**Favorite Foods Guide**

There is a famous saying that goes, “*You are what you eat”.* Literally this phrase can be quite funny, as in if I eat turkey leg, do I become one? But metaphorically it means, what your favorite food says about you can reflect your habits. At times, personality talks when food is presented. A sweet-toothed individual, for example, may have a matching sweet and lovely disposition. Or eating junk food could indicate you are a lazy person. What your favorite food says about you could sometimes be an accurate representation of your personality, or just a wrong guess.

**Five Types of Favorite Food This Week**

1. **Frozen Fries**

Frozen fries are the *ultimate* comfort food. If frozen fries are in your favorite foods list, then what this says about you is that you are simple when it comes to food. A plate of fries is all it needs to put a smile on your face!

1. Calories

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| --- |
| **Calories** |
| **Total fat** – 4. 2g |
| **Sodium –** 246mg |
| **Potassium** – 363mg |
| **Carbohydrates** – 19g |
| **Protein** - 2.1g |

1. Health benefits

Fries are a good source of Vitamin K, Vitamin B6, and fiber which can help loose weight as well as regulate blood sugar.

1. Types

* Curly fries
* Crinkle fries
* Wedges
* Shoestring fries

1. Preparation

Slice up some potatoes and drop them in a pot of hot oil for deep frying, or alternatively oven bake or air-fry.

1. Side dish –

Paired with burgers, steak, or loaded with herbs and spices and served with sauces like chipotle sauce, and garlic mayonnaise, fries are a sure hit at every meal!

1. Your favourite food trends

* **Poutine:** Thick, brown gravy poured over a plate of fries, topped with cheese curds.

1. **Chicken Masala**

Rich, flavorful and packed with spices, these favorite foods dish is a game – changer. A spicy and savory favourite food dish says about you that you are definitely a risk taker and have a high tolerance.

1. Calories

|  |  |
| --- | --- |
| **Calories** | **Percentages** |
| **Total fat** – 6.12g | 8% |
| **Sodium –** 118mg | 5% |
| **Cholesterol –** 43 mg | 14% |
| **Carbohydrates** – 3.2g | 1% |
| **Protein** – 14.36g |

1. Health Benefits

Chicken Masala gives ample amounts of protein that comes from the meat. It also contains flavorful herbs ingredients such as coriander, tomatoes, garlic, ginger, and turmeric which are all beneficial.

1. Types

* Chicken Korma
* Butter Chicken
* Chicken Karhai

1. Preparation

Almost all the Chicken Masala recipes are made the same way, with a sauteing of onions, garlic, and ginger. Blend in some tomatoes, add several spices and herbs and mix well to yield that perfect savory taste!

1. Side Dish

Pair with the most traditional side dish: naan or roti, also called as flatbread or you can serve it up with boiled rice.

1. Your Favourite Food Trends

* **Butter Chicken Over Rice:** Marinated chicken, simmered in a blend of herbs and spices, served over boiled rice; a staple dish throughout the world.

1. **Tomatoes Sauce**

Fresh, raw tomatoes. cooked and infused with a variety of herbs and spices produce a tangy and tasty sauce that can be paired with almost any dish.

1. Calories

|  |
| --- |
| **Calories** |
| **Total fat** – 5g |
| **Carbohydrates** – 7g |
| **Protein** – 1g |

1. Health benefits

Tomatoes are high in Vitamin C and K and potassium and are also great antioxidant. When cooked in garlic, peppers, and salt, they are not only healthy but *also* delicious! What this favourite food for sure says about you is that you are a *saucy* person, ha!

1. Types

* Sugo
* Pomodoro
* Marinara
* Puttanesca
* Arrabbiata

1. Preparation

The different tomato sauces are prepared in their different respective ways. Pomodoro, for example, is made with tomatoes (duh!), a sprinkle of salt, pepper, sugar, and basil leaves, mixed in with olive oil.

1. Side Dishes

Spice up your pizza with different tomato sauces, or pair with any type of pasta for a tasty meal.

1. Your Favourite Food Trends

* **Shakshouka:** Eggs simmered in a blend of tomato sauce is a global food trend, perfect for breakfast or any time of day!

1. **Brownies**

The king of sweets, brownies are a chocolaty baked goodness, simply rich *and* decadent.

1. Calories

|  |
| --- |
| **Calories** |
| **Total fat** – 15g |
| **Cholesterol** 37mg |
| **Potassium** – 88mg |
| **Carbohydrates** – 25g |
| **Protein** – 3.1g |
|  |

1. Health benefits

Indulging in this baked good seems like a sin, but brownies can be surprisingly healthy. The chocolate is a great source of antioxidants, helping to control blood pressure as well reducing inflammation.

1. Types

* Fudge Brownies
* Peanut Butter Brownies
* Nutella Brownies

1. Preparation

Whip up some all-purpose flour, cocoa powder, butter, chocolate, oil, and salt, then bake for around 30-40 minutes, and voila!

1. Side dishes

Pair it with vanilla ice-cream, or even as a brownie ice-cream sandwich.

1. Your Favourite Food Trends

* **Brownie Sundae:** Drop a scoop of your favorite ice cream on top of a good-sized square of brownie and go ham with any number of toppings: Nutella, chocolate ganache, caramel sauce and much more. Brownie is that favourite food dish which says a lot about you and your soft spot for sweets.

1. **Turkey Fryer**

A whole turkey dunked in a sugar, salt mixture and allowed to slowly immerse overnight and then deep fried.

1. Calories

|  |
| --- |
| **Calories** |
| **Total fat** – 21g |
| **Carbohydrates** – 1g |
| **Protein** – 22g |

1. Health benefits

If there is one main benefit of Turkey Fryer, it is the ample amounts of protein it provides. It also contains Vitamin B and a variety of minerals, all nutritious, but also delicious .

1. Types

* Rosemary Roasted Turkey
* Fried Turkey with Cranberry Sauce
* Honey and Garlic Turkey
* Stuffed Turkey

1. Preparation

If you are going for that crackly fried feel, deep fry a well-immersed brined turkey until tender and moist. Alternatively, slow cook it in an oven to yield a perfectly juicy meat!

1. Side dishes

Turkey is that one dish that can be served with anything of your liking. Mashed potatoes, baked vegetables, roasted corn and much more. If that is not your cup of tea, then pour over a good helping of gravy or cranberry sauce and enjoy!

1. Your Favourite Food Trends

The most popular way to enjoy this hunk of meat is without a doubt to roast it, or slow cook it for several hours, to yield that perfectly tender and moist piece of meat.

What a person likes, or dislikes is definitely reflected through their favourite foods. These foods say a lot about what you and your personality from characteristics like tolerance, sweetness, friendliness to detail-oriented and much more.