

Cold Comfort

Bring some healthy comfort to your kitchen with these good-for-you family favorites

Does winter's chill have you craving your favorite comfort food? With our cozy spin on family classics and a few smart ingredient swaps, you'll want to warm up with one of these healthy recipes tonight!



Squash Ribbons in Lemon Cream

SERVES 4

Swap out the pasta for these tasty squash ribbons coated with a decadent yet healthy citrus cream sauce. Bonus? The squash is rich in vitamins A, B6, and C, as well as folate, magnesium, fiber, riboflavin, phosphorus, and potassium.

- 2 zucchini**
- 2 yellow squash**
- 1 teaspoon olive oil**
- 1 teaspoon garlic powder**
- ¼ teaspoon lemon juice**
- 1 tablespoon parsley**
- ½ cup chicken broth**
- 1½ cups heavy cream or coconut cream**
- 2 teaspoons garlic, minced**
- 1 lemon, quartered**
- 1 tablespoon ghee**
- Salt and pepper to taste**

1 Using a vegetable peeler, cut the zucchini and yellow squash into ribbons. In a large bowl, toss the ribbons with olive oil, garlic powder, pepper, lemon juice, and 1 tablespoon of parsley. Set aside.

2 In a medium saucepan over medium heat, bring the chicken broth to a boil. Reduce the heat and add the cream, garlic, and lemon. Stirring constantly, simmer for 5-10 minutes or until reduced by half. Remove from heat and set aside.

3 Melt the ghee in a large skillet. Add the squash ribbons and cook until tender but still somewhat crisp, about 5 minutes.

4 Squeeze the lemons into the sauce to release their juice and stir to blend. Season with salt and pepper.

5 Pour the sauce over the squash. Stir to mix. Pour into a serving bowl and garnish with remaining parsley.

*Per serving: Calories 229;
Total Fat 22g; Carbs 4g; Protein 4g;
Sodium 30mg; Sugar 5g*

Bacon “Mac” & Cheese

SERVES 4

Trade in traditional macaroni for cauliflower in this cheesy, keto-friendly rendition that will have your family asking for more.

- 1 large head cauliflower, cut into bite-sized florets
- 1 tablespoon extra virgin olive oil
- 1 teaspoon ground mustard
- ½ teaspoon onion powder
- ½ teaspoon salt
- 6 slices bacon
- 4 tablespoons butter
- ½ cup chicken broth
- ½ cup heavy cream or full-fat coconut milk
- 1 cup sharp cheddar cheese, shredded

- 1 Preheat oven to 400°F.
- 2 Spread the cauliflower on a baking sheet. Drizzle with olive oil. Sprinkle with mustard, onion powder, and salt. Toss to coat.
- 3 Cut the bacon into ½-inch pieces and distribute evenly over the cauliflower. Bake for 30 minutes.
- 4 Stir the cauliflower and bake for an additional 30 minutes.
- 5 Melt the butter in a large skillet. Add the broth and cream, whisking to combine. Bring to a low bubble, then remove from the heat.
- 6 Whisk in the cheese, stirring continuously until melted.
- 7 Take the cauliflower and bacon out of the oven and add to the cheese sauce. Stir until cauliflower is fully coated. Serve immediately.

Per serving: Calories 429; Total Fat 41g; Carbs 4g; Protein 14g; Sodium 2,194mg; Sugar 17g



Perfect Pot Roast

SERVES 6

Bursting with seasonal veggies, this beefy dish is guaranteed to warm you. A side of mashed cauliflower is a perfect addition to catch the rich gravy.

- 4 pounds boneless, grass-fed chuck roast
- 2 tablespoons olive oil
- 2 teaspoons sea salt
- 4 cloves garlic, minced
- 1 tablespoon tomato paste
- 1 teaspoon freshly ground pepper
- 5 cups beef broth
- 2 onions, quartered
- 4 medium carrots, peeled and cut into 2-inch pieces
- 4 medium parsnips, peeled and cut into 2-inch pieces

- 1 teaspoon dried thyme
- 2 sprigs fresh rosemary
- 2 bay leaves
- 2 tablespoons ghee or pastured butter
- 2 tablespoons tapioca flour

- 1 Preheat oven to 325°F.
- 2 Pat the meat dry, then season with salt.
- 3 Heat the olive oil in a Dutch oven, then add the meat and sear on all sides.
- 4 Remove the meat and set aside.
- 5 Add the garlic, tomato paste, pepper, and ½ cup of beef broth to the Dutch oven. Scrape any bits from the bottom of the pot. Add the onions, carrots, and parsnips, then place the meat on top of the vegetables.
- 6 Pour the remaining broth over the meat and add the thyme, rosemary, and bay leaf.
- 7 Cover the Dutch oven and place in the oven for 4-5 hours, or until the meat easily falls apart.
- 8 Carefully remove the meat and vegetables to a platter and tent with foil to keep warm.
- 9 For the gravy, remove the herbs and pour the remaining liquid into a fat separator. Once the fat settles, pour the beef liquid into a measuring cup. Discard the fat.
- 10 Melt the ghee in a medium saucepan. Gradually add the tapioca flour, whisking until smooth. While whisking constantly, slowly add the beef liquid. Cook until the gravy has thickened. Season with salt and pepper to taste and serve with the pot roast.

Per serving: Calories 581; Total Fat 39g; Carbs 17g; Protein 65g; Sodium 713mg; Sugar 6g

