

Paula Dean's Low Fat Lifestyle

Katherine Knowles

INT. Paula Dean's Kitchen

Paula arranges pots and pans. Cooks.

PAULA DEAN

Hey y'all and welcome to Paula Dean's Low Fat Lifestyle, live from ma kitchen to yours. It's as Southern as sun tea, wearing Easter dresses, and secretly resenting black gentlemen when they don't give up their seats for ladies on buses.

Getting diabetes and heart disease made me take a long hard look at my life, it really did - I've come a long way since my childhood when I stowed away on shrimp boat an' was raised by a pack of catfish!

I knew that the time had come to make some big changes to my diet, so I've been busy as a stump tailed cow in fly time coming up with ways to bring all those same great flavors of home to you, but a whole lot healthier.

This delicious recipe is for My Dear Uncle Earl's famous Battered Butter. And today I'm gonna be fixin up a version that would probably have kept his heart alive for more than 41 years, God rest his sweet soul.

When I first made this recipe, which feeds 4 people, I used 4 sticks of butter! Yes Ma'am. A whole stick of butter for every person. That's a whole box of butter y'all.

Well that's jus fine now an' again as a treat, but after all I've gone through, I know better than to make it as an everyday snack.

So I've come up with this wonnerful version that's jus Half the calories!

I'm gonna stop letting ma mouth overtake ma tail, so let's get to cooking! We're starting out here in this bowl with 2 sticks of butter - that's half the sticks of butter I used before! And whereas my old recipe served 4 people, this one serves 2. That's literally half of everything y'all!

It's gonna be a great show, so join me after the break, and let's have a delicious homemade time. But for now, from my Kitchen to yours, this is Paula Dean reminding you: even a blind hog finds an acorn now an' again, Macaroni cheese is a vegetable, and the only head it's ladylike to suck on is a crawfish.