



From Mama's Table to Mine: Everybody's Favorite Comfort Foods at 350 Calories or Less

Bobby Deen, Melissa Clark

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#1 NEW YORK TIMES BESTSELLER

From beloved food personality Bobby Deen, son of Paula Deen, comes an irresistible new cookbook featuring 120 recipes of Southern comfort-food classics—all under 350 calories and jam-packed with flavor.

Raised on his mother's fried chicken and hoecakes, Bobby Deen ultimately found himself, as a young man, twenty-five pounds overweight. Unwilling to sacrifice any of his favorite foods, Bobby started tweaking the recipes he grew up on, replacing sour cream with nonfat yogurt, using lower-calorie versions of mayonnaise, cream cheese, and other high-calorie items. Even Paula herself sometimes couldn't tell the difference between the lo-cal versions and her originals—since the flavor remained top-notch.

Here you'll find a soup-to-nuts collection of many of the great dishes and flavors you've come to enjoy and expect from the Deens, but with a lot fewer calories. Every recipe has been reviewed and approved by a certified nutritionist. Yes, you can have your Gooey Less Butter Cake and eat it too . . . along with such selections as

It's a Party Guacamole • Easy Ginger-Glazed Spare Ribs • Yes You Can Mac and Cheese • Cheeseburger Casserole • Old-Fashioned Meatloaf • Crispy Oven-Fried Chicken • Roasted Pork Tenderloin with Apples • Buttermilk Mashed Potatoes • Bittersweet Chocolate Cheesecake • Strawberry Streusel Cake

In addition to all these mouthwatering recipes and 65 full-color photos, you will find before/after fat and calorie counts (so you know just how many calories you're saving)—plus a week's worth of 1,500 calorie/day menus, celebration menus, healthy prep tips, weight-loss shortcuts, ideas for stocking a healthy pantry/fridge, and a section on easy high-fat/low-fat ingredient swaps.

Praise for *From Mama's Table to Mine*

“Deen wants folks to enjoy healthy favorites without sacrificing flavors or family memories, and this cookbook is sure to make a mamma proud.”—*Publishers Weekly*

“It's so great that Bobby has refashioned some all-time-favorite Southern dishes in a healthier style. He continues to work hard to keep America healthy and happy.”—Curtis Stone, chef, television host, and author

“Bobby Deen has been our ‘brother from another mother,’ and when you taste his dishes, you immediately recognize Paula's influence. His tasty food stresses eating healthier without sacrificing the delicious Southern flavors and traditions he grew up with! Way to go Bobby!”—Pat and Gina Neely, hosts of *Down Home with the Neelys*

“Even Paula, who's been eating healthier herself these days, can't tell the difference. ‘Are you sure you remembered to take out the fat?’ she asked when she first tasted the food. He did—we swear.”—*Food*

Network Magazine

“Bobby Deen nails it with these favorite Southern recipes. What they’ve lost in calories, they’ve gained in flavor. Perfect for everything from a quick weeknight meal to an elaborate Saturday night celebration.”—Rocco DiSpirito, chef and author

“For the health-conscious eater who craves comfort food . . . Bobby’s recipes strike a balance between familiar flavors and a newer, healthier approach to cooking.”—Shelf Awareness (starred review)

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