

The 14 Best

Healthy

Comfort Food Recipes



FAVEDIETS 

The 14 Best Healthy Comfort Food Recipes

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Letter from the Editors

Dear Healthy Cooking Enthusiast:

No matter the time or location, nothing has the ability to boost your mood and life outlook quite like warm and hearty recipes for comfort food. From a warm and soothing bowl of soup to some super sweet desserts, comfort food dishes have a way of making everything better, if only for a short while at least.

However, the main problem with most easy comfort food recipes is that they are too often not very comforting on your waistline. That's why we have assembled this eCookbook of *The 14 Best Healthy Comfort Food Recipes* for you to try! Now, you can enjoy that wonderful comfort food flavor without the post-eating guilt.

With this healthy recipe eCookbook, we have assembled some of the absolute best comfort food healthy recipes around, including Southern comfort food recipes, comfort food dinner recipes and even some vegan comfort food recipes. This healthy cooking eCookbook has everything from Booyah Meatloaf and Hearty Beef Chili to Simple and Healthy French Onion Soup and No Bake Light Cheesecake.

The recipes in this crowd-pleasing collection are fun and easy, and all of them are delicious. Make one or make several, and discover the tasty and healthy delights that can only be found in easy comfort food recipes.

For additional comfort food healthy recipes, be sure to visit [FaveDiets.com](http://www.FaveDiets.com). While you're there, subscribe to FaveDiets' free [Quick and Healthy Recipes](#) newsletter to get free recipes delivered to your inbox every week.

Enjoy your healthy comfort food recipes!

Sincerely,

The Editors of FaveDiets

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Big and Scrumptious Chocolate Chip Cookies

Description

These Big and Scrumptious Chocolate Chip Cookies are a delicious treat for anyone who loves chocolate but hates the fat and calories. Once you make this recipe for healthy chocolate chip cookies, you'll never go back to your old version.

Yields: 18

Cooking Time: 14 min

Ingredients

- 3/8 cup unsalted butter (3/4 stick)
- 3/8 cup applesauce
- 2 1/4 cups whole wheat flour
- 1/4 teaspoon baking soda
- 1 pinch salt
- 1/4 teaspoon baking powder
- 1 cup light brown sugar, or 1/2 cup brown sugar substitute
- 1/2 cup sugar or sugar substitute
- 1 large egg + 1 egg yolk, or 1/4 cup egg substitute + 1 egg yolk
- 1 tablespoon vanilla
- 6 ounces mini chocolate chips

Instructions

1. Preheat oven to 350 degrees F.
2. Melt butter in large bowl in microwave (or on the stove) for about 1 minute on high. Cool to lukewarm.
3. Add applesauce, brown sugar or brown sugar substitute, sugar or sugar substitute, vanilla, egg substitute and egg yolk, whisking to blend.
4. Add whole wheat flour, salt, baking soda and baking powder in that order stirring with a wooden spoon.
5. Dough should be stiff. Stir in mini chocolate chips until evenly distributed.
6. Line cookie sheets with parchment paper. Using a 1/4 cup measuring cup, scoop out dough not quite filling the cup. Do not flatten.
7. Place cookies at least 2 inches apart. This usually makes 6 cookies on an 11 x 17 cookie sheet.

8. Bake at 350 degrees F for 14 minutes and then check to see if they are done. When the edges are light brown and the centers are still soft, the cookies are ready to take out of the oven.
9. Cool the cookies on the parchment paper on a flat surface or leave on cookie sheet to cool.

Notes

Cook an extra minute or two for crisper cookies. Store the cookies in an airtight container.

Booyah Meatloaf

Description

Flavored with tasty turkey bacon, this recipe for Booyah Meatloaf is so good that you might shout after your first bite! In terms of flavor intensity, this might be one of the best meatloaf recipes.

