



13 Healthy Comfort Food Recipes





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Cover Photo Credits

Special thanks to our blogger who contributed photos to this eCookbook's cover:

Kevin Lynch from Closet Cooking

Deseree Kazda from Life's Ambrosia



Letter from the Editors

Dear Healthy Cooking Enthusiast:

January and February are the coldest months of the year. Why not make them more enjoyable by warming yourself up with some of these amazing, healthy comfort foods?

In this collection of recipes, you will find healthy versions of all your favorite comfort foods, including spaghetti, winter soups, and burgers. This whole eCookbook will come in handy as a weekly meal planner; there are ideas for lunch, breakfast, and dinner as well as snacks for in between meals. You can have a whole, healthy, comfortable day with the help of these great recipes.

When you're feeling cold or otherwise need some comfort in your life, reach for these easy healthy recipes. They'll fill you up, warm you up, and are not filled with the fats and grease as many other comfort foods are. These comfort food recipes are sure to make you smile and keep you feeling great for long after you're finished eating them.

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

Enjoy all of these easy and healthy comfort food recipes!

Sincerely,

The Editors of FaveHealthyRecipes

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HEALTHY SOUP RECIPES

Cabbage Soup Recipe



This is the easiest way to make cabbage soup from scratch. This cabbage soup diet recipe is tomato-based with extra vegetables for variety. On top of that, it's one of the best recipes to try if you're looking to lower your calorie intake. Did you know that cabbage is very low in calories? Yet it still tastes great and is very satisfying. Serve up this soup on a chilly winter night, and let it warm you from the inside out.

Ingredients

- 46 ounces tomato juice
- 4 cups cabbage, shredded
- 1 medium onion, chopped
- 2 large carrots, cleaned, skinned, and shredded
- 1 cup celery, finely diced

Instructions

Mix everything together and bring to a boil. Reduce heat and simmer for 30 minutes. Refrigerate until cool. Serve chilled with sour cream.

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Roasted Butternut Squash Soup

From [Jordan Winery](#)



For one of the most delicious soup recipes for fall, make this recipe for Roasted Butternut Squash Soup from Jordan Winery. The Jordan olive oil and chardonnay add depth and flavor to this vegetable soup. One bite of this creamy soup and you are going to fall head over heels in love with it. Curl up with your favorite movie and eat this under a heavy blanket – the perfect comfort food.

Ingredients

- 2 butternut squash, carefully split and seeds removed
- 6 tablespoons Jordan Extra Virgin Olive Oil
- 1 Vidalia onion, sliced
- 2 ribs of celery, roughly chopped
- 1/2 cup pale dry sherry
- 1/4 cup Jordan Chardonnay
- 1 tablespoon sherry vinegar
- 1 teaspoon Demerara sugar
- 1 bouquet garni of sage, thyme and parsley
- 6 cups chicken or vegetable stock
- 8 ounces mascarpone
- 1 teaspoon nutmeg, freshly grated
- Kosher salt and white pepper, to taste

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Instructions

1. Preheat oven to 425 degrees F.
2. Oil a heavy sheet pan with 3 tablespoons of the olive oil and place squash cut side down on pan. Roast in oven until squash is caramelized and easily pierced by a paring knife (approximately 45 minutes). Remove from oven and allow to cool.
3. In a heavy bottomed pot, sweat onions and celery in the remaining 3 tablespoons of olive oil until translucent. Add the sherry, Chardonnay, sherry vinegar, sugar and bouquet garni, and reduce until nearly dry. Remove pot from heat.
4. With a large spoon, separate squash from its thick skin and add to the pot. Return to medium heat and add just enough stock to cover. Bring to a simmer for 15 minutes. Remove from heat.
5. When soup base has cooled, remove bouquet garni and purée until smooth in a blender or food processor. Pass through a strainer if a finer consistency is desired.
6. To serve, return base to medium heat and stir in mascarpone and remaining stock to desired consistency. Season with nutmeg, salt and pepper. Soup may be garnished with roasted pumpkin seed oil and fried sage.



Low Fat Broccoli and Cheese Soup

This delicious, healthy take on a fan-favorite soup will have you saying “yum” after just one bite. Creamy, cheesy, and delicious, this low-fat winter soup is the epitome of healthy comfort foods. Make this wonderful combination of broccoli and cheese for lunch or dinner; no matter when you decide to eat it, you are sure in for a treat.

Ingredients

- 1 package Green Giant Broccoli and Cheese Just for One
- 1 wedge Laughing Cow Low-Fat Cheese
- 1/4 cup skim milk
- Salt

Instructions

1. Microwave the single serving of broccoli and cheese for about 3 minutes.
2. Combine in blender or food processor with cheese and milk (use more or less milk depending on your desired consistency of the soup).
3. Stir together so cheese melts.
4. Blend for just a few seconds until ingredients are combined.
5. Heat more if desired or just pour into a bowl and serve.

