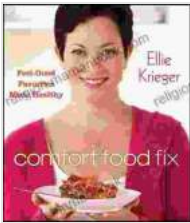


Comfort Food Fix: Feel Good Favorites Made Healthy



Comfort Food Fix: Feel-Good Favorites Made Healthy

by Ellie Krieger

★★★★☆ 4.6 out of 5

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Comfort food is a type of food that provides a sense of comfort and satisfaction. It is often associated with childhood memories and happy times. Comfort food can be anything from a warm bowl of soup to a slice of gooey chocolate cake. However, comfort food is often high in calories, fat, and sugar, which can take a toll on your health.

But don't despair! You can still enjoy your favorite comfort foods without sacrificing your health. There are many healthy ways to prepare comfort food recipes. By using whole grains, lean protein, and healthy fats, you can create dishes that are both satisfying and good for you.

Here are some of our favorite healthy comfort food recipes:

- Healthy Mac and Cheese

- Healthy Chicken Pot Pie
- Healthy Lasagna
- Healthy Pizza
- Healthy Chocolate Chip Cookies

Healthy Mac and Cheese

Mac and cheese is the ultimate comfort food. It's cheesy, creamy, and satisfying. But traditional mac and cheese is also high in calories, fat, and sodium. Our healthy mac and cheese recipe uses whole wheat pasta, low-fat milk, and reduced-fat cheese to create a dish that is both delicious and nutritious.

Ingredients:

* 1 pound whole wheat elbow macaroni * 3 tablespoons unsalted butter * 3 tablespoons all-purpose flour * 3 cups low-fat milk * 1/2 teaspoon salt * 1/4 teaspoon black pepper * 2 cups shredded reduced-fat cheddar cheese * 1/4 cup grated Parmesan cheese

Instructions:

1. Preheat oven to 350 degrees F (175 degrees C). 2. Cook macaroni according to package directions. Drain and set aside. 3. In a large saucepan, melt butter over medium heat. Whisk in flour and cook for 1 minute. 4. Gradually whisk in milk. Bring to a boil, then reduce heat and simmer for 5 minutes, or until sauce has thickened. 5. Stir in salt, pepper, cheddar cheese, and Parmesan cheese. 6. Add macaroni to the sauce and

stir to combine. 7. Pour mixture into a 9x13-inch baking dish. 8. Bake for 20 minutes, or until bubbly and hot.

Healthy Chicken Pot Pie

Chicken pot pie is a classic comfort food. It's warm, hearty, and filling. But traditional chicken pot pie is also high in calories, fat, and sodium. Our healthy chicken pot pie recipe uses whole wheat pastry dough, lean chicken, and vegetables to create a dish that is both satisfying and good for you.

Ingredients:

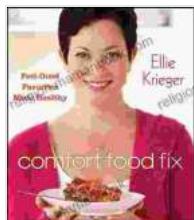
* 1 pound boneless, skinless chicken breasts, cooked and shredded * 1 cup chopped carrots * 1 cup chopped celery * 1 cup chopped onion * 1/2 cup chopped green beans * 1/2 cup frozen peas * 1/4 cup all-purpose flour * 3 cups chicken broth * 1/2 cup low-fat milk * 1/2 teaspoon salt * 1/4 teaspoon black pepper * 1 package (15 ounces) refrigerated whole wheat pastry dough

Instructions:

1. Preheat oven to 375 degrees F (190 degrees C). 2. In a large bowl, combine chicken, carrots, celery, onion, green beans, and peas. 3. In a small bowl, whisk together flour, chicken broth, milk, salt, and pepper. 4. Add wet ingredients to dry ingredients and stir to combine. 5. Pour mixture into a 9-inch baking dish. 6. Unroll pastry dough and cut into 10 strips. 7. Place strips over the filling in a lattice pattern. 8. Bake for 30 minutes, or until crust is golden brown and filling is bubbling.

Healthy Lasagna

Lasagna is a hearty and flavorful dish. It's made with layers of pasta, cheese, and meat. But traditional lasagna is also high in calories, fat, and sodium. Our healthy lasagna recipe uses whole wheat lasagna noodles, lean ground beef, and low-fat cheese to create a dish that is both delicious

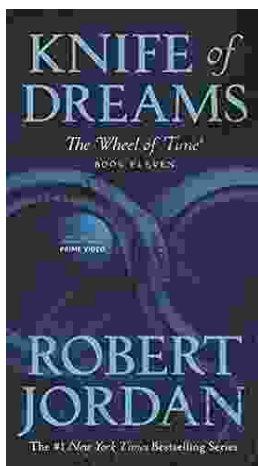


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