Serves: 6

Ingredients

- 4 slices turkey bacon, chopped
- 2 tablespoons sun dried tomatoes, chopped
- 2 egg whites
- 1/2 cup green pepper, chopped finely
- 1/2 cup onion, chopped finely
- 1/2 cup whole wheat bread crumbs
- 1/3 cup low sodium tomato juice
- 1 1/3 teaspoons Worcestershire sauce
- 1/2 teaspoon salt
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried oregano
- 1/4 teaspoon black pepper, freshly cracked
- 1 1/2 pounds 97% lean ground beef
- 6 slices beefsteak tomato, about 1/4-inch thick
- 1 teaspoon light olive oil

Instructions

1. In skillet, cook turkey bacon over medium-high heat for about 5 minutes or until crisp. Drain on paper towels.
2. Meanwhile, soak sun-dried tomatoes in boiling water for 5 minutes or until softened. Drain.
3. In large bowl, beat egg whites lightly; add bacon, sun-dried tomatoes, green pepper, onion, bread crumbs, tomato juice, Worcestershire sauce, salt, basil, oregano and pepper. Mix in beef.
4. Pack beef mixture into 8 by4-inch loaf pan. Lay slices of tomato on top, overlapping slightly, brush with oil.
5. Bake in 350 degree F oven for about 1 hour, or until no longer pink inside and tomato slices are roasted. Drain off any excess fat.
6. Serve with your favorite mashed potatoes and mushrooms and green beans.

Bread Pudding with Pears

Description

Everyone loves bread pudding, but this recipe is especially delicious because pears are added to give it an even sweeter flavor. Bread pudding with pears will become your next favorite easy pear recipe.

Serves: 6

Cooking Time: 40 min

Ingredients

- 1/2 large loaf French bread
- 1 1/2 cups low fat or skim milk
- 1/2 cup sugar substitute, suitable for baking
- 1 teaspoon almond extract
- 3 cups chopped peeled pears
- 2 eggs, beaten
- 1 teaspoon butter substitute, softened
- 1/4 cup packed brown sugar
- 2 tablespoons slivered almonds

Instructions

1. Remove bread crusts and tear bread into 1-inch pieces to make 6 cups.
2. In bowl, combine sugar substitute, milk, and almond extract; stir in bread and let sit for 10 minutes.
3. Stir in eggs and pears.
4. Grease 8-inch square baking dish with butter; pour in mixture and press with spoon to level.
5. Bake in 350 degree F oven until firm to touch (about 40 minutes).
6. Sprinkle with almonds and brown sugar; broil until sugar melts (about 1 to 2 minutes).

Chicken Noodle Soup

Description

Chicken noodle soup warms the heart and soul. This recipe is great to have on hand when someone is sick, or just needs a bowl of comfort food.

Ingredients

- 1 1/2 pounds chicken, cut-up
- 1 handful onion, chopped
- 1 handful carrots, chopped
- 1 handful parsley
- 1 handful celery, chopped
- Noodles
- Salt and pepper, to taste

Instructions

1. Place chicken parts in slow cooker, just covering with water. Add onion, carrots, parsley and celery. Cook about 8 hours on low.
2. Cool, remove meat from bones. Strain, and then refrigerate broth overnight. Remove fat and discard.
3. When ready to serve, heat broth, add chicken, and then cooked noodles. Season to taste. Serve.

Crazy Good Corn Chowder

Description

Indulge in one of the tastiest slow cooker recipes around with this recipe for Crazy Good Corn Chowder. Turkey bacon and soy milk lighten up this decadent soup recipe, but it's still full of fresh flavor.

Serves: 9

Ingredients

- 3 turkey bacon slices, diced
- 1/2 cup onion, minced
- 1/2 cup celery, minced
- 2 cups water
- 3 teaspoons low sodium chicken bouillon
- 2 cups potatoes, minced with skins on
- 2 cups soy milk
- 2 cups mocha-flavored liquid non-dairy creamer
- 3 cups homemade creamed corn, or 3 cans creamed corn
- 2 tablespoons margarine or butter substitute

Instructions

1. Fry turkey bacon until crispy, and then remove from pan.
2. Add minced onion and celery to bacon grease and sauté until vegetables are limp.
3. Combine turkey bacon, onion and celery in slow cooker with water, bouillon, potatoes, margarine and corn.
4. Cover and cook on low for about 7 to 9 hours.
5. Add soy milk and creamer. Cook 30 minutes more, or until heated through.

Notes

You can use chicken stock to replace water and bouillon cubes. Mocha mix makes this soup extremely rich tasting, and the Mocha mix does not curdle with high heat like regular milk or cream. This can also be made on the stovetop. Instead of placing in slow cooker, simmer on the stove until potatoes are tender. Add the soy milk and creamer, and heat through. Serve immediately.