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HEALTHY LUNCH RECIPES

Southwestern Whole Grain Egg Sandwich

By [Roman Meal](#)



The best part about this Southwestern Whole Grain Egg Sandwich is that it is great for breakfast, lunch or dinner. This is one of the best easy sandwich recipes around! Takes only a few minutes to make so you can have a hearty, satisfying meal even on your busiest afternoons. Make time for a filling meal with this super easy healthy recipe; you'll be glad you did.

Ingredients

- 2 large eggs
- 2 tablespoons cheddar or jack cheese, shredded
- 2 tablespoons fresh salsa
- 2 tablespoons green onions, sliced
- 2 slices Roman Meal bread, toasted
- Sliced avocado (optional)
- Nonstick cooking spray

Instructions

1. Spray medium skillet with nonstick cooking spray; heat over medium heat. Add eggs to pan; cook 2 minutes on each side or until desired degree of doneness. Sprinkle with cheese; cover and cook for 30 seconds until cheese melts. Remove from pan.
2. Top with egg, salsa, green onions and avocado slices.

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Turkey Burger Sliders

By [Jessica](#) from [Dishin' About Nutrition](#)



For a healthier take on those classic sliders burgers, try out this Turkey Burger Sliders recipe. Typically a bar-food staple, this healthy comfort food recipe takes those sliders and turns them into an amazing meal. Enjoy these mini burgers for lunch or dinner. This may be one of the best healthy ground turkey recipes you will try.

Ingredients

- 1 1/4 pounds Jennie-O extra lean ground turkey
- 1 celery stalk, chopped
- 2 green onions, white and green parts
- 1 tablespoon Chipotle Tabasco sauce
- 1 teaspoon paprika
- 1/2 teaspoon cayenne pepper, or as desired per how spicy you like your food
- 1 handful fresh basil leaves
- Sharp Cheddar cheese, grated (optional)
- Mini pretzel buns (this is a crucial part of the recipe, the bun really makes the burger)
- Salt and black pepper, to taste
- Caramelized onions (optional)

Instructions

1. Pre-heat grill to medium-high heat.
2. Combine ground turkey and remaining patty ingredients in a large bowl and gently mix. Form into small patties. Grill for 4 to 5 minutes per side. The last minute or so add your basil leaves to the top and cover with grated cheese cook until cheese is melted.
3. If you want to get really fancy with it you can add some caramelized onions by heating about some olive oil over medium-high heat in a skillet and adding delicately sliced yellow onion. Season with salt and pepper and saute until browned, about 15 to 20 minutes. You can do this while you are preparing the patties. Be sure to stir frequently so they don't burn.

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Grilled Chicken Mojito Sandwich

By [Roman Meal](#)



For one of the best healthy sandwiches out there, take a bite of this Grilled Chicken Mojito. Lime, mint and chilies make this dish one of the tastiest healthy chicken recipes for lunch. This sandwich would be great to take to work with you or to eat on the go when you're running errands in the middle of the day.

Ingredients

- 2 tablespoons low fat mayonnaise
- 1 tablespoon fresh lime juice
- 1 tablespoon fresh mint, chopped
- 1 teaspoon lime peel, grated
- 1/2 teaspoon Serrano chili, minced
- 1/4 teaspoon sugar
- 4 tomato slices
- 6 ounces boneless chicken breast, sliced (about one chicken breast)
- 1/4 cup onion, chopped
- 2 lettuce leaves
- 1/4 cup fresh mint leaves
- 4 slices of Roman Meal bread

Instructions

1. Preheat grill or grill pan to medium high. Combine mayonnaise, lime juice, chopped mint, lime peel, chilies and sugar together in small bowl.
2. Grill chicken breast, onions and bread over medium-high heat until desired degree of doneness, and then remove from grill.
3. Spread two slices with mayonnaise mixture, dividing evenly. Top with chicken, mint leaves, tomato, lettuce, and remaining bread slices to create two sandwiches.

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HEALTHY DINNER RECIPES

Crock Pot Pulled Pork

By [Deseree Kazda](#) from [Life's Ambrosia](#)



This Crock Pot Pulled Pork recipe is well worth making. It makes for great tacos, sandwiches, and even salads. You can make many different dinners with this healthy dinner recipe. This pork slow cooker recipe brings out the most flavor and most tender pork you can make. It does take time, but it is worth the preparation. The best part is that the slow cooker does all the work. Come home to a fabulous, comfort-food dinner after a long day at work.

