

Comfort Foods Get A Healthy, Hearty Makeover

(NAPSA)—As the weather turns colder and the daylight hours grow shorter, we look for ways to bring warmth to our lives. Comfort foods—dishes that warm us inside and out—help fortify us against the elements and evoke memories of good times with family and friends.

Traditionally, comfort foods tend to get a bad rap, as often they are higher in fat and calories than other dishes. Now, there's a way to enjoy the tastes of your favorite comfort foods and still feel good about them.

"Hot, hearty meals are mainstays for the fall and winter months," said Evelyn Tribole, M.S., R.D., and author of *More Healthy Homestyle Cooking: Family Favorites You'll Make Again and Again: 200 All-New Recipe Makeovers*. "With the increase in awareness of more healthful eating, there are now a number of delicious, meatless ways to give classic favorites a makeover. Meatless chili, lasagna and pasta bakes stick to your ribs and provide the taste you crave, while supplying the energy you need to sustain yourself throughout the season's cooler days."

So the next time you stir up a batch of chili to welcome friends and family for a Sunday supper, try using a meat alternative instead of ground beef. Meatless BOCA Crumbles have 95 percent less fat than regular ground beef, and no cholesterol, so your guests can feel good about asking for seconds. What's more, the crumbles taste so much like meat, you won't be skimping on taste.

Small Batch BOCA Chili

2 bell peppers (red, yellow or green), diced into 1-inch pieces



People are taking comfort in healthy varieties of traditional foods.

- 1 medium onion, chopped (about ½ cup)**
- 2 cloves garlic, minced**
- 2 tsp. oil**
- 1 box (12 oz.) frozen BOCA Crumbles**
- 1 Tbsp. chili powder**
- ½ tsp. ground cumin**
- 1 can (4 oz.) chopped green chilies, drained**
- 1 can (14½ oz.) diced tomatoes**
- 1 can (15 oz.) black beans, drained**
- 1 can (15 oz.) chili beans in sauce**
- 1 can (15 oz.) tomato sauce**

COOK and stir peppers, onion and garlic with oil in large saucepan on medium-high heat about 3 minutes.

ADD remaining ingredients. Bring to boil; reduce heat.

SIMMER 30 minutes, stirring occasionally. Serve with chopped tomato, green onion, reduced-fat shredded cheese, light sour cream, hot pepper sauce or other favorite toppings, if desired. Makes 8 (1-cup) servings.

Special Extra: **Add 1 cup frozen kernel corn with remaining ingredients.**

For more great tasting meatless recipes, or to order a free copy of the BOCA Book of Basics, log onto www.bocaburger.com.