How to Make Comfort Food Healthier

Comfort food is delicious and really satiates your hunger, but it is also sometimes a little high in fat and calories. However, there are still ways to make it healthier and still taste good, such as with the following tips.

**Use Cauliflower Mashed Potatoes**

One excellent way to make your comfort food healthier is to use cauliflower instead of regular white potatoes for mashed ‘potatoes’. Cauliflower actually has a consistency that is very similar to potatoes when put through a food process, plus it looks just like mashed potatoes. It has a bland flavor, so it easily picks up the flavor of whatever you add to it, such as butter, seasonings, cream, and cheese. If you are making shepherd’s pie, for example, you can use mashed cauliflower for the potatoes. With this example, you can further make it healthier by replacing the ground beef with ground turkey.

**Make Variations to Your Green Bean Casserole**

Green bean casserole is another popular comfort food that is a little bit on the fattening side. There are a few ways to decrease the overall fat and calories of this dish. Start by getting rid of the fried onion topper, which is really not necessary to make it delicious. You can also make your own crunchy onion toppings without all the added salt. Use a lower-sodium cream of mushroom soup and increase the overall vegetable content by adding in some mushrooms along with the green beans.

**Think About Chicken Pot Pie**

Chicken pot pie is a wonderful comfort food that is warm and tasty, but it is also not the healthiest dish around. The crust is one of the least healthiest parts, so naturally this is the first thing you should focus on changing. Instead of using puff pastry crust, you can instead make the filling and simply top it with the puff pastry, without actually filling an entire pastry with the chicken, veggies, and other ingredients. Use more vegetables and less chicken, and reduce the amount of milk and cream that is used.

**Make a Lighter Chicken Parmesan**

If your family enjoys chicken parmesan as a healthy dish, you can make it healthier by using whole wheat or whole grain braid to cover the chicken instead of white bread. Use egg whites in the coating instead of full eggs to lower cholesterol, and use low-fat cheese on top. If it is going on top of pasta, choose whole wheat pasta.