

TWILA TEAM: Holly Clegg

Holly Clegg, Holly Clegg's Trim & Terrific Kitchen Host

TWILA debuted Holly Clegg's Trim & Terrific Kitchen, a special monthly cooking segment featuring health dishes made with Louisiana products, the summer of 2009. The segment airs the third week of each month and is sponsored by the Louisiana Crawfish Promotion & Research Board, the Louisiana Rice Promotion Board and the Louisiana Beef Industry Council.

Each segment features, quick fun and easy recipes you can make at home, without any special ingredients.

"My motto is, 'If you don't have it, leave it out,'" Holly Clegg said. "I want our viewers to be able to make these recipes without a lot of the intimidation that comes from other cooking shows. My recipes are easy, made with things you probably already have at home. And they're all made with fresh Louisiana rice, crawfish and beef!"

Holly Clegg is a nationally-known chef, cookbook author and spokesperson. She has appeared on dozens of nationally-televised cooking segments including: Good Morning America, CNN, Fox & Friends, NBC Weekend Today Show, The 700 Club and QVC.

