

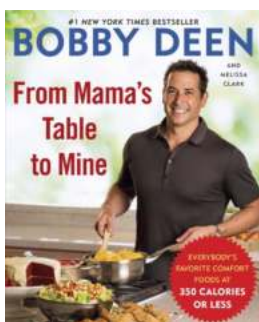
Everybody Favorite Comfort Foods At 350 Calories Or Less

When it comes to comfort foods, most people have a few favorites that they turn to when they need a little boost. Whether it's macaroni and cheese, pizza, or chicken pot pie, these dishes have a way of making us feel warm and satisfied. However, many comfort foods are loaded with calories, making it difficult to enjoy them on a regular basis without feeling guilty.

The good news is that you can still enjoy your favorite comfort foods without breaking your calorie budget. By making a few simple swaps and modifications, you can enjoy the flavors and textures you love while keeping the calorie count under control. In this article, we will explore some of everybody's favorite comfort foods that are 350 calories or less, allowing you to indulge without any remorse.

1. Creamy Tomato Soup

There's nothing quite like a warm bowl of tomato soup on a cold winter day. Instead of reaching for a high-calorie canned version, try making your own at home. By using low-fat milk instead of heavy cream and adding plenty of fresh vegetables, you can create a delicious and comforting soup that clocks in at under 350 calories per serving. Serve it alongside a grilled cheese sandwich made with whole grain bread for an extra touch of nostalgia.



From Mama's Table to Mine: Everybody's Favorite Comfort Foods at 350 Calories or Less: A

Cookbook by Bobby Deen (Kindle Edition)

★★★★☆ 4.6 out of 5

Language : English

File size : 22962 KB

Text-to-Speech : Enabled

Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 360 pages



2. Cauliflower Crust Pizza

Pizza is the ultimate comfort food, but the traditional crust can be calorie-dense and carb-heavy. By swapping out the regular crust for a cauliflower crust, you can significantly reduce the calorie content while still enjoying all the flavors you love. Top your pizza with a variety of low-calorie and nutritious toppings like fresh vegetables, lean protein, and a sprinkle of cheese for a guilt-free and satisfying meal.

3. Zucchini Noodles with Meatballs

Pasta dishes are undeniably comforting, but pasta itself can be quite high in calories. Instead of traditional pasta, try using zucchini noodles (also known as zoodles) as a healthier alternative. Spiralize a fresh zucchini and lightly sauté it to create a noodle-like texture. Then, top it with homemade turkey or chicken meatballs and your favorite marinara sauce. This dish is not only lower in calories but also packed with nutrients and fiber.

4. Greek Yogurt Mac and Cheese

Macaroni and cheese is a classic comfort food that many people find hard to resist. Instead of using copious amounts of butter and cheese, try incorporating Greek yogurt into the recipe. Greek yogurt adds creaminess and tanginess while significantly reducing the calorie content. Opt for whole grain pasta for an added

boost of fiber and nutrients, and consider adding some cooked broccoli or spinach for extra vitamins and minerals.

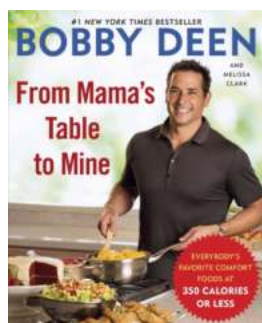
5. Chicken Pot Pie with a Twist

Chicken pot pie is a nostalgic and comforting dish, but the traditional version can be quite heavy and high in calories. Instead of using a traditional pie crust, try using phyllo dough or puff pastry sheets to create individual pot pies. Fill them with lean chicken breast, plenty of mixed vegetables, and a lighter sauce made from low-fat milk and reduced-sodium chicken broth. The result is a delicious and satisfying dish that won't wreck your calorie intake.

6. Skinny Mashed Potatoes

Mashed potatoes are a staple when it comes to comfort foods, but they often contain a significant amount of butter and cream. To make your mashed potatoes healthier and lower in calories, try incorporating cauliflower into the recipe. Boil cauliflower florets along with the potatoes and then mash them together with a touch of Greek yogurt and reduced-fat milk. You'll still get the creamy texture and comforting taste, but with fewer calories and added nutrients.

By making some simple swaps and modifications, you can enjoy your favorite comfort foods without sacrificing your health or calorie budget. These delicious and satisfying dishes are proof that you don't have to deprive yourself to maintain a balanced diet. So go ahead and indulge in a little comfort without any guilt!



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#1 NEW YORK TIMES BESTSELLER • From beloved food personality Bobby Deen, son of Paula Deen, comes an irresistible healthy cookbook featuring 120 recipes of Southern comfort-food classics—all under 350 calories and jam-packed with flavor.

