



Cooking Light Comfort Food: Home-Cooked, Delicious Classics Made Light

The Editors of Cooking Light

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This fresh approach on comfort food takes the food readers love to a whole new level. Cooking Light is passionate about making healthy taste great, and for years has been helping readers transform their favorite recipes from their often unhealthy originals into healthier versions that retain all the memorable flavors. *Comfort Food* is Cooking Light's first collection of over 200 classic comfort food recipes that fit into a balanced diet-and no one will know they are light.

Readers can choose from fried chicken, mashed potatoes, buttermilk biscuits, brownies and cookies, coconut pie, crab cakes, sweet potato casserole, and more! Along with the recipes, the Cooking Light Test Kitchens staff includes their tips and techniques for lightening a variety of recipe classics-from casseroles and soups to pasta and pancakes, helping readers learn strategies to "lighten up" some of their own favorites.

Packed with helpful tips and colorful photos, *Cooking Light Comfort Food* is loaded with special features: "5 Ways with..." provides readers with five unique recipes for enjoying classics like mashed potatoes, meatloaf, and mac and cheese. "Recipe Makeovers" highlights a reader-submitted recipe and how it is made healthier-while keeping it delicious at the same time. Saving time is always important to busy home cooks, so "30 Minutes or Less" icons showcase super-quick and easy recipes. There is something for everyone in this warm, cozy cookbook that's chock-full of comforting recipes.

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