Easy Traditional Shepherd's Pie Made Lighter

Description

It's high time to bring back some of your favorite comfort foods into your diet. With this recipe for Easy Traditional Shepherd's Pie Made Lighter, learn how to make a classic comforting dish that has far fewer calories than the original version.

Serves: 6

Ingredients

- 1/4 cup margarine, or the butter substitute of your choice
- 2 onions, sliced
- 4 cups leftover lamb or beef, all excess fat removed and diced
- 1/4 cup whole wheat flour
- 2 cups low sodium beef broth
- 2 cups tomatoes, diced
- 2 cups cooked carrots, sliced
- 2 cups cooked peas
- 1/2 teaspoon dried thyme
- 1/2 teaspoon rosemary
- 4 cups mashed potatoes (See Notes)
- 2 eggs, well beaten (or equivalent egg substitute)

Instructions

1. In large saucepan, heat butter substitute and sauté onions 5 minutes.
2. Then, add lamb or beef. Sprinkle with flour. Blend in beef broth and tomatoes. Stir over medium heat until bubbly and thick. Simmer 5 minutes.
3. Mix in beaten eggs, carrots, peas and herbs. Season to taste with salt and pepper. Spread mixture evenly over stew, and then add mashed potatoes evenly over top.
4. Bake in preheated moderate oven at 375 degrees F for 35 to 40 minutes or until top is brown.

Notes

For the mashed potatoes, use the [Guilt Free Mashed Potatoes](#) recipe or the [Mashed Potatoes and Greens](#) recipe.

Fresh and Simple Tuna Noodle Casserole

Description

Dive into seafood casserole recipes with fantastic slow cooker casserole recipes like this Fresh and Simple Tuna Noodle Casserole. Classic, warm flavors make this one of the best healthy slow cooker recipes around!

Serves: 6

Cooking Time: 9 hours

Ingredients

- 2 cans reduced fat cream of celery soup
- 1/3 cup dry sherry
- 2/3 cup skim milk
- 2 tablespoons parsley flakes
- 10 ounces frozen mix vegetables
- 2 cans light tuna in water, drained
- 10 ounces whole grain egg noodles, cooked
- 2 tablespoons margarine
- 1/2 cup toasted almonds

Instructions

1. In a lightly greased slow cooker, thoroughly combine soup, sherry, milk, and parsley flakes. Stir until well-blended and texture is consistent.
2. Stir in vegetables and drained tuna.
3. Fold in whole grain noodles until evenly distributed.
4. Top with almonds and butter substitute.
5. Cover and cook on Low 7 to 9 hours, high 2 to 3 hour, until noodles are tender but not overdone.

Notes

Do not overcook; cook just until noodles are tender.

Hearty Beef Chili

Description

Warm up with a big bowl of chili that is actually good for you with this easy recipe for a slow cooker. You will be amazed that this slow cooker beef chili recipe is lower in calories than a traditional chili.

Serves: 4

Ingredients

- 1 pound 97% lean ground beef
- 1 medium onion, chopped
- 1 tablespoon chili powder
- 1 1/2 teaspoons ground cumin
- 2 cans (16 ounces each) diced tomatoes, not drained
- 1 15-ounce can pinto beans, rinsed and drained
- 1/2 cup prepared salsa
- Salt and pepper
- 1/2 cup reduced fat Cheddar cheese, shredded
- 3 tablespoons fat free sour cream
- 4 teaspoons black olives, sliced

Instructions

1. Heat large skillet over medium high heat.
2. Add beef and onion; cook until beef is browned and onion is tender. Drain fat.
3. Place beef mixture, chili powder, cumin, tomatoes, beans, and salsa in slow cooker; stir.
4. Cover and cook on low five to six hours or until flavors are blended and chili is bubbly.
5. Season with salt and pepper to taste.
6. Serve with cheese, sour cream, and olives.

Homemade Green Bean Casserole

Description

Homemade Green Bean Casserole is a great, all-natural recipe if you have time and like eating foods without added preservatives. The green bean casserole recipe will be a sure delight and is a perfect Thanksgiving recipe.

