

# WINTER COMFORT FOOD RECIPES



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## Table of Contents

<b>Chicken Meatloaf</b>	<b>page 1</b>
<b>Meatless Chili</b>	<b>page 1</b>
<b>French Burgers</b>	<b>page 2</b>
<b>Zesty Turkey Burgers</b>	<b>page 2</b>
<b>Guiltless Fries</b>	<b>page 3</b>
<b>Three-Pepper Pizza</b>	<b>page 3</b>
<b>Fiesta Macaroni and Cheese</b>	<b>page 4</b>
<b>Golden Mashed Potatoes</b>	<b>page 4</b>
<b>Quick Spaghettini Bolognese</b>	<b>page 5</b>
<b>Greek Chicken Soup</b>	<b>page 5</b>
<b>Chicken Pot Pie</b>	<b>page 6</b>
<b>Hot Cocoa</b>	<b>page 6</b>





## Chicken Meatloaf

Servings: 8 Preparation Time: 10 min. Cooking Time: 75 min.

### Ingredients

- 1 medium onion\cooked, chopped
- 1 celery rib, chopped
- 3 clove garlic, minced
- 1-1/4 cups canned chicken and rice soup
- 1/2 cup fresh breadcrumbs
- 1/4 cup grated Parmesan cheese
- 1-1/2 pounds ground chicken

### Cooking Directions

Preheat oven to 350° F. Combine first 6 ingredients in a medium bowl. Add ground chicken and salt and pepper to taste and mix well. Transfer to an 8" x 4" loaf pan. Bake about 1 hour, 15 minutes or until a meat thermometer inserted in center of loaf reads 160° F. Let stand 5 minutes before slicing.

### Per Serving:

calories: 165, fat: 7.8g, calories from fat: 43%, protein: 1.7g, cholesterol: 70.2mg, dietary fiber: 0.6g.

## Meatless Chili

Servings: 4 Preparation Time: 10 min. Cooking Time: 40 min.

### Ingredients

- 2 tsp. olive oil
- 1 onion\cooked, chopped
- 1 clove garlic, minced
- 2 pounds Italian style peeled tomatoes, chopped, with juice reserved
- 1/2 cup vegetable stock or water
- 1/4 cup chili powder, more if desired
- 1 Tbs. masa harina or cornmeal
- 2 tsp. sugar
- 1 tsp. cumin
- 1 tsp. salt (optional)
- 1/4 tsp. cayenne pepper, more if desired
- 1/4 tsp. pepper
- 1 pound canned black beans, rinsed and drained
- 2/3 pound frozen corn, thawed
- 1 jalapeno pepper (optional), canned or fresh, seeded and chopped (wear rubber gloves)

### Cooking Directions

Heat oil in a heavy non-reactive saucepan over medium heat. Saute onion and garlic 5 minutes or until softened. Add next 9 ingredients. Increase heat to high and bring to a boil. Immediately reduce heat to medium low and simmer 15 minutes. Add beans and corn and simmer another 20 to 30 minutes, adding additional stock or water if chili becomes too thick. Stir in jalapeno pepper just before serving.

### Per Serving:

calories: 283 fat: 8.1g, calories from fat: 26%, protein: 12.8g, cholesterol: 0.0mg, dietary fiber: 15.5g.





## French Burgers

Servings: 4 Preparation Time: 10 min. Cooking Time: 40 min.

### Ingredients

- 1-1/2 pound lean ground beef
- 3 Tbs. Dijon mustard
- 1 Tbs. thyme, minced
- 1 Tbs. white wine
- 2 Tbs. minced onion
- 2 garlic cloves

### Cooking Directions

Combine all ingredients. Shape into 6 patties. Broil until done as desired (3 to 4 minutes for rare meat, 5 to 7 minutes for medium meat, and 8 to 9 minutes for well-done meat).



### Per Serving:

calories: 283, fat: 8.1g, calories from fat: 26%, protein: 12.8g, cholesterol: 0.0mg, dietary fiber: 15.5g.

## Zesty Turkey Burgers

Servings: 4 Preparation Time: 10 min. Cooking Time: 10 min.

