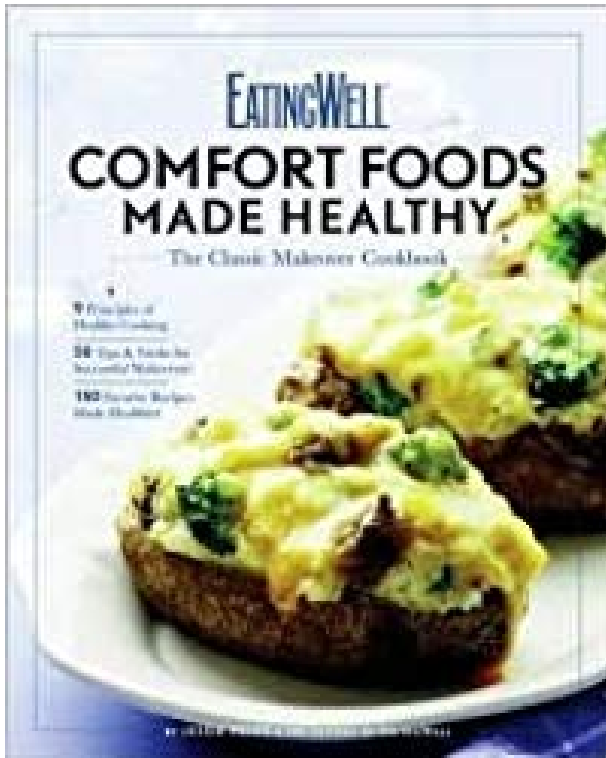


# EatingWell Comfort Foods Made Healthy: The Classic Makeovers Cookbook



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For 18 years EatingWell Magazine has been known for taking favorite classic recipes and making them healthier by using simple steps, handy ingredients, and strict nutritional guidelines.

Now the experts at EatingWell have compiled nearly 200 healthy, easy recipes, as well as cooking and shopping tips and nutrition advice, in this exciting cookbook. Full nutritional analysis accompanies each recipe makeover, along with tips on how it was made healthier. For instance, EatingWell’s chicken-fried steak with gravy has almost half the fat and a third of the calories of the classic version yet still tastes as rich and satisfying as the original; a few healthy modifications to pepperoni pizza will cut calories, sodium, and fat by a third or more. EatingWell Comfort Foods Made Healthy also solves problems for real families, including a Chinese dinner a diabetic can appreciate and healthier crispy tacos for a family from Texas. More than just providing recipes, this book teaches you the secrets of healthy, balanced cooking, including Healthier techniques for frying and baking How to get more vegetables into your meals A “pantry-raid”: a list of healthy staples you should swap into your pantry A list of essential tools that every healthy kitchen should stock Tips on picking the healthiest fats and oils