

Delicious Comfort Food Recipes!

Wholesome Chicken Pot Pie

Serves 6 – Prep. time 30 min. – Cooking time 30–45 min.

Ingredients

- 3 medium red potatoes, washed but unpeeled
- 1 large carrot, trimmed and diced
- ½ cup frozen peas
- ½ cup green beans, sliced
- 6 tablespoons salted butter
- 6 tablespoons all-purpose flour
- 2 cups chicken broth or stock
- ½ teaspoon salt
- ½ teaspoon black pepper
- 1 teaspoon dried rosemary, crushed
- 1 teaspoon dried thyme, crushed
- 1 ½ cups half-and-half
- 1 pound boneless, skinless chicken breasts or mixed chicken pieces (about 2 ½ cups cubed), cooked
- 2 homemade pie crusts, or store-bought refrigerated pie crusts, softened to room temperature

Directions

1. Preheat the oven to 425°F. Chop the potatoes into small cubes and place them in a microwave-safe dish. Cook on high for about 2 ½ min., or until tender. Set them aside. In another microwave-safe dish, combine the carrots and green beans. Microwave on high for about 2 min., or until tender. Add them to the potatoes.
2. In a large skillet, melt the butter over medium heat. Add the flour one tablespoon at a time, stirring well before adding the next. Cook, stirring constantly until the mixture is bubbly and there are no remaining lumps, about 5 min. Slowly begin to incorporate the chicken stock, stirring vigorously until fully incorporated.
3. Remove the pot from the heat, add the salt, pepper, rosemary, and thyme. Stir in the half-and-half until smooth.
4. Stir the chicken into the cream mixture, then add the potatoes, carrots, green beans, and peas; mix well. Taste and adjust the seasonings as needed.
5. Unroll one of the pie crusts and place it in a 9-inch, ungreased, deep-dish glass pie plate. Gently press the crust down into the bottom and edges of the pie plate. Pour the hot filling into the crust and top with the remaining crust, tucking the top crust in under the edges of the bottom crust. Flute the edges and cut vents into the top of the crust.

6. Bake immediately at 425°F for 15 min. Remove the pie from the oven and place strips of foil around the edges of the crust to prevent over-browning. Return it to the oven for an additional 15–25 min., or until the crust is golden brown and the filling is bubbling. Let it stand for 5 min. before cutting.

Nutrition per serving

Calories 592, Fat 35.2 g, Carbs 45.7 g, Sugar 6.3 g,
Protein 23.7 g, Sodium 940 mg

Healthier Chicken Pot Pie

Serves 6 – Prep. time 30 min. – Cooking time 30–45 min.

Ingredients

- 3 medium red potatoes, washed but unpeeled
- 1 large carrot, trimmed and diced
- ½ cup frozen peas
- 1 cup green beans, sliced
- 6 tablespoons salted butter
- 6 tablespoons all-purpose flour
- 2 cups chicken broth or stock
- ½ teaspoon salt
- ½ teaspoon black pepper
- 1 teaspoon dried rosemary, crushed
- 1 teaspoon dried thyme, crushed
- 1 ½ cups whole milk
- 1 pound boneless, skinless chicken breasts (about 2 ½ cups cubed), cooked
- 1 homemade pie crust, or store-bought, softened to room temperature
- Cooking spray

Directions

1. Preheat the oven to 425°F. Chop the potatoes into small cubes and place them in a microwave-safe dish. Cook on high for about 2 ½ min., or until tender. Set them aside. In another microwave-safe dish, combine the carrots and green beans. Microwave for about 2 min., or until tender. Add them to the potatoes.
2. In a large cast-iron skillet, melt the butter over medium heat. Add the flour one tablespoon at a time, stirring well before adding the next. Cook, stirring constantly until the mixture is bubbly and there are no remaining lumps, about 5 min. Slowly begin to incorporate the chicken stock, stirring vigorously until fully incorporated.
3. Remove the pot from the heat, add the salt, pepper, rosemary, and thyme. Stir in the milk until smooth.
4. Stir the chicken into the milk mixture, then add the potatoes, carrots, green beans, and peas; mix well. Taste and adjust the seasonings as needed.
5. Unroll the pie crust and place it over the filling. Press the edges to the sides of the skillet, and cut a vent in the center.
6. Bake immediately at 425°F for 15 min. Remove the pie from the oven and place strips of foil around the edges of the crust to prevent over-browning. Return it to the oven for an additional 10–15 min., or until the crust is golden brown and the filling is bubbling. Let it stand for 5 min. before cutting.

