

COMFORT FOOD RECIPES



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MAC AND CHEESE

Our heart-healthy mac and cheese is better than the boxed stuff. Sour cream, cheddar cheese, and multigrain macaroni come together in this luscious side dish.

- ¾ cup skim milk
- ¾ cup nonfat sour cream
- 3 Tbsp unsalted butter, *melted*
- 1 tsp Dijon mustard
- 2 cups (8 oz) shredded reduced-fat sharp cheddar cheese
- ½ cup shredded part-skim mozzarella cheese
- ¼ tsp salt
- ¼ tsp black pepper
- 4 cups cooked multigrain elbow macaroni
- ¼ cup dry bread crumbs
- ¼ tsp paprika

Preheat oven to 350°F. Lightly coat a 2-quart casserole dish or 6 (7-oz) ramekins with nonstick cooking spray.

In a saucepan, combine milk, sour cream, butter, mustard, mozzarella, cheddar cheese, salt and pepper and cook over medium-high heat, stirring, until cheese is melted and a sauce forms.

In a large bowl, combine cooked macaroni and cheese sauce. Stir gently to combine.

Pour macaroni into prepared casserole or ramekins.

In a small bowl, combine bread crumbs and paprika. Sprinkle mixture over macaroni mixture. Cover and bake for 30 minutes in casserole or 5 minutes in ramekins.

Uncover; bake 5 minutes longer, or until bread crumbs are golden.

Yield: 6 servings | **Serving size:** 1 cup

Nutrition Facts (per serving): Calories: 281; Fat: 9g; Saturated Fat: 6g; Cholesterol: 33mg; Sodium: 540mg; Carbohydrates: 35g; Fiber: 3g; Protein: 19g



CRISPY SOUTHERN CHICKEN

This crispy Southern chicken recipe gives you all the deliciously down-home flavor without the high fat of traditional fried chicken. Skinless chicken breast is marinated in a yogurt-herb mixture before being baked to deep, golden perfection.

1 cup low fat plain Greek yogurt

1 tsp dried thyme

1 garlic clove, *minced*

1 tsp paprika

¼ tsp cayenne pepper

½ tsp salt

2 lbs boneless, skinless chicken breast halves or chicken thighs

1 Tbsp butter, *melted*

1 cup seasoned panko bread crumbs

In a large bowl, combine the yogurt, thyme, garlic, paprika, cayenne and salt and mix well. Add the chicken and coat it with the mixture. Marinate the chicken, covered and refrigerated, for 2 hours or overnight.

Preheat the oven to 400°F.

Lightly coat a shallow roasting pan with nonstick cooking spray. In a shallow dish, combine the butter and bread crumbs. Dredge the chicken in the bread crumbs, shaking off the excess. Transfer the coated chicken pieces to the pan.

Bake chicken breasts for 25 minutes and thighs for 30 to 35 minutes, or until tender.

Yield: 6 servings | **Serving size:** 4 oz chicken

Nutrition Facts (per serving): Calories: 256; Fat: 5g; Saturated Fat: 2g; Cholesterol: 84mg; Sodium: 462mg; Carbohydrates: 16g; Fiber: 1g; Protein: 35g



CHOCOLATE CHIP COOKIES

If you're always on the hunt for that perfect chocolate chip cookie recipe, you're in luck. Our diabetic-friendly recipe may be lower in fat, but it's loaded chocolatey, caramelized flavors that shine.

½ cup (1 stick) unsalted butter, *softened*

½ cup brown sugar

2 tsp granulated sugar

3 Tbsp water

1 tsp vanilla extract

1¼ cups all-purpose flour

½ cup flaxseed meal

½ tsp baking soda

½ tsp salt

6 oz mini semi-sweet chocolate chips

½ cup chopped walnuts

Preheat oven to 375°F.

In a large mixing bowl, cream together butter, brown sugar and granulated sugar until smooth. Add water and vanilla. Stir in remaining ingredients with a spoon.

Place bowl in freezer for about 30 minutes.

