

## Quarantine Cuisine – Easy Recipes for Healthy Comfort Dishes

While we've settled into our "new normal," it can certainly be challenging and stressful. Many of us turn to food for comfort, but they can tend to be higher in fat, sugar and calories. And now, more than ever, it's important to *eat* healthy in order to *stay* healthy. Here are some lighter recipes for comfort foods so you can satisfy your cravings without derailing your healthy eating goals!

### [Healthy Tomato Soup](#)

This recipe for healthy tomato basil soup has all the flavor without the guilt. Use vegetable broth instead of chicken broth for a delish vegan version!

*Recipe adapted from [thespruceeats.com](#)*



### ["Skinny" Grilled Cheese](#)

Here's a twist on classic grilled cheese. It's lower in fat and calories, but just as tasty!

*Recipe from [Cookinglight.com](#)*



### [Slow Cooker Shredded Barbeque Beef](#)

This hearty, tasty Barbecue Beef recipe has minimal hands-on cooking time. Let it simmer all day in your slow cooker and it will be ready to eat at the end of the day!

*Recipe from [EmilyBites.com](#)*



### [Crockpot Chicken Taco Chili](#)

An easy slow cooker recipe using freezer and pantry staples! Just put all the ingredients in your slow cooker, set it and forget it! It makes a lot, and the leftovers freeze well.

*Recipe adapted from [Skinnytaste.com](#)*



### [Paleo Chocolate Pudding](#)

This easy avocado chocolate pudding recipe is both decadent and healthy!

*Recipe from [Wicketspatula.com](#)*



### [One-Ingredient Banana Ice Cream](#)

This outrageously easy "ice cream" is sure to please everyone at the table—even your pickiest eaters.

*Recipe from [cooking.nytimes.com](#)*



# Healthy Tomato Soup

**Prep Time:** 10 mins

**Cook Time:** 15 mins

**Yields:** 6 cups (three 2-cup servings)

## INGREDIENTS

- 2 teaspoons olive oil
- 1 each (finely chopped) - small onion, stalk of celery, clove of garlic
- 1/2 cup fresh basil (chopped)
- 2 (14-ounce) cans diced tomatoes (undrained)
- 2 cups non-fat, low-sodium chicken broth (or vegetable broth)

## INSTRUCTIONS

1. Add onions, celery, and garlic and gently sauté until softened, about 5 minutes. Stir often to keep from burning.
2. Add basil, tomatoes, and broth. Bring to a boil.
3. Reduce heat and simmer for 10 minutes. Remove from heat and allow to cool a little.
4. Use an immersion blender to purée the soup. Alternatively, you can purée in batches in a food processor or blender. Purée it lightly if you like your soup chunky. Otherwise, purée it fully for a velvety consistency.

Serve in bowls with black pepper and salt to taste. Top with basil leaves if you like.

## Nutrition Facts

Servings: 6 cups (3 servings)

### Amount per serving

**Calories** 191

**% Daily Value\***

**Total Fat** 4g 6%

Saturated Fat 1g 4%

**Cholesterol** 0mg 0%

**Sodium** 538mg 23%

**Total Carbohydrate** 33g 12%

Dietary Fiber 9g 34%

**Protein** 10g

Calcium 406mg 31%

\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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# "Skinny" Grilled Cheese

**Prep Time:** 5 mins

**Cook Time:** 5 mins

**Yields:** 1 sandwich

## INGREDIENTS

- ½ ounce 1/3-less-fat cream cheese
- 1 teaspoon canola mayo
- 1 ounce 2% reduced-fat shredded cheddar cheese
- 2 (1-ounce) slices whole-grain bread
- ¼ teaspoon olive oil

## INSTRUCTIONS

1. Combine cream cheese and canola mayo in a small bowl. Add cheddar cheese.
2. Spread cheese mixture between whole-grain bread slices.
3. Heat a small skillet over medium heat; pour in olive oil and sear each side until bread is browned and crisp.

