

EAT GREEN • LIVE WELL

vegetarian  
times

# Healthy Comfort Food



Light and tasty variations  
on all your feel-good favorites



# Healthy Comfort Food

Light and tasty variations  
on all your feel-good favorites

You know what's better than a bowl of creamy macaroni and cheese, a crispy-zesty slice of pizza, or a hearty burger with fries? Answer: all of the above made light, healthful, and wholesome, so you can satisfy your comfort-food cravings without blowing your diet. Now that's something to feel good about.

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# Macaroni and Cheese

Serves 8

The secret to slimming down this classic recipe? Finding just the right proportions for the cream sauce and cheese. For extra flavor and crunch, try folding in chopped green onion and sprinkling breadcrumbs on top.

## INGREDIENTS

10 oz. medium elbow macaroni (3 cups)  
2 Tbs. unsalted butter plus more for brushing pan  
2 Tbs. unbleached white flour  
2½ cups low-fat milk  
2¼ cups grated extra-sharp Cheddar cheese (5 oz.), divided

## DIRECTIONS

1. Preheat oven to 400°F.
2. Cook macaroni according to package directions until al dente. Drain.
3. Melt 2 Tbs. butter in saucepan over medium heat. Stir in flour, and cook 1 minute. Add milk, and cook 6 minutes or until thickened, stirring constantly.
4. Remove from heat; stir in 1½ cups cheese. Season with salt and pepper. Pour over noodles, and combine.
5. Transfer to 13- x 9-inch baking dish. Sprinkle with remaining ¾ cup cheese. Bake 45 minutes, or until top is crisp and beginning to brown. Let stand 10 minutes before serving.

PER SERVING: 269 CAL, 12 G PROT, 11 G TOTAL FAT (6 G SAT FAT), 31 G CARB, 31 MG CHOL, 447 MG SOD, 1 G FIBER, 5 G SUGARS



## SHOPPING LIST

- 10 oz. medium elbow macaroni
- 5 oz. extra-sharp Cheddar cheese

- 2½ cups lowfat milk
- 2 Tbs.+ unsalted butter
- 2 Tbs. unbleached white flour



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This creamy, satisfying soup employs an old Italian seasoning trick: adding a Parmesan rind during the simmering stage. To round out the meal, serve with crusty whole-wheat bread and a fresh green salad.

# Broccoli-Parmesan Soup

Serves 8



30 minutes or fewer

## INGREDIENTS

- 6 green onions, cut in half
- 4 celery ribs, cut into 3-inch-long pieces
- 3 cloves garlic
- 3 Tbs. olive oil
- 8 cups low-sodium vegetable broth
- 1 large crown broccoli (2 cups florets)
- 1 pkg. frozen cut Italian green beans (2 cups)
- $\frac{3}{4}$  cup elbow macaroni
- 1 bunch Italian parsley, coarsely chopped
- 1 Parmesan rind
- 1 6-oz. wedge Parmesan cheese, grated, rind reserved

## DIRECTIONS

1. Coarsely chop green onions, celery, and garlic in food processor. Heat oil in large pot over medium heat. Add onion mixture and pinch salt. Sauté 3 minutes, stirring occasionally. Add broth, and bring to a boil.
2. Add broccoli, green beans, macaroni, half the parsley, and Parmesan rind. Cook 10 minutes over high heat, stirring occasionally.
3. Remove Parmesan rind. Purée soup in small batches in food processor, and return to pot. Stir in pepper to taste.
4. Serve sprinkled with remaining parsley and a little grated Parmesan.

