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From Art Smith s Healthy Comfort: How America s Favorite Celebrity Chef Got It Together, Lost Weight and Reclaimed His Health (HarperOne, 2013), by Art Smith.

'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.

Unfried chicken with roasted brussels sprouts

That's because I am well known for fried chicken, Nutritional analysis provided by Art Smith's Healthy Comfort. Reprinted with permission from Art

Healthy comfort: unfried chicken with roasted

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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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