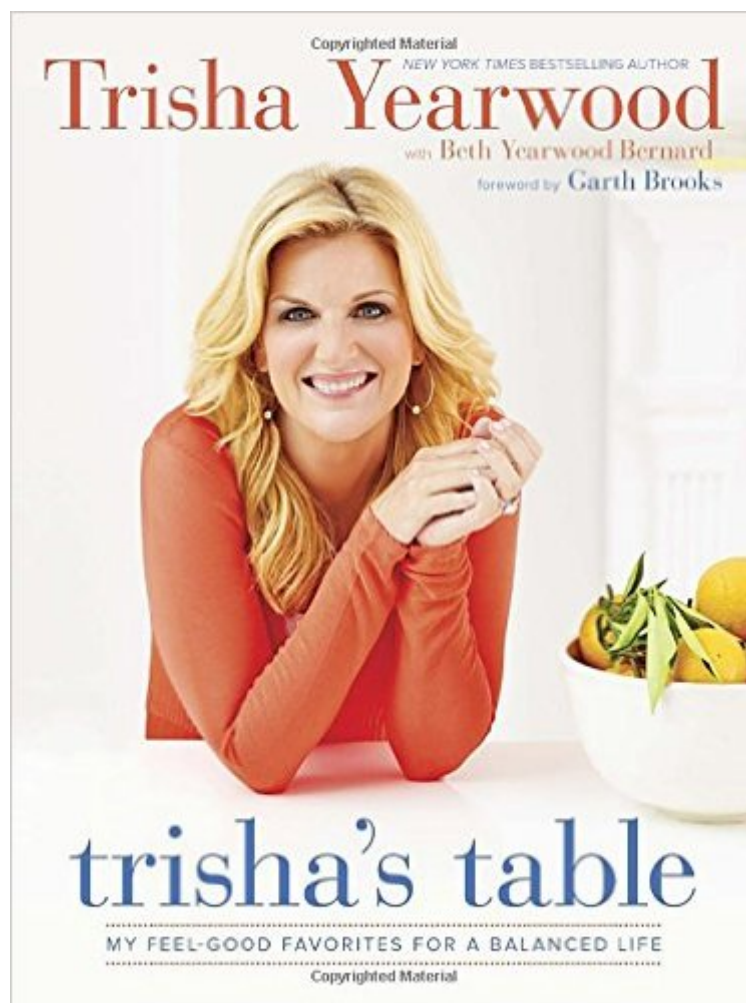


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# Trisha's Table: My Feel-Good Favorites For A Balanced Life



## Synopsis

NEW YORK TIMES BESTSELLER Country music superstar, Food Network standout, and bestselling cookbook author Trisha Yearwood shows how delicious foods and wholesome dishes are part of the same 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!

## Book Information

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## Customer Reviews

Disclosure - free sample provided. I love to cook. I am always looking for great new cookbooks to add to my collection. Do you have a favorite cookbook? I am also always looking for cookbooks that

will help make planning meals for the entire family easier. Trisha's Table is a great cookbook to have in your collection. This book is written by Trisha Yearwood with Beth Yearwood Bernard. The foreword is written by Garth Brooks. The book includes feel good type meals. These are satisfying meals that my family fell in love with. This cookbook includes a variety of recipes. These are comfort foods. Did you know that Trisha has an 80/20 rule? This means that she eats healthy 80% of the time, but 20% of the time she splurges. I agree with this. I think that you need to eat healthy for the most part, but you need to also enjoy food. Trisha spent years enjoying Southern style food. This cookbook is easy to read. I really like the way that it is organized. It is easy to find exactly what you are looking for in the cookbook. Trisha's Table is broken down into sections. Some of these sections include breakfast, snacks and appetizers, beef and pork, pasta, and more. I like that the main dishes are broken down into a specific kind of meat. This makes it easy to find a specific kind of recipe. Snacks and Appetizers Some of these great recipes include Garth's Taco Pizza, Kale Chips, Unfried Pickles and more. What would you want to try? I fell in love with the Garth's Taco Pizza recipe. Yum! This could be served as a snack or appetizer, but my kids really like it as a fun weeknight meal. You could even use this to put a neat spin on Taco Tuesday. This recipe consists of pizza crust that is topped with tasty taco toppings.

I LOVE this cookbook (as I said before) and highly recommend you buy not only this cookbook, but her two previous cookbooks as well. (These cookbooks AND SEVERAL RECIPES can be found on her personal website) Trisha has divided this cookbook up into nine categories. Breakfast, Snacks & Appetizers, Soups & Salads, Beef & Pork, Chicken Turkey & Fish, Pasta, Sides, Cakes Cupcakes & Pies AND Cookies brownies bars & more. Let me start with the writing. Trisha does a fabulous job writing about, and sharing with everyone her family memories and family history. I love a cookbook that produces more than just great recipes. I want stories â€” history â€” memories â€” and this book gave me everything. The photographs are amazing (as usual in Trisha's books) and make you want to literally dive into the pictures and start eating. Now â€” to the recipes â€” fabulous! Like I said â€” over half â€” lightened up â€” recipe versions (lightened up but still tasty â€” believe me when I say this â€” ) and the other recipes â€” full of fat, flavor and sugar! ;) Delicious, and expected in a delightful way â€” and I love them. The first recipe I tried was the â€” Cinnamon Orange Rolls â€” (page 19). I made them for some family members â€” and they loved them! I'm not the biggest fan of orange cinnamon rolls, but I really enjoyed these. The glaze wasn't overpowering (as many are), and the rolls came out tender and delicious in the middle. â€” Hummingbird Pancakes â€” (page 25) were also a favorite of my Grandma. She LOVES hummingbird cake â€” and this recipe takes that

basic recipe, and morphs them into the most flavorful pancakes you could ever imagine.

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