



# Comfort Food Makeovers: Healthy Alternatives to Your Favorite Homestyle Dishes

*Elaine Magee*

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Mashed potatoes and gravy, macaroni and cheese, chocolate chip cookies, ice cream, soup...these are the comfort foods we crave—but many of us are afraid to eat them because of their high fat and calorie content. Now, thanks to Elaine Magee, we can eat our favorite comfort foods in a healthful way! *Comfort Food Makeovers* provides 116 easy, mouthwatering recipes for your favorite comfort foods that are full of flavor and texture yet healthy enough to eat anytime.

Magee, the author of *Fry Light, Fry Right!* truly knows how to cook the healthy way, and she is on a mission to teach the world how to use ingredients and techniques to lighten a recipe without losing the flavor: incorporate reduced-fat ingredients, boost the fiber, and always cut down on serving sizes. She keeps us tempted with main dishes such as American Meatloaf and Butter-Baked Chicken, savory side dishes such as Potatoes with Leeks and Gruyere, and decadent desserts such as One-Bowl Brownies and Triple Chocolate Decadence Cookies. The delicious recipes in *Comfort Food Makeovers* will make you think twice before eating the full-fat, full-calorie versions of your favorite comfort foods ever again!

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