PER SERVING: 154 CAL, 5 G PROT, 7 G TOTAL FAT (1 G SAT FAT), 19 G CARB, 4 MG CHOL, 481 MG SOD, 3 G FIBER, 4 G SUGARS



## SHOPPING LIST

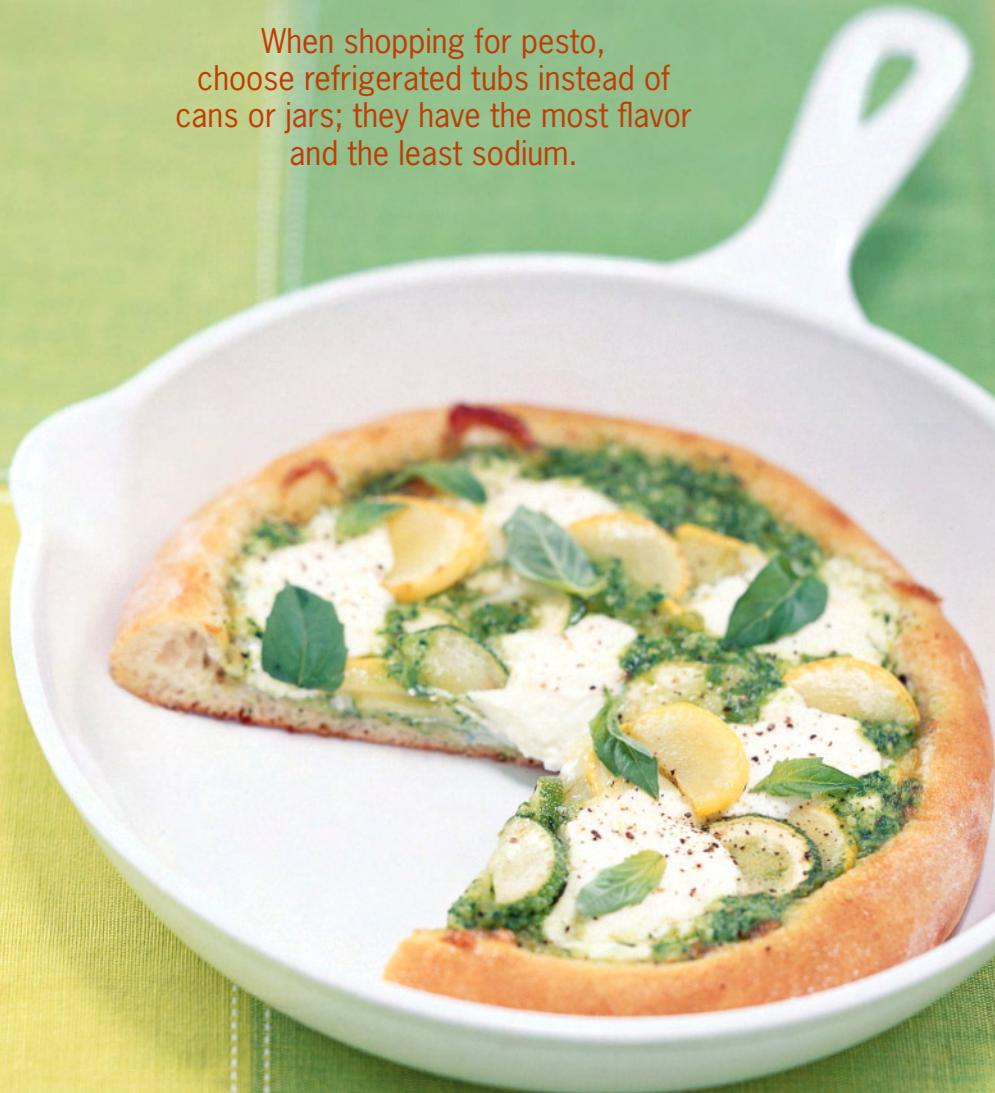
- green onions, 1 bunch
- celery, 1 bunch
- 3 cloves garlic
- 3 Tbs. olive oil

- 8 cups low sodium vegetable broth
- broccoli, 1 large crown
- Italian cut green beans, 1 pkg. frozen
- $\frac{3}{4}$  cup elbow macaroni
- Italian parsley, 1 bunch
- Parmesan cheese, 6 oz., plus rind



## Healthy Comfort Food

When shopping for pesto,  
choose refrigerated tubs instead of  
cans or jars; they have the most flavor  
and the least sodium.