Ingredients

- 1 1/2 teaspoons Kosher salt
- 1 teaspoon Chili powder
- 1 teaspoon Cumin
- 1 teaspoon Granulated garlic
- 1/2 teaspoon Fresh cracked black pepper
- 1/2 teaspoon dried oregano
- 5 pounds Bone-in pork shoulder
- 1 Medium onion
- 3 cups Beef broth
- 2 cups Water

Instructions

1. Combine salt, chili powder, cumin, granulated garlic, pepper and oregano in a bowl.
2. Rub spice mixture all over the pork. Cover and refrigerate overnight.
3. Slice the onion and lay it on the bottom of a 5 quart slow cooker. Place the pork on top of the onions. Pour beef broth and water over the top. Cover and cook for 8 hours.
4. Remove from slow cooker. Allow to cool slightly. Discard bone and pan juices. Using a fork and spoon shred meat.

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Honey Lemon Chicken

By [Kevin](#) from [Closet Cooking](#)



The great part about this easy chicken recipe is that it has such a great balance of sweet and tangy, a combination that you are sure to love. Add some new flavors to your routine of healthy chicken recipes with this Honey Lemon Chicken recipe. One of the best parts about this weeknight dinner cooking idea is that it uses only all-natural ingredients.

Ingredients

- 1 pound chicken breasts
- Salt and black pepper
- 1 tablespoon oil
- 1 tablespoon ginger, grated
- 1 lemon, juice and zest
- 2 tablespoons honey

Instructions

1. Season the chicken with salt and pepper.
2. Heat the oil in a pan.
3. Add the chicken and sauté until golden brown and cooked through and set aside.
4. Add the ginger and sauté until fragrant, about a minute.
5. Add the lemon juice and zest, honey, stock, salt and pepper and reduce to thicken. (Note: Do a taste test here to make sure that the lemon and honey balance nicely.)
6. Pour the honey lemon sauce over the chicken.

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Lemon Spaghetti

By Barilla



In the world of Italian pasta recipes, few are as light and simple as this Lemon Spaghetti recipe. If nothing else, this is certainly one of the easiest spaghetti recipes that you can make. To be able to add this to your list of healthy pasta recipes, use whole wheat spaghetti and reduced fat cheese instead.

Ingredients

- 1 pound Barilla spaghetti
- 2/3 cup olive oil
- 2/3 cup Parmesan cheese, freshly grated
- 2 fresh lemons
- 3/4 teaspoon salt
- 1/2 teaspoon black pepper, freshly ground
- 1/3 cup fresh basil, chopped

Instructions

1. Juice the lemons to yield 1/2 cup of fresh lemon juice. Grate lemon peels to yield 1 tablespoon lemon zest.
2. Whisk the oil, Parmesan cheese, lemon juice, 3/4 teaspoon of salt, and 1/2 teaspoon of pepper in a large bowl to blend. Set the lemon sauce aside.
3. Meanwhile, bring a large pot of salted water to a boil. Add the spaghetti and cook, stirring occasionally, until tender but still firm to the bite, about 8 minutes.
4. Drain, reserving 1 cup of the cooking liquid. Add the spaghetti to the lemon sauce, and toss with the basil and lemon zest. Toss the pasta with enough reserved cooking liquid, 1/4 cup at a time, to moisten.
5. Season the pasta with more salt and pepper to taste. Transfer to bowls and serve.

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Slow Cooker Sesame Chicken

By [Kim](#) from [Mo'Betta](#)



Learn how to make a healthier homemade version of a Chinese food staple with this Slow Cooker Sesame Chicken. This healthy slow cooker dish is one of the very best low fat chicken recipes out there. Chinese food is many people's go-to comfort food; now, you can keep it on your list as well with this simplified and healthier version.

Ingredients

- 1 pound boneless, skinless chicken breasts
- Black pepper, freshly ground (for seasoning chicken)
- 1/4 cup honey
- 1/4 cup low sodium soy sauce
- 2 tablespoons reduced sugar ketchup
- 2 garlic cloves, minced
- 1 tablespoon sesame oil
- 3/4 teaspoon red pepper flakes (to taste)
- 1/2 piece fresh ginger, grated (can substitute 3/4 teaspoon powdered ginger)
- 2 teaspoons cornstarch, dissolved in 2 tablespoons water
- Sesame seeds, toasted (for garnish)
- 2 green onions, chopped (for garnish - optional)

Instructions

1. Place boneless, skinless chicken breasts, seasoned to taste with ground black pepper (there should be enough salt due to the soy sauce) in slow cooker.
2. In a small bowl, combine your honey, soy sauce, ketchup, garlic, oil, red pepper flakes and grated ginger. Pour sauce over chicken.
3. Cook on high for 2 hours or low for 4 hours until chicken is cooked through.
4. To thicken sauce: remove chicken once cooked. Stir cornstarch/water mixture into sauce and cook on high for 15 minutes (or until sauce begins to thicken). Add chicken back into pot, toss to coat. Serve with toasted sesame seeds and green onions over brown rice.

