



Neo Soul: Taking Soul Food to a Whole 'Nutha Level

Lindsey Williams

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More than one hundred taste-tempting soul-food recipes.

From the grandson of Harlem's queen of soul food, Sylvia Woods, comes a new take on soul food-down-home cooking that tastes as good as the food you grew up with. Lindsey Williams knows soul food. He was raised in the kitchen of his grandmother's restaurant, Sylvia's, where he mastered the art of soul-food cooking. But being around all of that good food took its toll. When he tipped the scales at four hundred pounds, he knew he had to make some serious changes.

That's when he lost more than half his body weight and began his own brand of healthy soul-food cooking that's loved by the clients of his catering business. Now, with Neo Soul, we can all enjoy some guilt-free soul food.

Neo Soul features more than one hundred of Williams's delectable recipes, including Grandma's Roasted Turkey, Lenzo's Trout Stuffed with Collard Greens, Okra Gumbo, Neo Sweet Potato Pie, and Blueberry Buckle. They're all so good, you'll never miss the fat

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