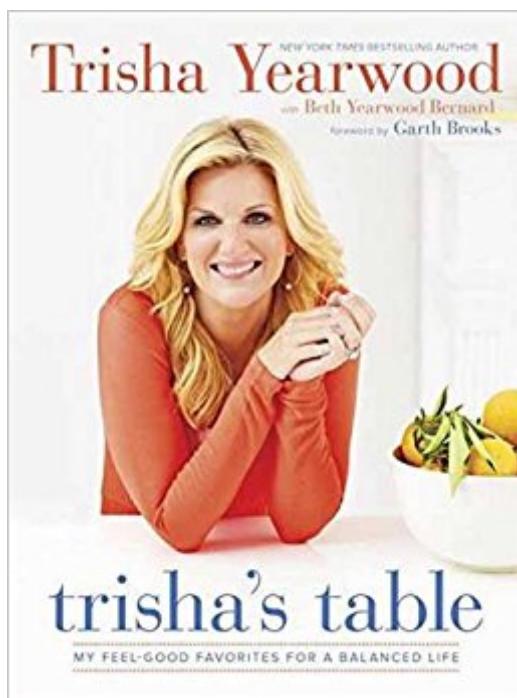


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# Trisha's Table: My Feel-Good Favorites For A Balanced Life



## Synopsis

NEW YORK TIMES BESTSELLERThe 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!

## Book Information

Paperback: 224 pages

Publisher: Clarkson Potter; Reprint edition (April 4, 2017)

Language: English

ISBN-10: 1524760943

ISBN-13: 978-1524760946

Product Dimensions: 7.4 x 0.6 x 10 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 308 customer reviews

Best Sellers Rank: #129,157 in Books (See Top 100 in Books) #155 in Books > Cookbooks, Food & Wine > Regional & International > U.S. Regional > South #441 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Vegan #486 in Books > Cookbooks, Food & Wine > Cooking Methods > Quick & Easy

## Customer Reviews

TRISHA YEARWOOD is the New York Times bestselling author of *Home Cooking with Trisha Yearwood* and *Georgia Cooking in an Oklahoma Kitchen*, and stars in the Emmy Award-winning show *Trisha's Southern Kitchen* on Food Network. She has recorded nine #1 songs and twelve

albums, has won back-to-back awards for Country Music Association Female Vocalist of the Year, and has earned three Grammys. Trisha lives with her husband, Garth Brooks, in Nashville.

I was a little disappointed. I thought it would have some every day recipes in it. I guess I thought it would have some country style recipes on things that you cook daily.

Great book, tons of pictures, and good recipes. They are not all 100% healthy, however she mixes it up with the 80/20 rule which is realistic for most people. I am looking forward to making the tortellini soup.

Bought this for my daughter for Christmas. She really enjoyed it.

I enjoy reading this cookbook. The photos are terrific. I haven't made anything out of the book yet, but I will.

I am enjoying getting new ideas for cooking and baking from Trisha Yearwood's new cookbook. She uses ingredients, you can buy at your local grocery store. My family has liked the food I prepared using her recipes.

I LOVE Trisha Yearwood so I was excited to see she has a cookbook! I've made quite a few recipes so far and haven't found one that I didn't like. Her cornbread chili bake is AMAZING. Highly recommend this cookbook for anyone!

Awesome seller and product!

I love her cookbooks!!!

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