



Fast Food Fix: 75+ Amazing Recipe Makeovers of Your Fast Food Restaurant Favorites

Devin Alexander

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Indulge your fast food cravings without guilt--with recipes that deliver the same great taste without putting your health at risk or inches on your hips.

Americans all want to "eat healthy," but when they yearn for the fast foods they love, what they want most are the fabulous flavors that have made them favorites in the first place. That's what makes this collection of recipe makeovers so exceptional. Los Angeles food writer, chef, and caterer Devin Alexander specializes in low-fat, high-flavor, scrumptious cuisine. In *Fast Food Fix*, she shows the reader how to transform 75 fast food favorites into healthier versions that are even more flavorful than the originals. *Fast Food Fix*:

- Demystifies the special seasonings and secret sauces of choice fast foods--showing how to reproduce their flavors quickly and easily from common ingredients
- Teaches how to lighten many dishes with new cooking techniques, such as the oven-frying method that yields incredibly crunchy popcorn chicken with 35 fewer fat grams than the original version from KFC
- Reveals simplified cooking methods that save time in the kitchen, proving that "fast food" can still be fast even when prepared at home

For Americans hooked on fast food flavors, these recipe makeovers by a chef with an impressive repertoire of culinary tricks will quickly become a kitchen staple.



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