, from left) Giana Escamilla, Hyatt Sanchez, Jessie Rosario, Joana Montano, and Hunter Yatar.

Photo courtesy of University of Guam