

Tasty Comfort Food Recipes Made Two Ways

Chicken and Waffles

They have the best comfort foods down south, and this one tops the list.

Serves 6 – Prep. time 20 min. – Cooking time 40 min.

Ingredients

For the chicken:

- 2 pounds chicken cut into pieces, skin removed
- ½ teaspoon salt
- ½ teaspoon black pepper
- ½ teaspoon garlic powder
- 2 cups self-rising flour
- 3 eggs
- ¼ cup red hot sauce
- ½ cup water
- 2–3 cups peanut oil for shallow frying

For the waffles:

- 2 cups all-purpose flour
- 3 tablespoons sugar
- 1 tablespoon baking powder
- ½ teaspoon salt
- 2 eggs
- 1 ¾ cups warm milk
- ¼ cup melted butter
- 1 teaspoon vanilla extract

- Butter and syrup for serving

Directions

1. Sprinkle chicken pieces with salt, pepper, and garlic powder.
2. Place the flour in a medium mixing bowl, and set it aside.
3. In a separate bowl, combine the eggs, hot sauce, and water.
4. Heat the oil in a Dutch oven to 350°F.
5. One at a time, dip the chicken pieces into the flour, the egg mixture, and then the flour again.
6. Working in batches and being careful not to crowd the pot, fry the chicken until it is nicely browned, turning to cook both sides. When one batch is done, wait for the oil to return to temperature before adding more chicken pieces. The chicken is done when a meat thermometer measures 165°F. Set the chicken aside to drain on a plate lined with paper towel.
7. To make the waffles, preheat the waffle iron.
8. Combine the flour, sugar, baking powder, and salt.
9. In a separate bowl, whisk the eggs, milk, melted butter, and vanilla. Pour the wet ingredients into the dry, and stir until just combined.
10. Cook the waffles until golden. Serve the waffles topped with hot chicken.

Nutrition per serving

Calories 863, Fat 36.5 g, Carbs 74.6 g, Sugar 12.1 g, Protein 47.5 g, Sodium 1051 mg

Healthier Chicken and Waffles

Yes! You can have this delicious comfort food without wrecking your diet.

Serves 6 – Prep. time 20 min. – Cooking time 40 min.

Ingredients

For the chicken:

- 2 pounds boneless and skinless chicken breast
- 1 cup flour
- ½ teaspoon salt
- ½ teaspoon black pepper
- ½ teaspoon garlic powder
- ¼ teaspoon cayenne pepper

For the waffles:

- 2 cups all-purpose flour
- 3 tablespoons sugar
- 1 tablespoon baking powder
- ½ teaspoon salt
- 2 eggs
- 1 ¾ cups warm milk
- ¼ cup melted butter
- 1 teaspoon vanilla extract

- Butter and syrup for serving

Directions

1. Preheat the oven to 375°F, and prepare a baking sheet with cooking spray.
2. Cut the chicken into serving-sized pieces.
3. Combine the flour, salt, pepper, garlic powder, and cayenne pepper in a resealable bag.
4. Add the chicken pieces to the bag, and shake to coat.
5. Arrange the chicken on the baking sheet. Bake for 30 min., or until the chicken is golden and cooked through.
6. To make the waffles, preheat the waffle iron.
7. Combine the flour, sugar, baking powder, and salt.
8. In a separate bowl, whisk together the eggs, milk, melted butter, and vanilla.
9. Pour the wet ingredients into the dry, and stir until just combined.
10. Cook the waffles until golden.
11. Serve the waffles topped with hot chicken, and enjoy!

Nutrition per serving

Calories 530, Fat 14 g, Carbs 54.7 g, Sugar 10.1 g, Protein 44.8 g, Sodium 821.8 mg

Beef Tacos

Even the fussiest eaters come rushing to the table for these!

Serves 4 – Prep. time 10 min. – Cooking time 15 min.

Ingredients

- 1 pound ground beef
- 1 small onion, diced
- 2 tablespoons taco seasoning
- ½ cup water
- 8 (6-inch) flour tortillas or corn taco shells

Optional toppings

- Lettuce, chopped
- Tomatoes, chopped
- Cheddar, grated
- Hot sauce
- Sour cream
- Salsa

Directions

1. Preheat the oven to 350°F, and place the crunchy tacos (if using) on a baking sheet.
2. Brown the hamburger in a large skillet over medium heat. When it is almost cooked through, drain away any grease and stir in the onion.
3. Season with the taco seasoning, and stir in the water. Simmer until thickened, and then lower the heat to minimum.
4. Bake the shells for 5 min., or until sizzling and crisp. Warm flour tortillas in the microwave for a few seconds.
5. Spoon about one-third of a cup of filling into each taco, and serve with the desired toppings.