# Skillet Pizza

Serves 4



30 minutes or fewer

## INGREDIENTS

- 8 oz. chilled pizza dough ( $\frac{1}{2}$  of 16-oz. pkg.)
- 2 tsp. olive oil
- 2 Tbs. plus 2 tsp. prepared refrigerated pesto
- $\frac{1}{2}$  cup shredded low-moisture, part-skim mozzarella cheese
- 2 Tbs. low-fat ricotta cheese
- 1 large zucchini, sliced into  $\frac{1}{4}$ -inch-thick rounds

## DIRECTIONS

1. Set rack in lower third of oven and preheat oven to 500°F.
2. Stretch dough into 10-inch round. Heat oil in 10-inch skillet over high heat. Cook crust 3 minutes, or until brown and crisp on bottom. Turn crust over in skillet using 2 spatulas. Remove from heat.
3. Spread 2 Tbs. pesto over crust in skillet. Sprinkle with mozzarella. Top with dollops of ricotta, spaced well apart. Set zucchini rounds around ricotta.
4. Place skillet in oven; bake pizza 8 minutes, or until cheese is melted and bubbly. Spoon remaining pesto over zucchini rounds, and sprinkle with freshly ground black pepper. Cut into 4 wedges, and serve.

PER SERVING: 252 CAL, 10 G PROT, 12 G TOTAL FAT (3.5 G SAT FAT), 28 G CARB, 13 MG CHOL, 394 MG SOD, 2 G FIBER, 3 G SUGARS



## SHOPPING LIST

- |  |  |
|--|--|
| <input type="checkbox"/> 1 16-oz pkg. pizza dough, half reserved | <input type="checkbox"/> $\frac{1}{2}$ cup part-skim mozzarella cheese                   |
| <input type="checkbox"/> 2 tsp. olive oil                        | <input type="checkbox"/> 2 Tbs. low-fat ricotta cheese                                   |
| <input type="checkbox"/> 3 Tbs. prepared pesto                   | <input type="checkbox"/> 1 large zucchini, or 1 small zucchini and 1 small yellow squash |



## Healthy Comfort Food

This chili showcases ingredients that early explorers discovered in the New World—pinto beans, corn, tomatoes, and lima beans.

Sprinkle diced avocado and chopped red onion on top for a flavorful garnish. If you don't have a slow cooker, this recipe is still very easy. For stovetop prep, all of the ingredients except the avocado and red onions go into the pot at once, then everything simmers for about 2 hours.



# New World Chili

Serves 8  
Vegan

## INGREDIENTS

- 1 24-oz. jar medium tomato salsa
- 1 15.5-oz. can pinto beans, drained and rinsed
- 1 12-oz. pkg. soy crumbles
- 2 cups fresh or frozen corn kernels
- 1½ cups frozen lima beans
- ¼ cup chili powder, or to taste
- ½ tsp. hot pepper sauce, or to taste
- 1 ripe avocado, diced, for garnish
- 1 cup chopped red onion, for garnish

## DIRECTIONS

1. Combine all ingredients except avocado and red onions in 4-qt. slow cooker or large pot.
2. Cover slow cooker, and cook on low 4 to 6 hours. Or place lid on pot, and bring chili to a boil over medium-high heat; reduce heat to medium-low, and simmer, covered, stirring occasionally, 1½ to 2 hours. Season to taste with salt and pepper.
3. Spoon chili into bowls, and garnish each serving with diced avocado and chopped red onion.

