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Lighten Up, Y'all: Classic Southern Recipes Made Healthy and Wholesome

Virginia Willis

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A collection of classic Southern comfort food recipes--including seven-layer dip, chicken and gravy, and strawberry shortcake--made lighter, healthier, and completely guilt-free.

Virginia Willis is not only an authority on Southern cooking, a French-trained chef, and a veteran cookbook author; she is also a proud Southerner who adores eating and cooking for family and friends. So when she needed to drop a few pounds and generally lighten up her diet, the most important criterion for her new lifestyle was that all the food had to taste delicious.

The result is *Lighten Up, Y'all*, a soul-satisfying and deeply personal collection of Virginia's new favorite recipes. All the classics are covered—from a comforting Southern Style Shepherd's Pie with Grits to warm, melting Broccoli Mac and Cheese to Old-Fashioned Buttermilk Pie. Each dish is packed with real Southern flavor, but made with healthier, more wholesome ingredients and techniques. Wherever you are on your health and wellness journey, *Lighten Up, Y'all* has the recipes, tools, and inspiration you need to make the nourishing, down-home Southern food you love.

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