

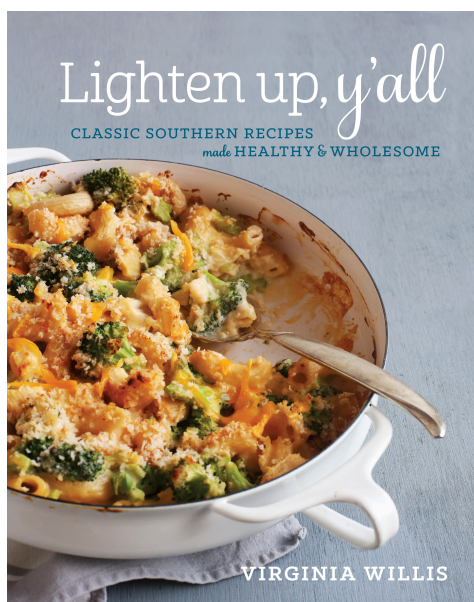


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Publicity Contact: Lorraine Woodcheke

510 285 2951 | lorraine.woodcheke@tenspeed.com



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

by Virginia Willis

On-sale date:
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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 a French-trained chef with Georgia roots. She is also one of the most well-loved, trusted, and respected authorities on Southern cooking--so when doctors told her she needed to lighten up her diet, she wanted to do it without sacrificing any of the flavor or richness that makes Southern food so appealing. The result is *Lighten Up, Y'all*, a collection of easy-to-make, chef-approved recipes for all the Southern favorites. Dishes like Bourbon Grilled Pork Chops with Peach Barbecue Sauce, Buttermilk Potato Gratin, and Big Rich Texas Sheet Cake prove that Southern food can be both delicious and healthy, while family-favorites like Oven Fried Chicken on a Stick and Old-Fashioned Buttermilk Custard Pie will keep everyone--aged five to ninety-five--happy and asking for seconds.



VIRGINIA WILLIS is the author of the acclaimed cookbooks *Bon Appétit, Y'all*; *Basic to Brilliant, Y'all*; *Grits*; and *Okra*. Willis is a columnist for FoodNetwork.com, a contributing editor to *Southern Living*, and was named one of "Seven Food Writers You Need to Know" by the *Chicago Tribune*. She lives in Atlanta, Georgia.

Lighten Up Y'all | by Virginia Willis
\$24.99 hardcover | 232 pages | full-color photos | 7-7/16 x 9-1/2
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