### Ingredients

- 1 pound ground turkey, thawed if frozen
- 1/3 cup plain breadcrumbs
- 2 Tbs. chicken stock
- 1 onion cooked, minced
- 2 cloves garlic, minced
- 2 Tbs. red bell pepper cooked, seeded and minced
- 1 jalapeno pepper, seeded and minced
- 1/2 tsp. oregano
- 1/2 tsp. salt (optional)
- 1/2 tsp. pepper
- 2 Tbs. olive oil
- 1 cup salsa

### Cooking Directions

Combine all ingredients except oil and salsa in mixing bowl. Mix thoroughly. Divide into one patty per person. Heat oil in a heavy nonstick skillet over medium-high heat. (You can also use a grill or broiler pan without the oil.) Saute turkey burgers 4 to 5 minutes per side, or until cooked throughout. Serve with salsa.

### Per Serving:

calories: 299 fat: 16.8g, calories from fat: 51%, protein: 22.5g, cholesterol: 89.6mg, dietary fiber: 1.6g.





## Guiltless Fries

Servings: 4 Preparation Time: 10 min. Cooking Time: 50 min.

### Ingredients

- 1 pound baking potatoes
- 1/2 tsp. salt
- 1-1/2 tsp. garlic powder
- 1-1/2 tsp. dried dill weed
- 1/4 tsp. Italian herb seasoning
- nonstick cooking spray

### Cooking Directions

Wash and cut potatoes into French fry-size strips. In a large plastic bag, add salt, garlic powder, dill weed, and Italian seasoning. Add potatoes, close, and shake until coated. Spray a cookie sheet with nonstick spray. Place potatoes on cookie sheet and spray lightly with nonstick spray. Bake at 375° F for 50 minutes.

### Per Serving:

calories: 94, fat: 1.1g, calories from fat: 10%, protein: 2.6g, cholesterol: 0.0mg, dietary fiber: 2.0g.

## Three-Pepper Pizza

Servings: 4 Preparation Time: 5 min. Cooking Time: 15 min.

### Ingredients

- 2 tsp. olive oil
- 1 green bell pepper cooked, cut into thin strips
- 1 fresh jalapeno pepper, seeded and minced (wear rubber gloves)
- 1/2 pound bottled roasted red bell peppers, drained and pureed
- 1 baked cheese pizza crust
- 1 cup shredded mozzarella cheese

### Cooking Directions

Preheat oven to 425° F. Heat oil in a heavy nonstick pan over medium high heat. Saute green pepper and jalapeno 2 to 3 minutes, or until softened. Remove from heat. Spread roasted pepper puree over pizza crust and top with green peppers. Sprinkle with cheese. Bake 10 to 12 minutes, until cheese is melted and crust is golden.



### Per Serving:

calories: 311 fat: 8.5g, calories from fat: 25%, protein: 13.2g, cholesterol: 15.3mg, dietary fiber: 2.1g.





## Fiesta Macaroni and Cheese

Servings: 4 Preparation Time: 5 min. Cooking Time: 10 min.

### Ingredients

- 1/2 pounds elbow macaroni
- 3/4 cup shredded cheddar cheese
- 1/2 cup purchased salsa

### Cooking Directions

Cook macaroni in a large pan of boiling water 8 to 10 minutes until al dente. Drain. Stir in cheese and salsa and serve.



### Per Serving:

calories: 302, fat: 7.7g, calories from fat: 23%, protein: 12.8g, cholesterol: 22.2mg, dietary fiber: 1.7g.

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## Golden Mashed Potatoes

Servings: 4 Preparation Time: 10 min. Cooking Time: 15 min.

### Ingredients

- 1 pound potato, peeled and cut into 1/2 inch cubes
- 2 tsp. unsalted butter
- 1 onion cooked, finely chopped
- 1 tsp. paprika
- 3/4 cup plain lowfat yogurt
- 1/8 tsp. salt (optional)

### Cooking Directions

Place potatoes in a steamer basket over boiling water. Cover saucepan and steam 12 to 15 minutes or until tender. Melt butter in a heavy nonstick skillet over medium heat. Saute onions 7 to 8 minutes or until golden. Remove from heat and stir in paprika. Combine potatoes, onions, yogurt, salt and pepper to taste in a bowl. Mash potatoes thoroughly before serving.

