



Dish Do-Over

Joanne Lusted

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Based on the wildly popular segment on CBC TV's Steven & Chris, Dish Do-Over takes foods that you can't live without- guilty pleasures and family favorites-and makes them better. Same great taste, but lower in fat, calories and often wheat-free and gluten-free too. From a mouth-watering cheesecake with half the calories and fat to fettuccine alfredo that's gluten-free and healthier, you won't notice the smart swaps that make these favorites better.

Dish Do-Over highlights the offending ingredients, details the substitutions and explains how they work. Packed with color photographs and tips and tricks, the book includes over 125 recipes from soups and starters to quick weeknight dinners to desserts.



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