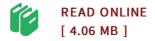




From Mama s Table to Mine: Everybody s Favorite Comfort Foods at 350 Calories or Less (Paperback)

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, twentyfive 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 lowercalorie versions of mayonnaise, cream cheese, and other highcalorie 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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