### Per Serving:

calories: 188 fat: 4.3g, calories from fat: 20%, protein: 5.6g, cholesterol: 8.0mg, dietary fiber: 3.4g.





## Quick Spaghettini Bolognese

Servings: 8 Preparation Time: 5 min. Cooking Time: 10 min.

### Ingredients

- 1 pound spaghetti
- 1 pound mixed lean ground meat, beef, pork and veal
- 1 onion/cooked, chopped
- 2 clove garlic
- 1-3/4 pounds canned crushed tomatoes
- 1 pound tomato sauce
- 1 Tbs. Italian herb seasoning
- 1/4 cup parsley, chopped

### Cooking Directions

Cook pasta in a large pan of boiling water 7-9 minutes, or until al dente. Drain. Combine meat, onion and garlic in a heavy nonstick pan over medium high heat. Cook 5 minutes, stirring frequently, until meat browns. Discard excess fat. Add crushed tomatoes, next 2 ingredients and salt and pepper to taste. Bring to a boil over high heat. Reduce heat to medium and cook 5 minutes, uncovered, until thickened. Stir in parsley. Serve sauce over pasta.

### Per Serving:

calories: 354, fat: 7.0g, calories from fat: 18%, protein: 21.0g, cholesterol: 20.6mg, dietary fiber: 3.7g.

## Greek Chicken Soup

Servings: 4 Preparation Time: 10 min. Cooking Time: 15 min.

### Ingredients

- 4 cups chicken stock
- 2 boneless skinless chicken breast halves
- 1 cup quick cooking rice
- 1 Tbs. cornstarch
- 1/4 cup water
- 4 eggs
- 1 lemon, juiced, or 3 Tbs. bottled lemon juice
- 1/2 tsp. dried oregano

### Cooking Directions

Combine stock and chicken in a covered saucepan, and bring to a boil over medium-high heat. Remove cover, reduce heat to medium low, and poach chicken 8-10 minutes or until cooked throughout. Remove chicken and shred it, reserving stock. Return chicken to stock and stir in rice. Cover pan and set aside. Combine cornstarch and water in a jar with a tight-fitting lid. Shake vigorously. Combine eggs, lemon juice and oregano in a bowl. Whisk to combine well. Whisk in cornstarch mixture. Very slowly whisk hot stock into egg mixture, leaving 1 cup stock in pan. Return egg mixture to saucepan and stir gently over low heat, until soup is thickened and creamy. Season with salt and pepper to taste.

### Per Serving:

calories: 330 fat: 7.3g, calories from fat: 20%, protein: 36.1g, cholesterol: 239.8mg, dietary fiber: 1.2g.





## Chicken Pot Pie

Servings: 8 Preparation Time: 10 min. Cooking Time: 30 min.

### Ingredients

- 2 cups cooked chicken, cut up
- 1-1/2 cups frozen peas and carrots, thawed and drained
- 1/4 cup mushrooms/cooked, chopped
- 1/4 cup onion/cooked, chopped
- 1-1/3 cups milk
- 4 eggs
- 3/4 cup buttermilk baking mix

### Cooking Directions

Preheat oven to 400° F. Combine first 4 ingredients in a greased 10" pie plate. Beat remaining ingredients and salt and pepper to taste in a bowl until smooth. Pour into plate. Bake 30-35 minutes, or until knife inserted in center comes out clean. Cool 5 minutes.



### Per Serving:

calories: 209, fat: 10.2g, calories from fat: 44%, protein: 14.8g, cholesterol: 131.7mg, dietary fiber: 1.3g.

## Hot Cocoa

Servings: 4 Preparation Time: 5 min. Cooking Time: 5 min.

### Ingredients

- 1/4 cup cocoa powder
- 2 Tbs. sugar
- 1/8 tsp. salt
- 1/2 cup water
- 4 cups milk
- 1/4 tsp. vanilla extract

### Cooking Directions

Combine first 4 ingredients in a heavy saucepan over medium heat. Stirring frequently, bring to a boil for 2 minutes. Pour in milk, and whisk until mixture just comes to the boiling point. Remove from heat, stir in vanilla and beat vigorously until frothy.

### Per Serving:

calories: 187 fat: 8.8g, calories from fat: 42%, protein: 9.1g, cholesterol: 33.2mg, dietary fiber: 1.8g.