Serves: 12

Ingredients

- 1/2 cup margarine
- 1/4 cup chopped onions
- 1/2 cup wheat flour
- 4 cups low sodium chicken stock
- 1 egg yolk
- 1/2 cup milk or light cream
- 1 bay leaf
- 1 pinch nutmeg
- 1 pinch salt
- 2 tablespoons margarine
- 1/2 pound chopped mushrooms

Instructions

1. Steam fresh green beans al denté and add cream of mushroom soup (recipe below).
2. Bake at 350 degrees F for 40 minutes and add fried onion rings (recipe below) on top to finish.

Cream of Mushroom Soup

1. Melt 2 tablespoons margarine in 1½-quart saucepan.
2. Add onions and cook slowly until onions are transparent.
3. Add the wheat flour; stir over medium heat for 3 minutes.
4. Add the low sodium chicken stock and seasonings and whip until all lumps are dissolved.
5. Bring to boil and simmer slowly, skimming occasionally for 20 minutes. Strain.
6. Heat sauté pan and add 2 tablespoons margarine and mushrooms.
7. Cook over high heat until mushrooms turn gray, but do not brown.

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8. Add to soup and simmer for 10 minutes.
9. Just before serving, heat soup up to boiling point.
10. In a separate bowl, mix yolk with cream.
11. Start adding hot soup, whipping steadily with wire whisk.
12. When half of soup is added, pour it all back into the remaining soup in the sauce pan and return to heat for 2 minutes, but do not boil.

Fried Onion Rings

- 4 large Spanish onions
 - 1 cup wheat flour
 - 1/2 teaspoon salt
 - 1/2 teaspoon baking soda
 - 1 egg
 - 1 cup low fat buttermilk
 - Peanut oil
1. Cut onions into slices 1/4-inch thick.
 2. Separate slices into rings.
 3. Soak rings in ice water for at least two hours.
 4. Drain them, and then dry.
 5. Meanwhile, sift wheat flour with salt and baking soda.
 6. Beat egg and add low fat buttermilk.
 7. Add dry ingredients and beat until blended.
 8. Dip onion rings into batter and fry in deep hot peanut oil until golden brown.
 9. Drain on paper towels.

No Bake Light Cheesecake

Description

For an easy and healthy no bake dessert recipe that the whole family will love, try this awesome No Bake Light Cheesecake recipe. This is one of the simplest healthy cheesecake recipes around.

Ingredients

- 1 cup reduced fat cream cheese, softened
- 1 cup fat free vanilla yogurt
- 1 cup light sour cream
- 4 ounces reduced sugar packaged instant vanilla pudding
- 1/2 cup skim milk

Instructions

1. In a mixing bowl, beat together the cream cheese, yogurt and sour cream until mixture is creamy. Then, add the pudding and skim milk and beat until smooth.
2. Scoop mixture into a graham cracker crust and chill in the refrigerator. Top with pie filling or fresh fruit if desired.

Simple and Healthy French Onion Soup

Description

Thanks to the slow cooker, this easy slow cooker soup recipe is way easier to make than a traditional French onion soup. With a few ingredient substitutions, this slow cooker recipe is good for you too.

Ingredients

- 1 quart low sodium beef bouillon or stock
- 2 to 3 cups onion, sliced
- 1/4 cup butter substitute
- 1 teaspoon Worcestershire sauce
- 2 tablespoons white whole wheat flour
- 1/4 cup dry vermouth or white wine, optional
- 1 1/2 teaspoons salt

Instructions

1. Pour beef bouillon in slow cooker. Cover and set on high.
2. Cook onions slow in large skillet in butter substitute. Cover and let cook 15 minutes.
3. Add Worcestershire sauce, flour, vermouth and salt to onions. Stir well and add to stock in slow cooker. Cover and cook on low six to eight hours or three hours on high.

Slow Cooked Mac and Cheese

Description

Do you love macaroni and cheese but hate all the fat and calories associated with it? Then give this Slow Cooked Mac and Cheese recipe a try today. Good luck finding a better homemade macaroni and cheese recipe!

