

# **Art Smith's Healthy Comfort: How America's Favorite Celebrity Chef Got It Together, Lost Weight, And Reclaimed His Health! By Art Smith**

**By Art Smith**

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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 <http://www.amazon.ca/product-reviews/0062217771>

Hardcover Kindle. 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 <http://www.bonkersforbooks.com/art-smiths-healthy-comfort-by-art-smith/>

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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. <http://www.foxnews.com/leisure/2013/07/26/oprah-chef-talks-about-art-cooking-healthy/>

Chef Art Smith is teaming up with Merck on its Taking Diabetes to Heart campaign to educate people living with Type 2 diabetes to understand that small, but important  
<http://abc7chicago.com/archive/9118604/>

Calories in Art Smith's Healthy Comfort Broiled Salmon With Wild Mushrooms and Lentils. Nutrition Facts Art Smith's Healthy Comfort  
<http://www.myfitnesspal.com/food/calories/art-smiths-healthy-comfort-broiled-salmon-with-wild-mushrooms-and-lentils-87102131>

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<http://xmpdf.thecrossingventura.com/art-smiths-healthy-comfort-how-art-smith-57838503.pdf>

That's because I am well known for fried chicken, Nutritional analysis provided by Art Smith's Healthy Comfort. Reprinted with permission from Art  
<http://www.epicurious.com/recipes/food/views/unfried-chicken-with-roasted-brussels-sprouts-51178210>

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  
<http://www.christianbook.com/art-smiths-healthy-comfort/art-smith/9780062217776/pd/217776>

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<http://www.bokus.com/bok/9780062217790/art-smiths-healthy-comfort/>

Art Smith s Healthy Comfort Foods. Art Smith has cooked for everyone from Obama to Oprah. Now he joins Dr. Oz to share his new diabetic-friendly comfort foods.

[http://www.doctoroz.com/episode/weed-addictive?video\\_id=2890070496001](http://www.doctoroz.com/episode/weed-addictive?video_id=2890070496001)

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