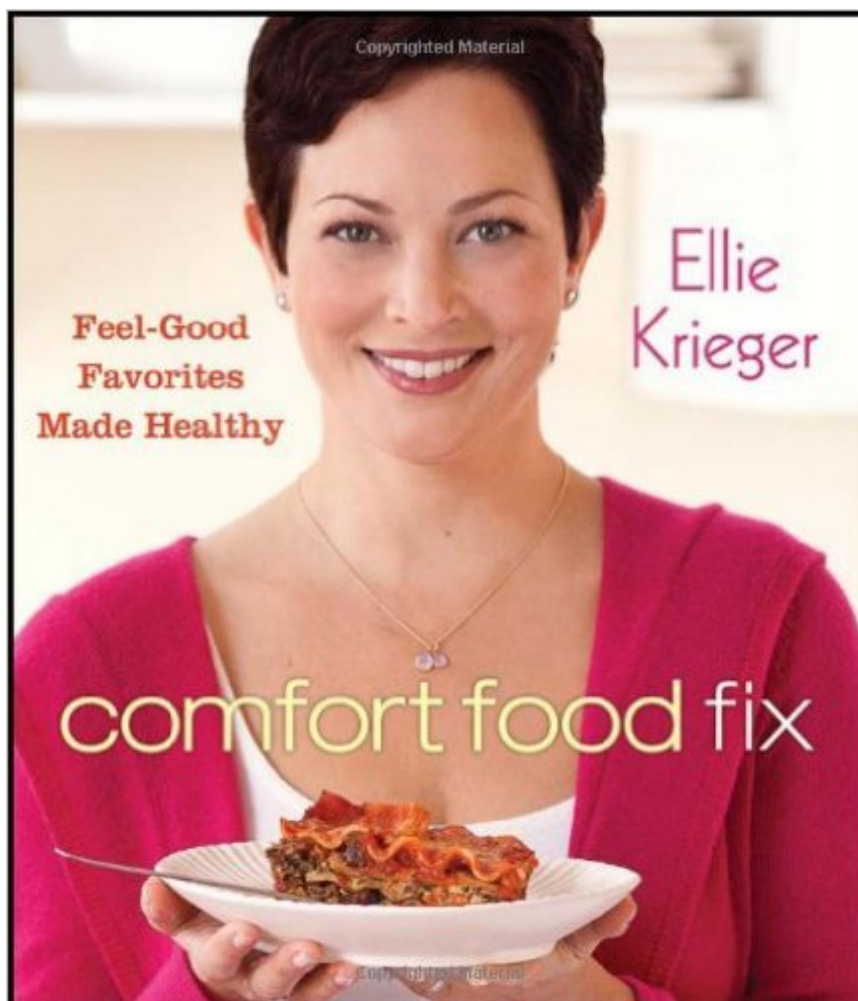


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# Comfort Food Fix: Feel-Good Favorites Made Healthy



## Synopsis

Comfort food made healthy, from New York Times bestselling author Ellie Krieger In *Comfort Food Fix*, Ellie Krieger presents a healthier take on classic American comfort food—without sacrificing the comfort part. These 150 soul-satisfying recipes include such hearty favorites as meatloaf, lasagna, chicken potpie, crab cakes, and mashed potatoes, but without all the calories and saturated fat. With simple tricks and tips, Ellie serves up healthy delights like delicious sweet potato casserole with just a third of the calories and amazing buttermilk waffles with just a fraction of the fat. With full nutrition information for every recipe and gorgeous full-color photos that are sure to whet any appetite, *Comfort Food Fix* is the perfect cookbook for healthy eaters with healthy appetites. Ellie Krieger is the host of the popular show *Healthy Appetite*, which airs on the Cooking Channel, and the author of the New York Times bestsellers *So Easy* and *The Food You Crave*. The book features 150 delicious comfort food recipes that are lower in calories and fat than you would ever guess based on how great they taste. 50 lavish full-color photographs beautifully illustrate finished dishes. When it comes to healthy cooking, Ellie Krieger is the chef you can trust. In *Comfort Food Fix*, she takes the guilt out of guilty pleasures.

## Book Information

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## Customer Reviews

I have all of EK's cookbooks, and she doesn't disappoint. The thing I find so appealing about her approach is that she totally gets people and food. She never says "I know you love it, but it isn't good for you so just don't eat it." She knows that people love to eat good food. She doesn't preach

and she doesn't make you feel horrible about yourself because you really, really like cheese. She figures out a way to make "off-limits" foods accessible to those of us that love food AND want to be healthy. Her philosophy is all about balance (usually, sometimes, rarely foods) and her cookbooks give tons of examples for how to incorporate this balance into your diet. Comfort Food Fix is a great addition to my EK collection. I've only had it a few days, but have made several of the recipes (the pumpkin-cranberry bread is delicious and will be perfect for the holidays) and bought ingredients today to make several more. I feel good about preparing her recipes for my family. And they feel good eating them!

