

Healthier Comfort Food

As autumn comes to a close and the weather gets colder, it's time for comfort foods. Often high in fat, sodium, and sugar, here are some lighter options for you to cozy up with.

Some ideas:

- Substitute cauliflower for half of the mashed potatoes in a shepherd's pie recipe
- Add veggies into macaroni and cheese or lasagna to get additional vitamins and minerals and increase fiber
- Crush up cereal like Rice Krispies or Wheaties, or canned fried onion rings, to coat chicken or fish, then bake at 450°F for 12 minutes for a healthy alternative to fried foods
- Use plain Greek yogurt in dips instead of sour cream
- Use applesauce in baking instead of oil or melted butter. Substitute on a 1:1 ratio

Five Minute Apple Crumble

1 serving

Source: Yummly

- 1 small to medium apple
- 1 Tbsp butter, softened
- Splash vanilla
- 2 Tbsp brown sugar, packed
- 2 Tbsp oats
- 1 Tbsp flour
- 1/4 tsp cinnamon
- 1 Tbsp pecans or walnuts, chopped (optional)

Directions: Peel and cube the apple into a microwave safe bowl or mug. Microwave for 2 minutes on high. While apple is cooking, in another bowl, mix together remaining ingredients until they are crumbly. Take out apple, stir, and then sprinkle topping over apple. Microwave another 1-2 minutes until apple can be easily pierced with a fork. **Warning:** when this comes out of the microwave, it will be extremely **HOT!** Let it sit for a minute or two before eating. Enjoy with ice cream, whipped cream, or just by itself!

Nutrition Facts: Calories 120, Fat 5 gm, Saturated Fat 2 gm, Sodium 25 mg, Carbohydrate 16 gm, Fiber 2 gm, Sugars 9 gm, Protein 1 gm

Rosemary Lemon Chicken Soup

2 servings

Source: Yummly

- 2 Tbsp olive oil
- 1 c carrots, chopped
- 1 c onion, diced
- 3 cloves garlic, minced
- 1 tsp dried rosemary
- 1 c celery, chopped
- 2 cans chicken, or 2 boneless, skinless chicken breasts
- Juice of 1 lemon
- 32 oz chicken broth (low sodium recommended)
- 1 bay leaf
- Salt and Pepper to taste

Directions: Heat a pot over medium high heat, add in olive oil, carrots, celery, onion, and garlic. Sauté for 5 to 7 minutes, until onions are soft. Season with salt and pepper to taste. Pour in the carton of chicken broth. If using fresh chicken, with washed hands, cut breasts into pieces and add to soup. If using canned chicken, drain and rinse and add to soup. Bring soup to a boil, then turn down to medium-low. Stir in crushed red pepper and the juice of the lemon. Add in rosemary and bay leaf. Cook for about 20-30 minutes for raw chicken or about 10 for canned. Remove bay leaf and serve.

Nutrition Facts: Calories 210, Fat 11 gm, Saturated Fat 2 gm, Sodium 180 mg, Carbohydrate 13 gm, Fiber 4 gm, Sugars 4 gm, Protein 18 gm

BONUS 'THINGS ON TOAST' RECIPE: Caramelized Onions and Cheddar Source: FREE Leanne Brown [Good and Cheap](#)

Melt 1 Tbsp butter in a pan over low heat. Add 1 thinly sliced medium red or yellow onion and cook slowly, about 20 minutes. As the onions darken, stir occasionally, adding water to loosen the sticky bits. When they are sweet and caramelized, spread them over toast, and top with cheddar cheese, salt, and pepper. Put the toast back in the pan and cook, covered, until the cheese is bubbly. **CLICK ON LINK ABOVE** for several more ideas for THINGS ON TOAST!