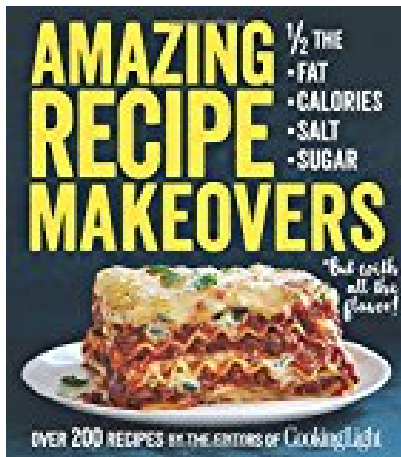


Amazing Recipe Makeovers 200 Classic Dishes at 1/2 the Fat Calories Salt or Sugar



BOOK DETAILS

- Author : The Editors of Cooking Light Magazine
- Pages : 320 Pages
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BOOK SYNOPSIS

Cooking Lights best recipes for healthier versions of your favorite foods! In Amazing Recipe Makeovers, the experts at Cooking Light start with deliciously decadent dishes, then reduce the calories, sodium, fat, or sugar by half. Discover 200 tested-and-perfected recipes, including: Radically Revamped Comfort Foods - Biscuit-Topped Chicken Potpie, All-American Meatloaf, breakfast and dinner casseroles, plus a standout Macaroni and Cheese recipe with three cheeses for flavor, fat-free Greek yogurt for creaminess, and panko for some crunch. Takeout Favorites - easy homemade Pad Thai, pan-seared Chimichangas, and freezer-friendly Pork and Shitake Pot Stickers to keep on hand for busy nights. Classics Takeover - one-pot Pasta Alla Carbonara, better-for-you Spinach-Bacon Quiche, French Onion Soup with a fraction of the sodium, and a fresh mozzarella-topped Eggplant Parmesan with less than 350 calories and 9g of saturated fat per serving. Less-Loaded Party Starters - baked chips, diet-smart dips including Grilled Vegetable Guacamole, and low-calorie cocktails for a crowd.

Succulent Side Dishes - seasonal flavors such as Lemony Roasted Cauliflower with Breadcrumbs alongside family favorites like Twice-Baked Potatoes and Stovetop Creamed Spinach (only 25 calories per serving!). Dreamy Desserts - Gluten-Free Tiramisu, fresh Blueberry Cobbler, and irresistible 250-calorie Chocolate Molten Lava Cakes. You'll also find complete nutritional information for each recipe, full-color photographs, and Cooking Lights time-tested tips and tricks for slimming down every meal, so you can enjoy the food you love to eat - and feel good doing so!

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