Ellie, you really hit it out of the Ball Park with your New Book "Comfort Food Fix: Feel-Good Favorites Made Healthy". The thing that was a real eye opener for me was the before and after data showing how many calories one could save by making a few simple changes. Your meatloaf recipe and mashed potatoes were mouthwatering. I couldn't tell any difference between my old recipes, nor could my family! Please, please, keep your beautifully photographed cookbooks coming!

This is the third book from Ellie Krieger that I own, though I have also read and made recipes out of others by her as well as those on the Food Network website. What I love about her food, as illustrated in this book is that it never feels like 'diet' food. It's full of sumptuous, crave-worthy foods that are made from real ingredients and taste like an only slightly lighter version of the original. I also appreciate that she pairs down the calories and fat grams in each recipe by making inspired swaps, not by making everything a teeny, tiny portion size. Expect classic American comfort foods like Baked Jalapeno Poppers, Stuffed Potato Skins, Nachos, Oven-Fried Shrimp and Chicken Parmesan to mention a few. I'm especially fond of her version of fish fingers in this book. They're very easy to make, require mostly pantry staples (flour, eggs, panko, etc.) and come together quickly. Overall, I would say the skill level of this book is easy to moderate. The time commitment is probably a little over 30 minutes per recipe, but on par with recipes from places like Cooking Light. Best of all, her recipes really work. Of all the recipes of hers I've made over the years, I can't remember a single flop. Granted, I am a pretty experienced cook, but I still have my share of fails with other books and recipe sites. The recipes seem to be well tested and the directions are also exceptionally clear. Thrilled to see this book is just as successful as her previous. I'd also recommend the Canyon Ranch books and Cooking Light cookbooks as other great resources for lower fat recipes that still satisfy.

This book has amazing recipes! The recipes don't call for ingredients I don't know where to find nor are they too complex for the average homebody to handle. I am impressed by the number of recipes I know my hubby will be willing to try, from make it yourself microwave popcorn in a paper bag to buffalo wings and individual cheesecakes. There are enough desserts, including homemade pudding and chocolate covered pretzel bites, to keep anyone from feeling deprived. The color photos are wonderful and there are loads of them to make your stomach growl while flipping through the book. This is a keeper. I highly recommend this book.

OMG the recipes are so yummy and healthful too! The "Everything" Parmesan Crisps are such a great snack and only 40 calories for 2. The broiled buffalo wings are just as good as restaurant-style without the frying, I also love the green bean casserole with crispy shallots is going to be my holiday center piece, The pictures are gorgeous and I can't wait to try out everything else!

I have all three of Ellie's cookbooks and have to say that this is the best of the three. The recipes are delicious, and - as usual with Ellie - the portion sizes are very realistic. She doesn't use a lot of unusual ingredients, and the combination of flavors is awesome! I would strongly recommend the following recipes: the meatloaf, the scalloped potatoes (we made that into a main dish by adding chopped ham to it, and my six year old couldn't get enough of it!), and the banana pancakes (my husband had 3 pieces "to try" while I was still cooking them on the griddle. Nice job, Ellie - this book is a winner!

I already love the idea of this book. I really like to eat healthy but health food needs to taste good in order to stick with it! I've already reviewed some recipes and scanned this book. First off, it is gorgeous! The quality is superb. The pages are thick and just what I would expect out of a good cookbook. The photographs are full color and overall this book is very professional. I'm especially eager to try the chocolate banana milkshake recipe because I'm a crazy fan of chocolate (there's a link to the recipe on )! She uses chocolate frozen yogurt instead of ice cream, and bananas for frothiness and nutrition. You can guess how many calories and fat it cuts off of the traditional shake. She gives before and after nutrition facts. The "before" facts are for the popular recipes from online or in an established cookbook. She explains that in one of the beginning sections. I like that this is a book written by a nutritionist. You are getting whole food recipes, not artificial or fake food. She explains how to get creative with your cooking but still be healthy. Like how to make food creamy

without using heavy cream by using yogurt or low fat sour cream (not fat free which is full of artificial ingredients). It really makes sense! This is all about health AND taste. I think everyone needs this cookbook. It's really given me a new motivation to eat right and cook more.

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