

.....COMFORT FOOD WITHOUT GUILT.....



October, 2007

When October comes the days are shorter, nights are longer and of course, its cold outside. What does that mean to most of us? Comfort food. Piping hot macaroni and cheese with a crunchy golden-brown crust; chewy, gooey chocolate-chip cookies warm from the oven; or a big mound of fluffy white mashed potatoes with a pool of butter dripping down the side—Who doesn't like comfort food? We all know that these foods soothe and nurture us, but they usually come with a steep nutritional price tag: They're generally high in fat, saturated fat, calories, and, sometimes sugar. It is possible to comfort ourselves without consuming all those extra calories and fat. Here are some tips to enjoy comfort food with out doing a number on your healthy eating plan:

.....When ever possible, prepare a version of your comfort food thats lower in calories, fat, sodium, and sugar. Google the particular dish you want to make but add low calorie or low fat. For example: Low calorie macaroni and cheese. You'll have your choice from hundreds of recipes.

.....Eat your comfort food when you are truly hungry, and stop eating when you are comfortable—not stuffed.

.....To make it less likely that your eating for emotional reasons, enjoy your comfort food as part of a regular meal and not as a snack eaten on impulse.

.....Pump up the nutritional volume on your savory foods by adding vegetables or beans when possible. For sweet foods, add more fruit, decrease the sugar (or use half sugar substitute), reduce the fat ingredient down a third or so, and half the flour to whole wheat when you can.

.....Have an open mind. Try a new vegetable dish that you've never had before, you might discover that you can also enjoy healthy comfort foods.

ROASTED ROOT VEGETABLES

Ingredients:

- 2 cups 1/2" thick diagonally sliced parsnips
- 2 cups chopped 1-1 1/2" white or yellow turnip
- 1 small rutabaga peeled and cut into 1' pieces
- 1 celery root peeled and cut into 1 " piece
- 2 Tablespoons lemon juice
- 2 teaspoons dried thyme
- 1 Tablespoon olive oil
- 1 teaspoon salt
- 1 teaspoon pepper

Directions:

1. Preheat oven to 425'.
2. Combine vegetables and remaining ingredients in a 13x9 baking dish; toss well. Bake at 425' for 1 hour or until tender, stirring occasionally. Yield: 6—1 cup servings

Calories: 150; fat: 3g.; protein 3g.; carbs.: 29g.; fiber: 5g.; Sodium: 337mg.