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returns to the kitchen with Art Smith s Healthy Comfort, Favorite Celebrity Chef Got it Together, Lost Weight, and Reclaimed His Health! by Art Smith.

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5 stars. "Great healthy recipes" I have been a fan of Art Smith for several years. This book is filled with amazing recipes that are both delicious and tasty! There

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Jul 25, 2013 Celebrity chef Art Smith approaches every meal with a simple philosophy, and he has just released a new book called Art Smith's Healthy Comfort.

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Chef Art Smith's 'Healthy Comfort' cookbook, recipes, weight loss Chef Art Smith is helping people make small, but important changes in their lifestyles- including

Healthy comfort: unfried chicken with roasted

This recipe is excerpted from Art Smith s Healthy Comfort: How America s Favorite Celebrity Chef Got It Together, Lost Weight, and Reclaimed His Health by Art