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HEALTHY SNACK RECIPES

Quick Chipotle Hummus

By [Deseree Kazda](#) from [Life's Ambrosia](#)



This is the perfect, healthy appetizer that your whole party will enjoy. It takes a hummus spread to a whole new level. This Quick Chipotle Hummus is best served with your favorite pita chips. It has a Mexican flare that gives this simple hummus recipe a lot of flavor. You will not be able to eat plain hummus again. It is easy to make and will be loved by everyone. Try this hummus recipe for your next gathering!

Ingredients

- 1 can (15 ounce) garbanzo beans 3 tablespoons of the liquid reserved
- 1 tablespoon olive oil
- 2 chipotle peppers in adobo
- 1/2 teaspoon paprika
- 1/2 teaspoon cumin
- 1 teaspoon lime juice
- 1/2 teaspoon kosher salt
- 1/2 teaspoon lime zest

Instructions

1. Combine garbanzo beans, reserved liquid, olive oil, chipotle peppers, paprika, cumin, lime juice and kosher salt in a food processor. Pulse until smooth.
2. Transfer the hummus to a bowl, sprinkle with lime zest. Cover and refrigerate for 1 hour. Serve.

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Warm Roasted Pumpkin Seeds



This recipe shows that healthy afternoon snacks don't have to be bland. Garlic, chili powder, and the usuals - salt and pepper - give Warm Roasted Pumpkin Seeds enough kick to get you through the midday slump. Once you give this simple 5-ingredient recipe a try, you will be in love. Trust us. They are the best straight from the oven, so be prepared for your family to swarm the kitchen when you pull these from the oven.

Ingredients

- 2 cups pumpkin seeds
- 2 teaspoons salt
- 2 teaspoons garlic powder
- 1 teaspoon black pepper
- 2 teaspoons chili powder
- 2 tablespoons butter, melted

Instructions

1. Mix all ingredients except butter.
2. Add melted butter and mix well.
3. Place on greased cookie sheet and bake in a preheated 250 degrees F oven for 75 minutes, turning once.

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Garden Herb Rollups

By [Dorothy Delaney](#)



Incorporate more heart-healthy vegetables into your diet with this fun wrap idea. These Garden Herb Rollups take mere minutes to make, but this all-natural recipe idea will do your body good for a long time after. In this vegan food recipe, Collard green leaves are stuffed with marinated vegetables and a pumpkin seed spread. Enjoy this raw food diet recipe as a snack or even as a quick lunch idea.

Ingredients

- 6 large collard leaves

For the pumpkin seed pâté:

- 1 1/2 garlic cloves
- Juice of 1 lemon
- 1 cup pumpkin seeds, soaked and sprouted
- 1/4 cup flax oil
- 3/4 teaspoon salt
- 1/4 cup parsley
- 1/4 cup basil
- 1/4 cup dill
- 1/8 teaspoon turmeric

For the marinated vegetables:

- 2 stalks celery
- 1 cup carrots, shredded
- 1/4 cup red onion, very thinly sliced
- 2 tablespoons flax oil
- 2 teaspoons lemon juice
- 1 teaspoon 21 Seasoning Salute
- 1/2 teaspoon rosemary
- 1/2 teaspoon Bragg's Seaweed Salt
- 1/4 teaspoon salt
- Black pepper, to taste

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Instructions

For the pumpkin seed pâté:

1. Place the garlic and pumpkin seeds in your food processor fit with the s-blade. Process to chop.
2. With the blade running, add the lemon juice until the mixture is creamy.
3. Add the herbs and seasonings and pulse to finely chop the herbs. Scrape into a bowl.

For the marinated veggies:

1. Toss all ingredients in a large bowl and mix well to combine all of the flavors.

To assemble:

1. Lay a collard green on your cutting board with the darker side on the board. Chop off the stem and trim off any very thick portions of the remaining center stem.
2. Place 6 tablespoons of the pate on the collard leaf and spread out a bit, but leave plenty of room for wrapping up the leaf.
3. Top with 1/2 cup of the marinated veggies.
4. Roll up just like a burrito, folding up the top and bottom first and then rolling in the sides. Enjoy!



ACKNOWLEDGEMENTS

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Jordan

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[Jessica from Dishin' About Nutrition](#)

Life's Ambrosia

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