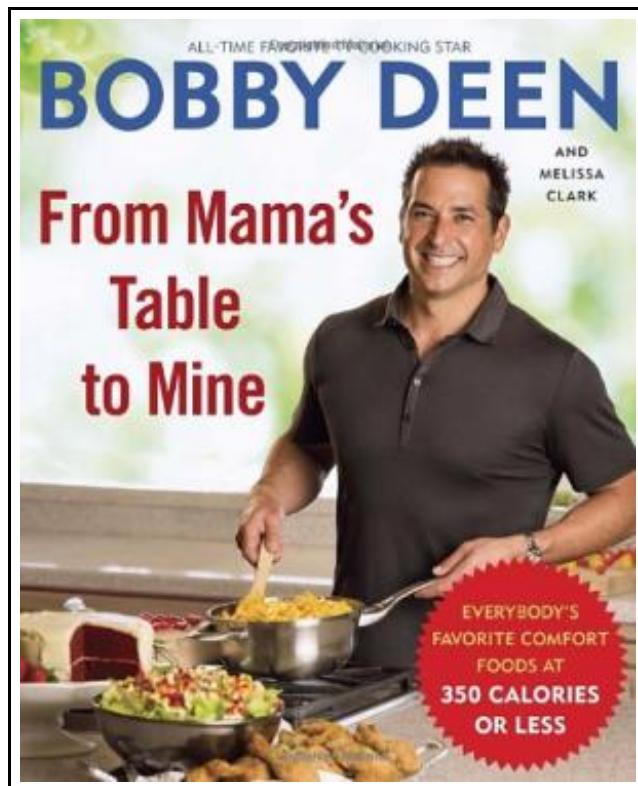


From Mama's Table to Mine: Everybody's Favorite Comfort Foods at 350 Calories or Less (Paperback)



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

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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 local 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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