

Taste of Home Comfort Food Makeovers: 325 Delicious Comforting Recipes Made Light (Paperback)



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Reader's Digest Association, United States, 2015. Paperback. Book Condition: New. 226 x 206 mm. Language: English . Brand New Book. The pros at Taste of Home received hundreds of requests to lighten up family-favorite recipes and they did! Whether cutting calories from a bubbling casserole, trimming fat from a cheesy pizza or skimming sugar from a heavenly dessert, these experts revamped classic dishes while keeping all the mouthwatering flavor intact. Now they're sharing their secrets in Taste of Home Best-Loved Makeovers. Inside this brand-new cookbook you'll find Nutrition Facts with every recipe as well as Diabetic Exchanges, hints and tips for making over your own favorites and more. Best of all, this must-have collection helps you dish out all the comfort you enjoy without an ounce of guilt! Golden potpies, cheesy lasagna, piping hot mac and cheese, decadent chocolate cake these are just some of the favorite foods that home cooks from coast to coast asked Taste of Home to lighten up for them. After all, today's family cooks want to serve hearty specialties but they also want to keep sugar, fat, carbs, sodium and calories at bay. Now, readers of American's No. 1 food and entertaining magazine can learn how to trim the fat from classic dishes without cutting back on flavor. The Taste of Home Test Kitchen experts share their secrets for pairing down calories, fat and more with Taste of Home Best-Loved Makeovers. The brand-new title offers more than 340 revamped recipes, each putting a light spin on all-time classics. Complete Nutrition Information with every recipe helps buyers calculate weight-loss points and adhere to particular diet restrictions. In addition, hundreds of color photos and tips on trimming down family favorites make this cookbook a rewarding purchase for anyone hoping to serve best-loved...

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