Ingredients

- 8 ounces whole wheat macaroni noodles, cooked and drained
- 2 tablespoons light vegetable oil
- 12 ounces evaporated skim milk
- 1 1/2 cups skim milk
- 1 teaspoon salt
- 1 pinch black pepper
- 3 cups reduced fat cheddar cheese, shredded
- 1/2 cup butter or butter substitute
- 4 egg whites, well beaten

Instructions

1. Mix 2 1/2 cups reduced fat cheese and the butter substitute into cooked macaroni while hot. Add oil and other ingredients, mix well.
2. Spray the slow cooker with nonstick cooking spray. Pour cheese and noodle mixture into the slow cooker and sprinkle other 1/2 cup cheese over top. Cook on low for 3 to 4 hours.

Super Easy Chicken Pot Pie

Description

This recipe for Super Easy Chicken Pot Pie is by far one of the tastiest healthy chicken pot pie recipes out there. This classic dish is chock full of vegetables and other hearty ingredients - truly the perfect family dinner!

Cooking Time: 35 min

Ingredients

- 2 cups low sodium chicken broth
- 1 cup skim milk
- 4 cups lean chicken, cooked
- 3/4 cup peas
- 3/4 cup carrots, cooked
- 3/4 cup celery, cooked
- 1/2 cup onion, chopped and cooked
- 6 tablespoons butter or margarine
- 6 tablespoons whole wheat flour
- 1 whole wheat pie crust for 9 inch pie

Instructions

1. Melt margarine and add whole wheat flour. Stir until smooth.
2. Add low sodium chicken broth and skim milk and cook for about 5 minutes until slightly thick. Season with salt and pepper.
3. Preheat oven to 425 degrees F.
4. Cube chicken, and then place in the bottom of a casserole or deep pie pan. Pour sauce over the chicken. Add the vegetables and mix well.
5. Put pie crust over the top and crimp edges. Cut holes in the crust to vent steam.
6. Bake at 425 degrees F for 30 minutes, or until crust is golden brown.

Vegetarian Italian Lasagna

Description

With fresh vegetables, low-fat cheeses and Italian herbs, this vegetarian lasagna is bursting with fresh flavor. With a few shortcuts such as canned tomato sauce, this recipe is easy to prepare.

Serves: 10

Cooking Time: 30 min

Ingredients

- 12 uncooked lasagna noodles
- 1/2 cup dry sherry or unsweetened Apple juice
- 1 medium onion, finely chopped
- 8 ounces mushrooms, sliced
- 2 large zucchini, coarsely grated (about 4 cups)
- 2 medium red or green bell peppers, seeded & chopped
- 2 cups fresh spinach
- 1 teaspoon dried basil leaves
- 1/2 teaspoon dried oregano leaves
- 15 ounces light ricotta cheese
- 1 cup nonfat cottage cheese
- 1/4 cup Parmesan cheese, grated
- 8 ounces can tomato sauce
- 1 cup shredded low moisture part-skim Mozzarella cheese

Instructions

1. Heat oven to 425 degrees F. Spray 13 x 9" (3 quart) baking dish with nonstick cooking spray.
2. Cook lasagna noodles to desired doneness as directed on package. Drain; keep warm.
3. Meanwhile, bring sherry to a boil in large nonstick skillet or Dutch oven over medium-high heat.
4. Add onion; cook 3 minutes, stirring frequently.
5. Add mushrooms, zucchini and bell peppers; cook 5 minutes, stirring occasionally.
6. Add spinach, basil and oregano; cook 2 minutes. Remove from heat; drain well.
7. In medium bowl, combine ricotta cheese, cottage cheese and Parmesan cheese; mix until well blended.

8. Place 3 cooked lasagna noodles in bottom of spray-coated dish. Top with $\frac{1}{3}$ of ricotta mixture and $\frac{1}{3}$ of vegetable mixture. Repeat layering 2 more times. Top with remaining 3 lasagna noodles, tomato sauce, and mozzarella cheese.
9. Cover dish tightly with spray-coated foil. Bake at 425F for 25-30 minutes or until bubbly around edges. Remove foil; bake an additional 5 minutes or until top is light golden brown.
10. Let stand 5 minutes before serving.

The 14 Best Healthy Comfort Food Recipes

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Included in this eCookbook

- 14 Comfort Food Healthy Recipes, including:
 - Southern Comfort Food Recipes
 - Comfort Food Dinner Recipes
 - Healthy Casserole Recipes
 - Winter Comfort Food Recipes
 - Vegan Comfort Food Recipes

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