



Dish Do-Over: Family Favourites Reinvented

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 favourites—and transforms them. Same great taste, but lower in fat and 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 delicious and gluten-free, you won't notice the smart swaps that make these favourites better. Packed with colour photographs, *Dish Do-Over* features more than 125 recipes from soup and starters to quick weeknight dinners and desserts. Here are a few of the easy swaps:

- Fat-free evaporated milk replaces 35% cream and whole milk but keeps all the creamy flavour you love in your mac 'n' cheese
- Traditional deep-fried favourites such as chicken nuggets and coconut shrimp are reinvented into crispy oven-baked dishes, thanks to toasted panko bread crumbs
- Non-fat Greek yogurt replaces butter to make luscious chocolate icing for double-chocolate cake completely guilt-free
- Béarnaise is made better by tangy 1% buttermilk in place of egg yolks and butter
- Irresistible bistro-style burgers are packed with ground cremini mushrooms to cut the fat and keep extra-lean ground beef moist and juicy

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