Nutrition per serving (without toppings)

Calories 607, Fat 38.1 g, Carbs 39.4 g, Sugar 0.7 g, Protein 24.7 g, Sodium 609 mg

Healthier Beef Tacos

If you want to take these healthy tacos one step further, you can drop the tortilla and make it a taco bowl with a little wild or brown rice.

Serves 4 – Prep. time 10 min. – Cooking time 15 min.

Ingredients

- 1 tablespoon olive oil
- ½ pound extra lean ground beef
- 1 small onion, diced
- 1 can (15-ounce) black beans, drained and rinsed
- 2 tablespoons taco seasoning
- ½ cup water
- 8 (6-inch) corn tortillas

Optional toppings

- Lettuce, chopped
- Tomatoes, chopped
- Light cheddar, grated
- Hot sauce
- Salsa

Directions

1. Brown the hamburger in a large skillet over medium heat. When it is almost cooked through, drain away any grease and stir in the onion and black beans.
2. Season with the taco seasoning, and stir in the water. Simmer until thickened, and then lower the heat to minimum.
3. Warm the flour tortillas in the microwave for a few seconds, if using.
4. Spoon about one-third of a cup of filling into each tortilla and serve with the desired toppings.

Nutrition per serving (without toppings)

Calories 453, Fat 22.3 g, Carbs 27 g, Sugar 1.2 g, Protein 34.7 g, Sodium 349 mg

Super Fudgy Brownies

Looking for a chocolate fix? Sometimes a nice brownie is all you need, and these are so easy to make.

Serves 6 – Prep. time 5 min. – Cooking time 30–40 min.

Ingredients

- $\frac{3}{4}$ cup unsweetened cocoa powder
- $\frac{1}{2}$ teaspoon baking soda
- $\frac{2}{3}$ cup vegetable oil, divided
- $\frac{1}{2}$ cup boiling water
- 2 cups white sugar
- 2 large eggs
- $1\frac{1}{3}$ cups flour
- 1 teaspoon vanilla extract
- $\frac{1}{4}$ teaspoon salt
- Vanilla ice cream for serving (optional)
- Chocolate syrup for serving (optional)

Directions

1. Preheat the oven to 350°F, and prepare a 9x13 baking pan with cooking spray.
2. In a mixing bowl, combine the cocoa powder and baking soda. Stir in half the vegetable oil and the boiling water, and mix well.
3. Stir in the sugar, eggs, and remaining oil and mix well.
4. Add the flour, vanilla, and salt, and mix to combine.
5. Bake for 30–40 min., depending on how moist and fudgy you want your brownies to be. Allow them to cool before cutting them into 12 squares. Serve with a scoop of vanilla ice cream and chocolate syrup, if desired.

Nutrition per serving

Calories 340, Fat 23.2 g, Carbs 38.5 g, Sugar 22.7 g, Protein 2.3 g, Sodium 164 mg

Healthier Fudgy Brownies

Cough *zucchini* cough...

Serves 6 – Prep. time 15 min. – Cooking time 30–40 min.

Ingredients

- ½ cup unsalted butter
- 3 tablespoons coconut oil
- 4 ounces unsweetened chocolate, chopped
- 1 cup white sugar
- ¼ teaspoon salt
- 1 cup shredded zucchini
- 2 teaspoons vanilla extract
- 2 large eggs
- 1 cup whole wheat flour
- ½ cup semi-sweet chocolate chips
- ½ cup toasted pecans, chopped, divided

Directions

1. Preheat the oven to 350°F, and prepare a 9x9 baking pan with cooking spray.
2. Place a large saucepan over medium heat, and melt the butter and coconut oil.
3. Remove it from the heat, and stir in the chocolate, mixing until it melts.
4. Stir in the sugar and salt until they are well combined.
5. Add the zucchini and vanilla, and then add the eggs, one at a time, mixing well after each.
6. Fold in the flour, chocolate chips, and all but 2 tablespoons of the pecans.
7. Sprinkle the remaining pecans on top.
8. Bake for 30–40 min., depending on how moist and fudgy you want your brownies to be. Allow them to cool before cutting them into squares.

Nutrition per serving

Calories 289, Fat 13.7 g, Carbs 26.9 g, Sugar 19.5 g, Protein 3.5 g, Sodium 114 mg

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