PER SERVING: 291 CAL, 16 G PROT, 7 G TOTAL FAT (1 G SAT FAT), 44 G CARB, 0 MG CHOL, 755 MG SOD, 13 G FIBER, 4 G SUGARS



## SHOPPING LIST

- |   |  |
|---|--|
| <input type="checkbox"/> 1 24-oz. jar medium tomato salsa | <input type="checkbox"/> chili powder        |
| <input type="checkbox"/> 1 15.5-oz. can pinto beans       | <input type="checkbox"/> hot pepper sauce    |
| <input type="checkbox"/> 1 12-oz. pkg. soy crumbles       | <input type="checkbox"/> ground black pepper |
| <input type="checkbox"/> 1 10-oz. pkg. frozen corn        | <input type="checkbox"/> 1 ripe avocado      |
| <input type="checkbox"/> 1 10-oz. pkg. frozen lima beans  | <input type="checkbox"/> 1 medium red onion  |



## Healthy Comfort Food

The batter for these burgers is soft, so turn the patties carefully. As the cheese cools, the patties firm up. Treat these burgers to all the trimmings: coleslaw, pickles, sliced tomatoes and onions, and relish and ketchup.



# Barley–Mushroom Burgers

Serves 6

## INGREDIENTS

- ½ cup uncooked quick-cooking barley
- 1 large egg, well beaten
- 1 cup low-fat ricotta cheese
- 1 cup shredded Cheddar cheese
- 1 cup minced mushrooms
- ½ cup dried breadcrumbs
- ¼ cup minced parsley

## DIRECTIONS

1. Cook barley according to package directions. Set aside.
2. Meanwhile, combine egg, ricotta cheese, Cheddar cheese, mushrooms, breadcrumbs, parsley, and salt and pepper to taste. Stir barley into egg mixture.
3. Spray large nonstick skillet or griddle with cooking spray. Spoon ½ cup mixture onto hot skillet; repeat until skillet is full, but not overcrowded. Cook burgers 5 to 7 minutes, and carefully flip burgers using spatula. Cook until mixture is firm and cheese has melted. Remove from skillet, and set aside. Repeat until mixture is used up.

PER SERVING: 180 CAL, 14 G PROT, 9 G TOTAL FAT (5 G SAT FAT), 12 G CARB, 92 MG CHOL, 195 MG SOD, 1 G FIBER, 2 G SUGARS



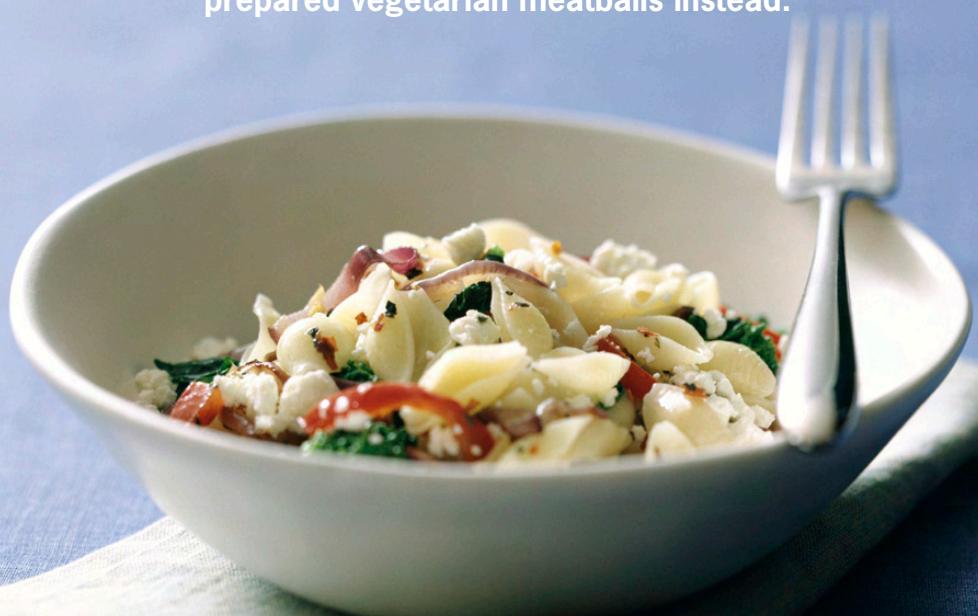
## SHOPPING LIST

- |   |  |
|---|--|
| <input type="checkbox"/> ½ cup quick-cooking barley   | <input type="checkbox"/> 1 cup Cheddar cheese    |
| <input type="checkbox"/> 1 egg                        | <input type="checkbox"/> 1 cup mushrooms         |
| <input type="checkbox"/> 1 cup low-fat ricotta cheese | <input type="checkbox"/> ½ cup dried breadcrumbs |
|   | <input type="checkbox"/> parsley, 1 bunch        |



