



Comfort Food Makeovers

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Putting the foods you love back on the table

We've revamped over 175 feel-good favorites (like creamy Macaroni and Cheese, Meat and Cheese Lasagna, and Fudgy Brownies) including 50 comfort-food restaurant favorites from the likes of The Cheesecake Factory (New York-Style Cheesecake), Olive Garden (Fettuccini Alfredo), Chili's (Nachos), and Au Bon Pain (Cinnamon Rolls) slashing thousands of calories and hundreds of grams of fat along the way. How did we do it? We put flavor first and used our test kitchen experience, smart ingredient substitutions (no fake fats or artificial sweeteners allowed), and innovative cooking techniques to make comfort food that you'll actually be comfortable eating. Comfort Food Makeovers isn't simply a collection of these tested and perfected recipes; it's an arsenal of fat and calorie-cutting strategies you can put to use. Use them to transform your own recipes into better tasting food that's better for you. We include a list of our key go-to ingredients that helped lighten or add flavor to the recipes in the book, as well as the essential equipment we found ourselves using again and again as we developed the recipes over time. Dramatic before and after counts for calories, grams of fat, and grams of saturated fat appear with each recipe, and full nutritional information for the recipes is provided at the back of the book.

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From reader reviews:

Donald Andrews:

Exactly why? Because this Comfort Food Makeovers is an unordinary book that the inside of the e-book waiting for you to snap this but latter it will jolt you with the secret it inside. Reading this book alongside it was fantastic author who write the book in such wonderful way makes the content interior easier to understand, entertaining approach but still convey the meaning totally. So , it is good for you for not hesitating having this any longer or you going to regret it. This amazing book will give you a lot of rewards than the other book possess such as help improving your expertise and your critical thinking approach. So , still want to hesitate having that book? If I were being you I will go to the book store hurriedly.

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