



Jeanne Jones' Homestyle Cooking Made Healthy: 200 Classic American Favorites Low in Fat With All the Original Flavor

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Dietary denial is not part of the American dream! And now, thanks to internationally renowned food writer Jeanne Jones, Americans can have their cake and eat it too-- Devil's Food Cake with Fudge Frosting, that is. It's just one of more than 200 beloved comfort foods-- from Deviled Eggs and Barbecued Beef Sandwiches to Creamy Potato Salad, Stuffed Pork Chops, and Cinnamon Sour Cream Coffee Cake-- all "made over" to be significantly lower in calories, fat, and sodium without sacrificing any of the taste!

Each recipe is carefully explained with numbered steps, so there's never the possibility of losing your place mid-dish, and each one includes an at-a-glance calorie and fat savings chart as well as a complete listing of the specific nutrients-- plus lots of serving ideas, recipe variations, storage tips, and cooking hints. Sprinkled throughout you'll also find charming American recipe lore, fascinating behind-the-scenes stories of how the most popular recipes were created. And in addition to her expertly-planned party menus, there's an extensive chapter of 33 amazing dessert recipes that includes Apple Crisp, Boston Cream Pie, and Strawberry Shortcake.

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