## Healthy Comfort Food

**Tired of the same old spaghetti and sauce? Kick your pasta dinners up a notch by topping fun noodle shapes with this light, cheesy sauce and homemade vegetarian meatballs. If you're really pressed for time, use a 12-oz. package of frozen prepared vegetarian meatballs instead.**



### SHOPPING LIST

- 2 cups dried orecchiette pasta or your favorite short pasta
- 6 oz. soy crumbles
- 6 Tbs. Pecorino Romano cheese
- $\frac{1}{3}$  cup whole-wheat breadcrumbs
- 1 large egg
- 2 cloves garlic

- Italian seasoning
- red pepper flakes
- 3 tbs. olive oil
- 1 pkg. frozen peas
- $\frac{1}{2}$  cup low-sodium vegetable broth
- 2 Tbs. lemon juice
- fresh chives, 1 bunch
- fresh thyme, 1 bunch

# Orecchiette with Mini “Meatballs”

Serves 6



30 minutes or fewer

## INGREDIENTS

- 2 cups dried orecchiette pasta, or your favorite short pasta
- 2 cups soy crumbles (6 oz.)
- 6 Tbs. finely grated Pecorino Romano cheese, divided
- $\frac{1}{3}$  cup whole-wheat breadcrumbs
- 1 large egg
- 2 cloves garlic, minced (2 tsp.), divided
- $\frac{1}{2}$  tsp. Italian seasoning
- $\frac{1}{8}$  tsp. red pepper flakes
- 1 Tbs. plus 1 tsp. olive oil, divided
- 1 cup frozen peas
- $\frac{1}{2}$  cup low-sodium vegetable broth
- 1 Tbs. lemon juice
- 1 Tbs. chopped fresh chives
- 1 tsp. chopped fresh thyme leaves

## DIRECTIONS

1. Cook pasta according to package directions. Meanwhile, place soy crumbles in bowl and microwave  $1\frac{1}{2}$  minutes on high. Add 2 Tbs. cheese, breadcrumbs, egg, 1 tsp. garlic, Italian seasoning, and red pepper flakes. Mix together until fully combined.
2. Heat 1 tsp. oil in nonstick skillet over medium-high heat. Roll 1 Tbs. soy crumble mixture into ball and place in pan. Repeat with remaining mixture. Cook meatballs 3 to 5 minutes, or until evenly browned. Add peas and broth, then cover and reduce heat to medium-low. Simmer 4 to 5 minutes, or until most liquid has evaporated.
3. Drain pasta and toss with lemon juice, chives, thyme, and remaining 1 Tbs. oil in serving bowl. Season with salt and pepper, if desired. Add meatballs and peas, sprinkle remaining cheese over pasta, and serve.

PER SERVING: 258 CAL, 15 G PROT, 8.5 G TOTAL FAT (2.5 G SAT FAT), 30 G CARB, 45 MG CHOL, 474 MG SOD, 4 G FIBER, 2 G SUGARS



## Healthy Comfort Food

Almost anything tastes better with mashed potatoes on top.

The “glorified” part is the addition of mushrooms and baby peas—or you could use corn instead—to the usual ratatouille suspects: eggplant, tomatoes, and zucchini. You can make and chill the filling a day before you bake the pie.



