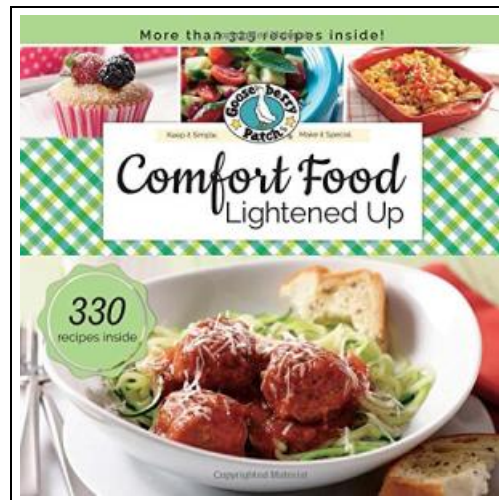


## Comfort Foods Lightened Up



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# COMFORT FOODS LIGHTENED UP



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Gooseberry Patch. Paperback. Condition: New. 304 pages. Theres nothing better than getting together with family and friends to enjoy a great meal of heart-warming comfort food, lively conversation, and good memories. Comfort Food Lightened Up shares the tried and true recipes youve 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 weve 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 doesnt get heartier (or tastier) than Grandmas Creamed Chicken and Biscuits, and our version manages to keep calories in check. Youll love our sides and salads chapter filled with fresh new recipes like Chicken Taco Salad and Old-Fashioned Scalloped Corn. Dont want to give up your mac and 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! This item ships from multiple locations. Your book may arrive from Roseburg,OR, La...



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