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In *Amazing Recipe Makeovers*, the experts at Cooking Light start with deliciously decadent dishes, then reduce the calories, sodium, fat, or sugar by half. Discover 200 tested-and-perfected recipes, including:

Radically Revamped Comfort Foods - Biscuit-Topped Chicken Potpie, All-American Meatloaf, breakfast and dinner casseroles, plus a standout Macaroni and Cheese recipe with three cheeses for flavor, fat-free Greek yogurt for creaminess, and panko for some crunch.

Takeout Favorites - easy homemade Pad Thai, pan-seared Chimichangas, and freezer-friendly Pork and Shitake Pot Stickers to keep on hand for busy nights.

Classics Takeover - one-pot Pasta Alla Carbonara, better-for-you Spinach-Bacon Quiche, French Onion Soup with a fraction of the sodium, and a fresh mozzarella-topped Eggplant Parmesan with less than 350 calories and 9g of saturated fat per serving.

Less-Loaded Party Starters - baked chips, diet-smart dips including Grilled Vegetable Guacamole, and low-calorie cocktails for a crowd.

Succulent Side Dishes - seasonal flavors such as Lemony Roasted Cauliflower with Breadcrumbs alongside family favorites like Twice-Baked Potatoes and Stovetop Creamed Spinach (only 25 calories per serving!).

Dreamy Desserts - Gluten-Free Tiramisu, fresh Blueberry Cobbler, and irresistible 250-calorie Chocolate Molten Lava Cakes.

You'll also find complete nutritional information for each recipe, full-color photographs, and Cooking Light's time-tested tips and tricks for slimming down every meal, so you can enjoy the food you love to eat - and feel good doing so!

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