### SHOPPING LIST

- 3 large baking potatoes
- 2½ Tbs. olive oil
- 1 large onion
- 1 medium eggplant
- 2 medium zucchini

- 1 cup mushrooms
- 1 pkg. frozen baby peas
- 2 cloves garlic
- 2 Tbs. tomato paste
- 1 14.5-oz. can diced Italian-style tomatoes
- fresh basil, 1 bunch
- 1½ Tbs. balsamic vinegar
- fresh thyme, 1 bunch
- 1 cup soymilk
- 3 Tbs. canola oil



# Glorified Shepherd's Pie

Serves 6  
Vegan

## INGREDIENTS

3 large baking potatoes, peeled and coarsely chopped (5 cups)  
2½ Tbs. olive oil  
1 large onion, chopped (1½ cups)  
1 medium eggplant, peeled and diced  
2 medium zucchini, diced (2 cups)  
1 cup sliced mushrooms  
1 cup frozen baby peas  
2 cloves garlic, chopped (2 tsp.)  
2 Tbs. tomato paste  
1 14.5-oz. can diced Italian-style tomatoes  
¼ cup chopped fresh basil  
1½ Tbs. balsamic vinegar  
1 tsp. chopped fresh thyme  
1 cup warm soymilk  
3 Tbs. canola oil

## DIRECTIONS

1. Preheat oven to 375°F. Grease large, deep pie pan or medium-size casserole.
2. Put potatoes in medium saucepan, and add enough salted water to cover by 1 inch. Bring to a boil, reduce heat, and simmer 12 to 15 minutes, until tender.
3. Meanwhile, warm olive oil in large, deep skillet over medium heat. Add onion, and cook, stirring often, 5 minutes. Add eggplant and zucchini, and cook, partially covered and stirring often, 3 to 4 minutes. Add mushrooms, peas, and garlic, and cook, partially covered, 3 minutes, stirring occasionally. Add tomato paste, and cook 2 minutes. Add tomatoes, basil, vinegar, thyme, and salt and pepper to taste. Bring to a simmer, and cook gently, partially covered, 3 to 4 minutes. Transfer mixture to prepared pie pan.
4. Drain potatoes, and mash, gradually adding soymilk and canola oil as you mash. Spread evenly over filling. Bake 20 to 25 minutes, or until bubbling hot. Cool at least 5 minutes before serving.

PER SERVING: 298 CAL, 7 G PROT, 13.5 G TOTAL FAT (1.5 G SAT FAT), 39 G CARB, 0 MG CHOL, 510 MG SOD, 8 G FIBER, 11 G SUGARS



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Presoaking potato slices in hot water helps remove excess starch so they brown and crisp like oil-cooked fries.



# Garlicky Oven Fries

Serves 6

Vegan



30 minutes or fewer

## INGREDIENTS

- 1½ lb. russet potatoes, peeled and cut into ¼-inch-thick wedges
- 2 tsp. canola oil
- 2 tsp. olive oil
- 4 cloves garlic, coarsely chopped
- 1 Tbs. chopped fresh parsley

## DIRECTIONS

1. Place oven rack in lowest position, and preheat oven to 475°F. Coat baking sheet with cooking spray. Soak potatoes in bowl of hot water 10 minutes. Drain, pat dry, and return to dry bowl.
2. Meanwhile, heat canola oil, olive oil, and garlic in saucepan over medium-low heat. Cook garlic 2 minutes, or until it begins to brown. Transfer garlic to small bowl with slotted spoon.
3. Pour oil over potatoes, and toss to coat. Season with salt and pepper. Arrange potatoes in single layer on prepared baking sheet. Bake 20 minutes, or until potatoes are golden on bottom. Turn, and bake 10 minutes more, or until golden and crisp.
4. Meanwhile, stir parsley into reserved garlic; sprinkle over fries. Season with salt and pepper, and serve immediately.

PER SERVING: 167 CAL, 3 G PROT, 4.5 G TOTAL FAT (0.5 G SAT FAT), 29 G CARB, 0 MG CHOL, 298 MG SOD, 2 G FIBER, 5 G SUGARS



## SHOPPING LIST

- 1½ lb. russet potatoes
- 2 tsp. canola oil
- 2 tsp. olive oil
- 4 cloves garlic
- fresh parsley, 1 bunch



## Healthy Comfort Food

French toast is usually soaked in a rich egg batter, pan-fried in butter, and made in batches. Here, egg whites and a homemade syrup lighten up the batter, and you bake the slices in one batch so everyone can enjoy a hot, healthful breakfast together.



