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It's comfort food—redefined! Here are healthy meals the whole family can enjoy, night after night . . .

What does comfort mean in The Comfortable Kitchen? For Alex Snodgrass, New York Times bestselling author of The Defined Dish, bringing her family around the table to share a home-cooked meal is a favorite way to show love. Her recipes are designed to bring joy into that display of affection, from your own comfort cooking to your loved ones' delight at the delicious flavors, to knowing that you're caring for your

family's nutrition with each bite.

Though many of her meals are fully paleo compliant, or at the very least paleo-ish, there are plenty of other recipes with simple, flexible ingredient swaps for a cleaner meal when desired—perfect for people who are enjoying their “food freedom” stage of their health journey. And for those who have dietary restrictions, Alex clearly marks each recipe as gluten-free, dairy-free, grain-free, and paleo, as appropriate.

Alex brings back the joy of being in the kitchen for those at all levels of cooking skill and provides food for every occasion, with soups, salads, pasta, vegetarian and non-vegetarian mains, apps, and sides ranging from one-pot meals to not-so-junky junk food--and even cocktails and desserts--with recipes including:

Cajun Chicken and Wild Rice Soup
Green Curry Poached Halibut with Herbs
Texas Style Brisket Tacos
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With 105 approachable and nutritious recipes for real, busy life, The Comfortable Kitchen is a must-have cookbook for everyone who cares about what they eat and what they make.

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