Nutrition per serving

Calories 348, Fat 17.4 g, Carbs 26.6 g, Sugar 5.2 g,

Protein 22.3 g, Sodium 686 mg

Grandma's Gumbo

Serves 12 – Prep. time 20 min. – Cooking time 45–90 min.

Ingredients

- 4 pounds small shrimp, cleaned and shelled
- 1 teaspoon salt
- ½ teaspoon red pepper flakes
- ¼ teaspoon garlic powder
- 1 cup butter
- 1 cup flour
- 4 quarts chicken stock, divided
- 2 medium onions, chopped
- 3 bell peppers, chopped
- 1 ½ cups celery, chopped
- 3 teaspoons garlic, minced
- 1 pound sliced okra
- 4 kielbasa sausages, cut into ¼-inch slices
- 5 bay leaves
- 2 (15.75-ounce) cans stewed tomatoes
- 1 cup cooked chicken, chopped
- 6 ounces cured ham, chopped
- 1 bunch fresh parsley, chopped
- 1 cup chopped green onion (tops only)
- 1 pound crab meat (or any other seafood, such as clams)
- Cooked white rice, for serving

Directions

1. Place the shrimp in a large bowl. Sprinkle them with salt, red pepper, and garlic powder. Stir well, cover, and refrigerate until ready to use.
2. In a large stockpot, melt the butter and stir in the flour. Whisk constantly, until it turns dark, reddish brown. Gradually add one cup of chicken stock, then add the onion, bell peppers, celery, and garlic, and cook over low heat for about ten min., until the vegetables soften. Stir frequently.
3. Stir in the remaining chicken stock.
4. In a skillet, brown the okra and kielbasa, and add it to the pot.
5. Stir in the bay leaves, stewed tomatoes, chicken, and ham. Let this cook about 45 to 90 min.
6. Twenty to thirty min. before serving, add the parsley, green onions, and crab meat. Add the shrimp 5 to 7 min. before serving, and cook until it is pink.
7. Serve over hot white rice.

Nutrition per serving

Calories 677, Fat 36.5 g, Carbs 33.5 g, Sugar 14.0 g,

Protein 51.9 g, Sodium 2375mg

Grandma's Healthier Gumbo

Serves 12 – Prep. time 20 min.– Cooking time 45–90 min.

Ingredients

- 4 pounds small shrimp, cleaned and shelled
- 1 teaspoon salt
- ½ teaspoon red pepper flakes
- ¼ teaspoon garlic powder
- ½ cup butter
- ½ cup flour
- 4 quarts fat-free low-sodium chicken stock, divided
- 2 onions, chopped
- 3 bell peppers, chopped
- 1 ½ cups celery, chopped
- 3 teaspoons garlic, minced
- 1 pounds sliced okra
- 2 kielbasa sausages, cut into ¼-inch slices
- 5 bay leaves
- 2 cans (15.75-ounce) stewed tomatoes
- 2 cups cooked chicken, chopped
- 6 ounces cured ham, chopped
- 1 bunch fresh parsley, chopped
- 1 cup chopped green onion (tops only)
- 1 pound crab meat (or any other seafood, such as clams)
- Cooked brown rice

Directions

1. Place the shrimp in a large bowl. Sprinkle them with salt, red pepper, and garlic powder. Stir well, cover, and refrigerate until ready to use.
2. In a large stockpot, melt the butter and stir in the flour. Whisk constantly, until it turns dark, reddish brown. Gradually add one cup of chicken stock, then add the onion, bell peppers, celery, and garlic, and cook over low heat for about ten min., until the vegetables soften. Stir frequently.
3. Stir in the remaining chicken stock.
4. In a skillet, brown the okra and kielbasa, and add it to the pot.
5. Stir in the bay leaves, stewed tomatoes, chicken, and ham. Let this cook about 45 to 90 min.
6. Twenty to thirty min. before serving, add the parsley, green onions, and crab meat. Add the shrimp 5 to 7 min. before serving, and cook until it is pink.
7. Serve over hot brown rice.

Nutrition per serving

Calories 512, Fat 21.2 g, Carbs 30.2 g, Sugar 14.6 g,

Protein 48.1 g, Sodium 1887 mg

Red Velvet Cake

Serves 12 – Prep. time 45 min. – Cooking time 30 min.