# French Toast with Citrus-Vanilla Syrup

Serves 8



30 minutes or fewer

## INGREDIENTS

### Citrus Syrup

- $\frac{1}{3}$  cup agave nectar
- 1 Tbs. lemon juice
- 1 tsp. grated orange zest
- 1 tsp. grated lemon zest
- $\frac{1}{2}$  vanilla bean, split lengthwise

### French Toast

- 1 cup low-fat (1 percent) milk
- 2 large eggs
- 2 large egg whites
- 6 slices French bread, cut 1-inch thick

## DIRECTIONS

1. Preheat oven to 450°F. Coat baking sheet with cooking spray.
2. To make Citrus Syrup: Whisk together agave nectar, lemon juice, orange zest, and lemon zest in glass measuring cup. Scrape in seeds from vanilla bean; whisk to blend. Heat in microwave on high power 60 seconds or until hot. Cool 10 minutes.
3. To make French Toast: Whisk together milk, eggs, egg whites, and  $\frac{1}{4}$  cup Citrus Syrup in large casserole dish. Soak bread slices in mixture until all custard is absorbed, turning once.
4. Arrange bread slices on prepared baking sheet. Bake 25 minutes, or until puffed and golden brown. Serve with remaining Citrus Syrup.

PER SERVING: 300 CAL, 11 G PROT, 3 G TOTAL FAT (1 G SAT FAT), 59 G CARB, 73 MG CHOL, 385 MG SOD, 1 G FIBER, 32 G SUGARS



## SHOPPING LIST

### Citrus Syrup

- $\frac{1}{3}$  cup agave nectar
- 1 lemon
- 1 orange
- vanilla bean

### French Toast

- 1 cup low-fat milk
- 4 large eggs
- 1 loaf French bread



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If you like chai tea, you'll love this creamy, comforting dessert studded with apples and raisins. For the best flavor, choose a strong, spicy chai tea; we used Tazo's chai tea bags.

# Chai Rice Pudding

Serves 8



30 minutes or fewer

## INGREDIENTS

3½ cups unsweetened soymilk or low-fat milk, divided  
4 black chai tea bags  
1 cup short- or medium-grain white rice  
½ cup light brown sugar  
⅛ tsp. salt  
1 medium-size apple, peeled, cored, and diced  
¼ cup dark raisins  
Whipped cream for garnish, optional  
Cinnamon for garnish, optional

## DIRECTIONS

1. Bring 2 cups water and 1 cup soymilk to a boil in large saucepan. Remove from heat, and add tea bags. Cover, and steep 5 minutes. Remove tea bags, squeezing out any liquid.
2. Stir rice, brown sugar, and salt into tea mixture. Bring to a boil over medium heat. Reduce heat, cover, and simmer 10 minutes. Add remaining 2½ cups soymilk, and simmer, uncovered, 20 minutes, or until rice is soft. Stir in apple and raisins; remove from heat. Cover pot, and let sit 10 minutes.
3. Spoon pudding into 2-qt. heat-proof dish. Serve warm or cold, with whipped cream and cinnamon, if desired.

PER SERVING: 208 CAL, 5 G PROT, 2 G TOTAL FAT (0 G SAT FAT), 43 G CARB, 0 MG CHOL, 75 MG SOD, 1 G FIBER, 20 G SUGARS



## SHOPPING LIST

- |  |   |
|--|---|
| <input type="checkbox"/> 3½ cups unsweetened soymilk or low-fat milk | <input type="checkbox"/> ½ cup light brown sugar  |
| <input type="checkbox"/> 4 black chai tea bags                       | <input type="checkbox"/> salt                     |
| <input type="checkbox"/> 1 cup white rice                            | <input type="checkbox"/> 1 medium apple           |
|  | <input type="checkbox"/> ¼ cup dark raisins       |
|  | <input type="checkbox"/> whipped cream (optional) |
|  | <input type="checkbox"/> cinnamon (optional)      |