Lightly coat baking sheets with nonstick cooking spray. Drop cookie batter by rounded tablespoonfuls onto baking sheets.

Bake for 10 to 12 minutes. Remove from oven. Let stand for two minutes. Transfer cookies to a wire rack to cool completely.

Yield: 35 servings | **Serving size:** 1 cookie

Nutrition Facts (per serving): Calories: 78; Fat: 4g; Saturated Fat: 2g; Cholesterol: 7mg; Sodium: 72mg; Carbohydrates: 11g; Fiber: 0; Protein: 1g



HOMEMADE MEATLOAF

You've never had a healthy meatloaf with such explosively savory flavor. Roasted bell peppers, broccoli, and lean ground beef combine for the moist, ketchup-glazed bite you've been dreaming of.

2 Tbsp fat-free milk
¼ cup ketchup
1 Tbsp Dijon mustard
2 egg whites
½ cup chopped onion
¼ cup roasted red pepper, *chopped*
½ cup steamed broccoli florets, *chopped*
1 slice whole grain bread (1½ oz)
1 lb 93% lean ground beef
1 tsp dried basil
⅓ cup chopped fresh parsley
1 tsp black pepper

Preheat oven to 350°F and coat a 9 x 5 pan with cooking spray.

Combine milk, 1 Tbsp ketchup, mustard and egg whites into a large mixing bowl. Add onion, red peppers and broccoli and set aside.

In a food processor, pulse slice of whole grain bread until bread is completely bread crumbs. Add ground beef to the mixing bowl and pour bread crumbs over top of meat. Mix all ingredients together thoroughly with hands. Add basil, parsley and pepper.

Place mixture into loaf pan. Brush remaining ketchup (6 Tbsp) over top of meat loaf mixture. Bake at 350°F for 1 hour or until a thermometer registers 160°F. Let stand for 10 minutes. Cut loaf into 12 slices.

Yield: 6 servings | **Serving size:** 4 oz meatloaf

Nutrition Facts (per serving): Calories: 178; Fat: 4g; Saturated Fat: 2g; Cholesterol: 47mg; Sodium: 189mg; Carbohydrates: 10g; Fiber: 2g; Protein: 20g



BEEF CHILI

Try this classic, one-pot chili recipe with heart-healthy ingredients and tangy, brown sugar-kissed flavor. Crushed tomatoes, kidney beans, and garlic create the base of this gluten-free meal.

2 lbs 95% lean ground chuck
2 tsp olive oil
1 medium onion, *chopped*
3 jalapeño peppers, *seeded and chopped*
4 Tbsp minced garlic
2 cans (15 oz each) no-salt-added kidney beans
1 can (28 oz) tomato purée
2 cans (28 oz each) crushed tomatoes
1 Tbsp Worcestershire sauce, *gluten-free if needed*
3 Tbsp dark brown sugar
3 Tbsp chili powder
1 tsp cayenne pepper, *optional*
⅓ cup ketchup, *gluten-free if needed*
1 cup water

In a large stockpot over medium-high heat, cook beef until browned. Drain beef and transfer to a bowl. Set aside.

In the same pot, heat the oil over medium-high heat until hot. Add onion, jalapeños and garlic and sauté until onion is softened, about 4 minutes.

Add reserved beef and remaining ingredients and reduce heat to medium-low. Cook for 1 hour, stirring occasionally.

Yield: 16 servings | **Serving size:** ¾ cup

Nutrition Facts (per serving): Calories: 181; Fat: 5g; Saturated Fat: 2g; Cholesterol: 43mg; Sodium: 472mg; Carbohydrates: 18g; Fiber: 4g; Protein: 18g





Health eCooks™

Comfort food just feels like home—often improving mood and reducing stress. The only problem is that the foods we crave are typically full of fat, sugar, sodium and calories. But what if your favorite feel-good foods were good for you, too? The sinfully delicious, but equally nutritious, recipes in this book will leave you feeling good in more ways than one!

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