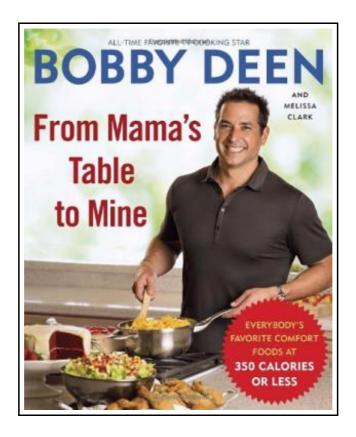
From Mama s Table to Mine: Everybody s Favorite Comfort Foods at 350 Calories or Less



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Reviews

A must buy book if you need to adding benefit. Better then never, though i am quite late in start reading this one. I am very happy to inform you that this is basically the very best book we have study during my own life and could be he finest ebook for possibly.

(Rodger Hane)

FROM MAMA S TABLE TO MINE: EVERYBODY S FAVORITE COMFORT FOODS AT 350 CALORIES OR LESS



Random House USA Inc, United States, 2013. Paperback. Book Condition: New. 229 x 183 mm. Language: English . Brand New Book. #1 NEW YORK TIMES BESTSELLER From beloved food personality Bobby Deen, son of Paula Deen, comes an irresistible new cookbook featuring 120 recipes of Southern comfort-food classics--all under 350 calories and jam-packed with flavor. Raised on his mother s fried chicken and hoecakes, Bobby Deen ultimately found himself, as a young man, twenty-five pounds overweight. Unwilling to sacrifice any of his favorite foods, Bobby started tweaking the recipes he grew up on, replacing sour cream with nonfat yogurt, using lower-calorie versions of mayonnaise, cream cheese, and other high-calorie items. Even Paula herself sometimes couldn t tell the difference between the lo-cal versions and her originals--since the flavor remained top-notch. Here you ll find a soup-to-nuts collection of many of the great dishes and flavors you ve come to enjoy and expect from the Deens, but with a lot fewer calories. Every recipe has been reviewed and approved by a certified nutritionist. Yes, you can have your Gooey Less Butter Cake and eat it too . . . along with such selections as It s a Party Guacamole - Easy Ginger-Glazed Spare Ribs - Yes You Can Mac and Cheese -Cheeseburger Casserole - Old-Fashioned Meatloaf - Crispy Oven-Fried Chicken - Roasted Pork Tenderloin with Apples - Buttermilk Mashed Potatoes - Bittersweet Chocolate Cheesecake - Strawberry Streusel Cake In addition to all these mouthwatering recipes and 65 full-color photos, you will find before/after fat and calorie counts (so you know just how many calories you re saving)--plus a week s worth of 1,500 calorie/day menus, celebration menus, healthy prep tips, weight-loss shortcuts, ideas for stocking a healthy pantry/fridge, and a section on easy high-fat/low-fat ingredient swaps. Praise for From Mama...

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