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“Judie Byrd’s Kitchen” puts some kick in your cuisine.
A new, original program seen exclusively on FamilyNet Television

ATLANTA, Jan. 21 (FamilyNet) – Need to add some spunk to your menu? Want some easy solutions for the supper-time blues? Then catch what’s cooking in “Judie Byrd’s Kitchen.” FamilyNet Television comes to the aid of busy parents with this new, original series, which premieres Saturday, February 2.

Broadcasting straight from the heart of Texas, chef Judie Byrd cooks up recipes that are perfect for families on the go but who still want great-tasting, healthy meals in half the time. “Judie Byrd’s Kitchen” offers help for those who want to get their families back to the dinner table.

“Who has time to cook?” asks Judie. “With these easy recipes and the step-by-step guidance, we take out the ‘I don’t know how to cook’ and replace it with ‘I can cook for my family.’”

Judie began helping harried homemakers 19 years ago in her own kitchen—giving them healthful, delicious, easy answers to the age-old question, “Mom, what’s for dinner?” Now she invites viewers into her kitchen to cook up a smorgasbord of culinary possibilities to help them make the most out of their meals.

A member of the International Association of Culinary Professionals, the creator of Super Suppers, and founder of the Culinary School of Fort Worth, Judie loves to teach people how to cook. She has shared dozens of recipes and cooking ideas in magazines such as “Family Circle,” “Reader’s Digest” and “Women’s Day” and is a frequent guest on local and national TV and radio programs. Judie was trained at the Culinary Institute of America in Hyde Park, NY; Le Cordon Bleu School of Cookery in London, the Orient, France, Belgium, and Italy; and at Martha Stewart’s television studio in Westport, CT.

Beginning February 2, “Judie Byrd’s Kitchen” airs Saturdays exclusively on FamilyNet Television from 10:00 to 10:30 a.m. ET. FamilyNet can be seen in approximately 30 million TV households and is based in Atlanta, Georgia. FamilyNet also operates channel 161 on SIRIUS Satellite Radio. For more information, visit the FamilyNet Web site, www.FamilyNet.com, or call 1-770-225-1400.