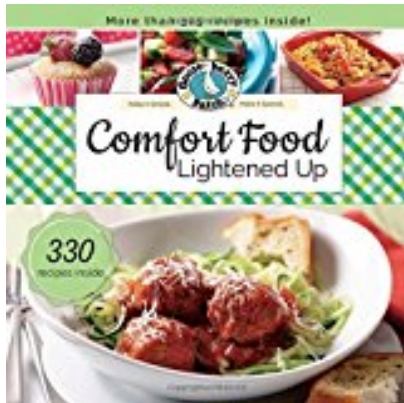


Comfort Food Lightened Up Keep It Simple



BOOK DETAILS

- Author : Gooseberry Patch
- Pages : 304 Pages
- Publisher : Gooseberry Patch
- Language : English
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BOOK SYNOPSIS

There's nothing better than getting together with family & friends to enjoy a great meal of heart-warming comfort food, lively conversation, and good memories. Comfort Food Lightened Up shares the tried & true recipes you've always loved, made with simple, affordable ingredients, now lightened up just for you! We have lightened up those mouth-watering, classic recipes so you can still enjoy every bite knowing that they are healthier for you as well! Can "comfort food" and "lightened up" be in the same recipe? Of course they can! Comfort Food Lightened Up shows you that it is totally possible to please your palate and eat lighter and healthier at the same time. And we've given you Nutritional Analysis for every recipe so you can rest assured that you are making good choices. Start off with some favorite appetizers like Simple Bruschetta, Grilled Shrimp, and Sweet Potato Crisps. Get ready to sink your teeth into a juicy beef and veggies burger, a tuna panini on fresh whole grain bread, or a slice of wheat-crust pizza topped with spinach and tomatoes. It doesn't get heartier (or tastier) than Grandma's Creamed Chicken & Biscuits, and our version manages to keep calories in check. You'll love our sides and salads chapter filled with fresh new recipes like Chicken Taco Salad and Old-Fashioned Scalloped Corn. Don't want to give up your mac & cheese? Ours is just as creamy and tasty as ever, with less fat! And desserts? Of course you can! Try our Royal Strawberry Shortcake, Mango Peach Sorbet, or Cherry Berry Chocolate Cake. So go ahead, enjoy those favorite recipes and get comfortable with your healthier lifestyle at the same time. Good for you!

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