Ingredients

- 2 teaspoons fine salt
- 2 $\frac{3}{4}$ cups plus 1 tablespoon sifted cake flour
- 2 teaspoons baking powder
- $\frac{1}{4}$ teaspoon baking soda
- 1 $\frac{1}{2}$ tablespoons water
- $\frac{1}{4}$ cup unsweetened cocoa powder
- 1 $\frac{1}{2}$ teaspoons vanilla extract
- 2 tablespoons red food coloring
- 1 cup (2 sticks) unsalted butter, softened, plus some more for greasing pans
- 2 cups granulated sugar
- 3 large eggs
- 1 tablespoon finely grated orange zest
- 1 cup buttermilk

For Icing

- 4 cups powdered sugar, sifted
- $\frac{3}{4}$ cup (1 $\frac{1}{2}$ sticks) unsalted butter
- 1 pound cream cheese
- 2 tablespoons whole milk

Directions

1. Heat the oven to 350°F, and grease two 9-inch cake pans with butter, then flour. Tap off the excess flour, and set aside.
2. Sift the salt, flour, baking powder, and baking soda together, and set them aside.
3. Whisk the water, cocoa, vanilla, and food coloring in a small bowl until smooth, set aside.
4. In a large bowl, beat the butter on medium speed with an electric mixer until creamy, about 30 seconds. Add the sugar, $\frac{1}{4}$ cup at a time, beating for about 15 min., until the mixture becomes fluffy.
5. Add the eggs one at a time, along with the orange zest, beating after each addition. Add the red cocoa mix.
6. On low speed, alternately add the flour mixture and the buttermilk, starting and ending with the flour mixture. Beat the batter using a spatula, 10 to 12 strokes.
7. Divide the cake batter into two cake pans, and bake for 30 min., or until a toothpick inserted in the center comes out clean.
8. Remove the cakes from the oven and allow them to rest for 10 min. before tipping them out of the pans.
9. In the meantime, prepare the icing. In a large bowl, mix all the ingredients together at high speed. Gradually reduce the speed and mix until the icing is light and fluffy.

10. When the cakes are completely cool, place one cake on a serving plate. Spread the icing on the top. Place the second cake on top and spread icing on top and sides.

Nutrition per serving

Calories 912, Fat 57.1 g, Carbs 97.5 g, Sugar 74.1 g,
Protein 7.8 g, Sodium 632 mg

Lighter Red Velvet Cake

Serves 8–12 – Prep. time 30 min. – Cooking time 30–35 min.

Ingredients

- 6 beets, about 2–inches in diameter, boiled, peeled, and chopped
- ½ cup unsweetened applesauce
- ½ cup (1 stick) butter, softened
- 1 ½ cups sugar
- 2 large eggs
- 1 teaspoon vanilla extract
- 1 tablespoon lemon juice
- 1 tablespoon red food coloring
- 1 cup plain yogurt
- 2 tablespoons cocoa powder
- 1 ½ teaspoons baking soda
- 2 cups sifted all-purpose flour
- 1 teaspoon sea salt
- Red sprinkles for decoration

For Icing

- 3 cups powdered sugar, sifted
- ½ cup (1 stick) unsalted butter, softened
- 1 teaspoon vanilla
- 2–3 tablespoons milk

Directions

1. Preheat the oven to 350°F. Butter and flour two 9–inch round cake pans.
2. Combine the chopped cooked beets and applesauce in a blender, and process until smooth.
3. In a large mixing bowl with an electric mixer, cream together the butter and sugar. Add the eggs one at a time, beating after each. Add the vanilla, and then add the beet mixture, mixing well. Stir in the lemon juice, food coloring, and yogurt, and mix well.
4. In a separate bowl, mix the cocoa, baking soda, flour, and salt together. Add to the wet ingredients and mix until well blended.
5. Pour the batter into the cake pans, and bake for 30–35 min., or until a toothpick inserted in the center comes out clean.
6. Cool the cake in the pans on a wire rack for 5 min. before tipping them out. Allow them to cool completely.
7. In the meantime, prepare the icing. In a large bowl, mix all the ingredients together at high speed. Gradually reduce the speed and mix until the icing is light and fluffy.
8. When the cakes are completely cool, place one cake on a serving plate. Spread the icing on the top. Place the second cake on top and spread icing on top. Decorate with red sprinkles if desired.

Nutrition per serving

Calories 403, Fat 9.3 g, Carbs 76.9 g, Sugar 59.1 g,
Protein 5.1 g, Sodium 356 mg

***These recipes and more can be found in Louise Davidson's *Comfort Food Two Ways: Favorite Comfort Food Made Two Ways: Classic and Healthier Recipes*. To get your own copy, click on the cover or [here](#).

