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

By Bobby Deen, Melissa Clark

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...



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