



## **'Cooking Kept Me Sane' New cookbook published by Chef Jackie Valenti**

*Simple, easy dishes that won't drive you crazy! From four-star restaurants to your dinner table, Chef Jackie Valenti new cookbook delivers extraordinary meals within your budget!*

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***'Cooking Kept Me Sane - Simple, easy dishes that won't drive you crazy!'***

The new cookbook from Chef Jackie Valenti has been published by CKMS Productions LLC and is now available for purchase in both print and eBook editions.

According to Chef Jackie, "Growing up on Long Island in a middle class family, my mother cooked and baked every day. I learned from a very young age how to stretch a dollar! My book includes many family recipes as well as my take on classics dishes.

After graduating the Culinary Academy of Long Island and working at wonderful four-star and local restaurants, I began re-creating the same expensive meals for my family and friends at home for a fraction of the cost. 'Cooking Kept Me Sane' has been designed so even the most inexperienced cooks will be able to make a delicious meal for their families while staying well within their budget."

'Cooking Kept Me Sane' offers 186 pages filled with photos, ingredients and directions to prepare delicious taste-tempting appetizers, salads, soups, entrees, desserts and much more! There is a bonus 'Kid Friendly' section as well. "Knowing many young families whose children are very picky eaters, there are numerous recipes all children love!" said Chef Jackie, "As head cook for a 100-child day care center, every one of the children, as well as some of their parents, would tell me all the time how much they loved my Mac and Cheese or Chicken Fingers and even the Meatloaf!"

Chef Jackie's new four-star meals on a home budget cookbook can be reviewed at <https://www.cookingkeptmesane.com>

In addition, the website provides a free 'recipe of the week', as well as tutorial videos! More videos are to be released on <https://www.youtube.com/user/CookingKeptMeSane> (<http://www.youtube.com/user/CookingKeptMeSane>)

Chef Jackie continues to create new, uniquely family-oriented recipes, compiling her next cookbook and creating a series of cooking classes to provide attendees with a professional cooking experience! Stay in touch with developing recipes and events on her Facebook fan page <https://www.facebook.com/jvcookingkeptmesane>

Chef Jackie may be contacted for interviews directly at 631-334-1766 or by email at [cookingkeptmesane@gmail.com](mailto:cookingkeptmesane@gmail.com)

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