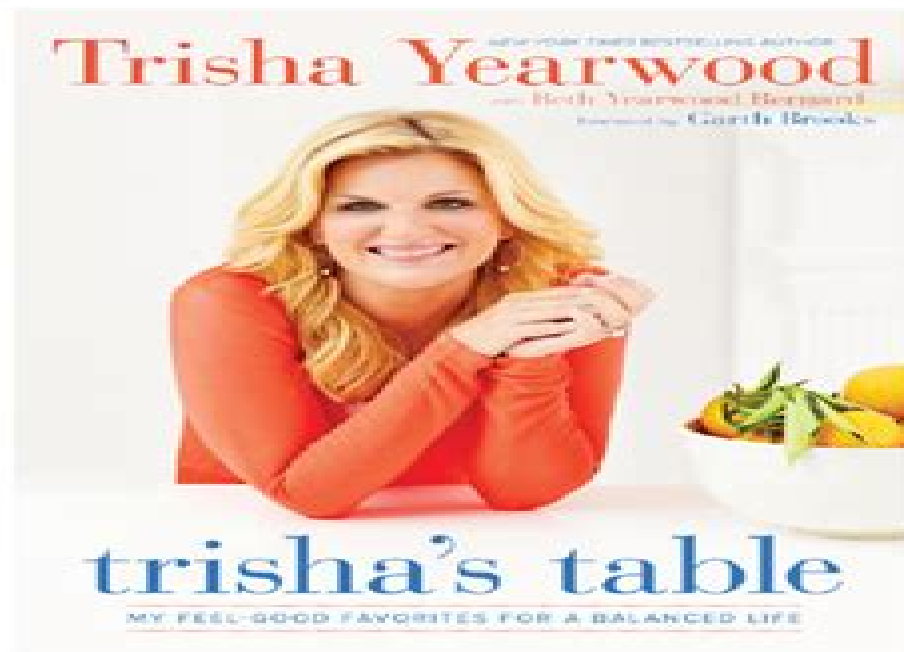




Trishas Table My Feel Good Favorites For A Balanced Life

Charles Dickens



Trishas Table My Feel Good Favorites For A Balanced Life:

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Trisha's Table Trisha Yearwood, 2017-04-07 **Trisha's Table** Trisha Yearwood, Beth Yearwood

Bernard, 2017-04-04 NEW YORK TIMES BESTSELLER The country music superstar Food Network standout and bestselling author shows how delicious and wholesome dishes are part of a balanced lifestyle Trisha Yearwood is as much a force in the kitchen as she is on stage But after years of enjoying decadent Southern comfort food her culinary philosophy is evolving As Trisha says I have adopted an 80/20 rule 80 percent of the time I make good choices 20 percent of the time I let myself splurge a little Whether surprisingly virtuous or just a little bit sinful the recipes in Trisha's Table all bring that unmistakable authenticity you've come to love from Trisha You'll find brand new dishes emblematic of the variety and balance Trisha champions They skimp on anything but flavor including dairy free Angel Hair Pasta with Avocado Pesto low calorie Billie's Houdini Chicken Salad vegetarian Smashed Sweet Pea Burgers and tasty high protein Edamame Parmesan alongside too good to give up family favorites such as Slow Cooker Georgia Pulled Pork Barbecue Chicken Tortilla Casserole Snappy Pear Cranberry Crumble and Chocolate Chip Cookie Dough Balls Trisha wants to feed her loved ones and yours too food that tastes good and food that's good for you So pull up a seat at Trisha's Table and dig in

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Subject Guide to Books in Print ,1997 **Words on Cassette, 2002** R R Bowker Publishing,2002 **Chicago**
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