



# Comfort Food Fix: Feel-Good Favorites Made Healthy

*Ellie Krieger*

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**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.

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