Raised on his mother’s fried chicken and hoecakes, Bobby Deen ultimately found himself, as a young man, twenty-five pounds overweight. Unwilling to sacrifice any of his favorite foods, Bobby started tweaking the recipes he grew up on, replacing sour cream with nonfat yogurt, using lower-calorie versions of mayonnaise, cream cheese, and other high-calorie items. Even Paula herself sometimes couldn’t tell the difference between the lo-cal versions and her originals—since the flavor remained top-notch.

Here you’ll find a soup-to-nuts collection of many of the great dishes and flavors you’ve come to enjoy and expect from the Deens, but with a lot fewer calories. Every recipe has been reviewed and approved by a certified nutritionist. Yes, you can have your Goopy Less Butter Cake and eat it too . . . along with such selections as

It’s a Party Guacamole • Easy Ginger-Glazed Spare Ribs • Yes You Can Mac and Cheese • Cheeseburger Casserole • Old-Fashioned Meatloaf • Crispy Oven-Fried

Chicken • Roasted Pork Tenderloin with Apples • Buttermilk Mashed Potatoes
• Bittersweet Chocolate Cheesecake • Strawberry Streusel Cake

In addition to all these mouthwatering recipes and 65 full-color photos, you will find before/after fat and calorie counts (so you know just how many calories you're saving)—plus a week's worth of 1,500 calorie/day menus, celebration menus, healthy prep tips, weight-loss shortcuts, ideas for stocking a healthy pantry/fridge, and a section on easy high-fat/low-fat ingredient swaps.

Praise for *From Mama's Table to Mine*

"Deen wants folks to enjoy healthy favorites without sacrificing flavors or family memories, and this cookbook is sure to make a mamma proud."—Publishers Weekly

"It's so great that Bobby has refashioned some all-time-favorite Southern dishes in a healthier style. He continues to work hard to keep America healthy and happy."—Curtis Stone, chef, television host, and author

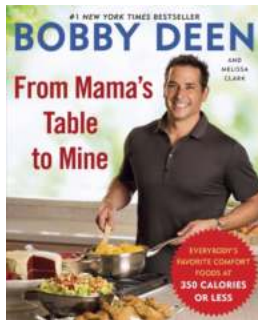
"Bobby Deen has been our 'brother from another mother,' and when you taste his dishes, you immediately recognize Paula's influence. His tasty food stresses eating healthier without sacrificing the delicious Southern flavors and traditions he grew up with! Way to go Bobby!"—Pat and Gina Neely, hosts of *Down Home with the Neelys*

"Even Paula, who's been eating healthier herself these days, can't tell the difference. 'Are you sure you remembered to take out the fat?' she asked when she first tasted the food. He did—we swear."—Food Network Magazine

"Bobby Deen nails it with these favorite Southern recipes. What they've lost in calories, they've gained in flavor. Perfect for everything from a quick weeknight meal to an elaborate Saturday night celebration."—Rocco DiSpirito, chef and

author

“For the health-conscious eater who craves comfort food . . . Bobby’s recipes strike a balance between familiar flavors and a newer, healthier approach to cooking.”—Shelf Awareness (starred review)



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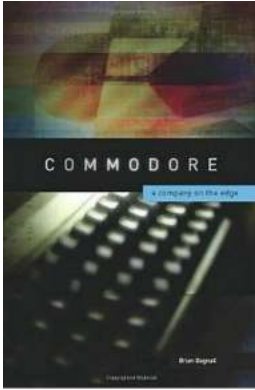
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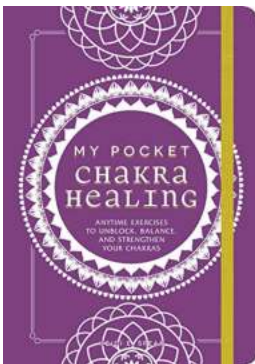
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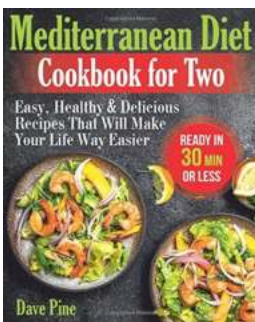
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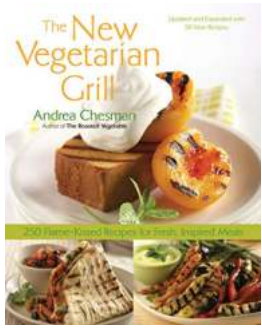
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