



Trisha's Table: My Feel-Good Favorites for a Balanced Life

Trisha Yearwood, Beth Yearwood Bernard

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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!

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