## NUTRITION INFORMATION

*Calories 288; Fat 13.8g; Saturated Fat 5.8g; Sodium 556mg*

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# Crockpot Chicken Taco Chili

**Prep Time:** 10 mins

**Cook Time:** 8 hours (slow cooker on low) or 4 hours (slow cooker on high)

**Yields:** 10 servings (1-cup each)

## INGREDIENTS

- 1 small onion, chopped
- 1 can black beans (15.5 oz), drained
- 1 can kidney beans (15.5 oz), drained
- 1 can tomato sauce (8 oz)
- 1 package frozen corn kernels (10 oz)
- 2 cans diced tomatoes w/chilies (10 oz each)
- 1 packet reduced sodium taco seasoning mix
- 1 tbsp cumin
- 1 tbsp chili powder
- 1.5 lbs (24 oz) boneless, skinless chicken breasts
- 1/4 cup chopped fresh cilantro

## INSTRUCTIONS

1. Combine beans, onion, chili peppers, corn, tomato sauce, diced tomato, cumin, chili powder and taco seasoning in a slow cooker and mix well.
2. Nestle the chicken into the ingredients in the crockpot. Cover and cook on LOW for 8 to 10 hours or on HIGH for 4 to 6 hours.
3. About a half hour before serving, remove chicken and shred with two forks.
4. Return chicken to crockpot and stir.
5. Top with fresh cilantro and serve with your favorite toppings like avocado, cheese or sour cream.  
(Please note: the nutrition information below does not include data for toppings.)

## NUTRITION INFORMATION

**Per 1-cup serving:** *Calories: 220kcal, Carbohydrates: 28g, Protein: 21g, Fat: 3g, Cholesterol: 44mg, Sodium: 729mg, Fiber: 8.5g, Sugar: 6g*

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## Slow Cooker Shredded Barbecue Beef

**Prep Time:** 10 mins

**Cook Time:** 8 hours (slow cooker on medium)

**Yields:** 9 servings (1/2 cup each)

### INGREDIENTS:

- 2 lbs round roast of beef, lean and trimmed of visible fat (if roast is very thick, cut into a few pieces)
- 1 & 1/2 cups chopped onion
- 1 & 1/2 cups ketchup
- 1/3 cup Worcestershire sauce
- 3 tablespoons brown sugar
- 3 tablespoons cider vinegar
- 2 teaspoons salt

### INSTRUCTIONS:

1. Mist the inside of a large skillet with cooking spray and brown beef on all sides on the stove top. Do not cook beef all the way through. Add chopped onion and continue to cook until golden.
2. Transfer to slow cooker and add all other ingredients. Stir to combine. Set slow cooker temperature to medium and cover. Cook for 7 hours.
3. Remove meat and shred it using two forks. Return shredded meat to the sauce and stir to combine. Turn heat up to high to allow sauce to thicken and cook for an additional 45-60 minutes.
4. Serve on its own, on top of a fresh green salad, or on a light bun. Please note: Nutrition Information below is just for the Barbeque Beef recipe and does not include data for salad or bun.

### NUTRITION INFORMATION:

**Per 1/2 cup serving:** 200 calories, 18 g carbs, 16 g sugars, 4 g fat, 1 g saturated fat, 23 g protein, 1 g fiber

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# Paleo Chocolate Pudding

**Prep Time:** 5 mins

**Yields:** 2 servings

## INGREDIENTS

- 1 medium ripe avocado (peeled and pitted)
- 1/4 cup cocoa powder
- 1 tablespoon honey
- 1/4 teaspoon vanilla extract

## INSTRUCTIONS

Place all ingredients in a blender or food processor and blend until smooth and no avocado clumps remain. Serves two.

## Nutrition Facts

Amount per serving. Serving size in recipe notes above.

Calories	218
Fat	16g
Protein	4g
Total Carbs	23g
Net Carbs	13g
Fiber	10g
Sugar	9g

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# One Ingredient Banana Ice Cream

**Prep Time:** 5 mins

Recipe Time: 6 hours (for freezing)

**Yields:** 4 servings

## INGREDIENT

- 4 medium-sized, over-ripe bananas (peeled and cut into large pieces)

## INSTRUCTIONS

1. Place banana chunks into a freezer-safe bag and freeze at least 6 hours.
2. Place frozen bananas in a blender or food processor and blend until smooth.
3. Serve immediately, or freeze in an airtight container for at least 2 hours.

## VARIATIONS:

- Add a few tablespoons of peanut butter to the frozen bananas before blending.
- Top each serving of ice cream with a tablespoon of chocolate chips, chocolate syrup or caramel sauce.
- Top each serving of ice cream with a few of your favorite berries or nuts.  
(Please note: the nutrition information below does not include data for peanut butter or toppings.)

## NUTRITION INFORMATION:

**Per serving:** 89 calories, 22.8g carbs, 12.2g sugars, 0.3g fat, 1.1g protein, 2.6g fiber (per healthline.com)

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