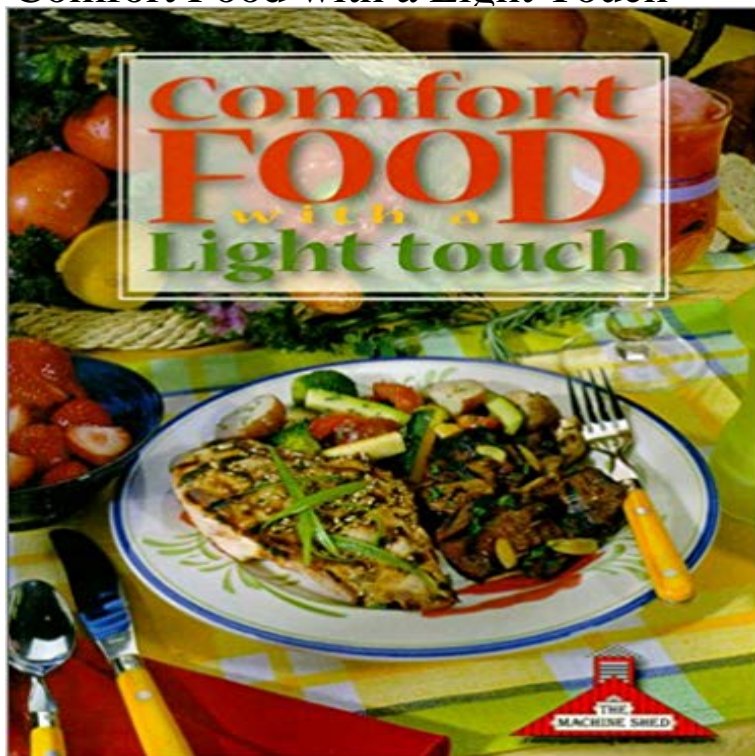


Comfort Food with a Light Touch



Comfort food is a nurturing and nostalgic popular food phenomenon, which doesn't always fit into our nutritional requirements. In this cookbook, food enthusiast, Mary Schneckloth has worked her magic to create lighter and healthier recipes for the foods we crave. She has also included nutritional values for calories, protein, fat, cholesterol, and carbohydrates. (Hard cover, concealed spiral bound) Recipes compiled by Mary Schneckloth, a midwest farm wife and food enthusiast.

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