



# **There's Not a Healthy Recipe in This Whole Damn Book: A Guide to Southern Comfort Food**

*Paula Thomas Oandasan*

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# There's Not a Healthy Recipe in This Whole Damn Book: A Guide to Southern Comfort Food

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In these pages are recipes Paula has collected from many great Southern cooks in her family and circle of friends as well as many she has tweaked and/or invented. She also includes personal thoughts, observations and stories from her extremely varied, interesting and sometimes bizarre life. From Fried Spam sandwiches to BBQ bologna to the glorious Hawaiian Pie, Paula's recipes will delight you and the Things I Have Learned section...well...check it out! She has cooked in the woods of East Texas in clay ovens with the Rainbow Family, at Morningstar Commune in the 60's, for community dinners for the homeless, for the Red Cross during disasters, and in her home where friends told her for years to write a cookbook. She has finally taken their advice. Feeding people feeds her soul. Hopefully this book will leave you satisfied. Comfort food is Paula's idea of heaven...come on up!

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