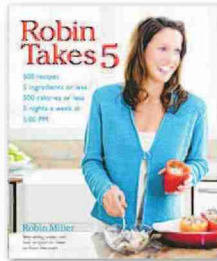


## GIVEAWAY

### FAST FLAVORS

Too busy to spend time cooking, especially as the holidays approach? Check out "Robin Takes 5," by Robin Miller ([Andrews McMeel Publishing](#); \$29.99). Miller, host of "Quick Fix Meals" on the Food Network, subtitles the book: "500 recipes, 5 ingredients or less, 500 calories or less, 5 nights a week at 5 p.m."



CNY has a copy to give away.

Send your name, address and phone number, with "Robin Takes 5" in the subject line, to [food@syracuse.com](mailto:food@syracuse.com) or by regular mail to CNY, "Robin Takes 5," The Post-Standard, P.O. Box 4915, Syracuse, NY 13221. Entries must be received by Saturday. One entry per person, please.

The winner of "Debbie Macomber's Christmas Cookbook" is **Carol Howard**, of Jamesville.

