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Author: art smith talks about his book, healthy

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'oprah' s chef' talks about the art of cooking

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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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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Chef Art Smith puts the power of healthy living within your reach with these delicious dishes. Discover some of the great recipes he created on his journey to health

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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

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