

# Knowledge @ Noon

## Comfort Foods



Wednesday, April 16, 2025  
Marais Des Cygnes Extension District

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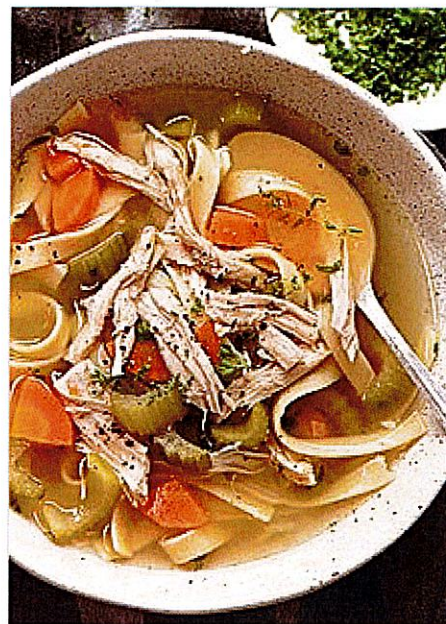
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# Comfort food

**Comfort food** is food that provides a nostalgic or sentimental value to someone<sup>[1]</sup> and may be characterized by its high caloric nature associated with childhood or home cooking.<sup>[2]</sup> The nostalgia may be specific to an individual or it may apply to a specific culture.<sup>[3]</sup>

## Definition and history

The term *comfort food* can be traced back at least to 1615, where in the beginning of the second part of *Don Quixote*, at the beginning of chapter one, Quixote's niece and her nurse (governess, housekeeper?, "ama") are told to pamper him, "to give him things to eat which are comforting and appropriate for the heart and the brain... ." Others trace it back to 1966, when the *Palm Beach Post* used it in a story: "Adults, when under severe emotional stress, turn to what could be called 'comfort food'—food associated with the security of childhood, like mother's poached egg or famous chicken soup."<sup>[4]</sup> According to research by April White at *JSTOR*, it might have been *Liza Minnelli* who used the term for the first time in its modern meaning in an interview, admitting to craving a hamburger.<sup>[5]</sup>



Chicken soup, a common classic comfort food that is found across various cultures

When the term first appeared, newspapers used it in quotation marks. In the 1970s, the most popular comfort food in the United States were various potato dishes and chicken soup, but even at the time, the definition varied from person to person. During the next decades, the nature of comfort food changed in the US, shifting from savory dishes to sweet ones, while comfort food themed cookbooks started to spread and restaurants started to offer items labelled as such, when originally the term was used for food items consumed "home alone". Worldwide diet trends, emerging in the 1990s, like the low fat or the low-carb diet were unable to end the cravings for comfort food. Also in the 1990s the emergence of mass-produced food emerged which reshaped the idea of comfort food. The ability to produce and preserve food, such as canned goods, meant that comfort food became more available to those needed an extra reminder of home. For example those who were far away or under difficult



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**Simply Nutritious, Quick and Delicious**

# Comfort Food Makeover

**September 19, 2014****Jenna Smith**

Tis the season of cooler weather and comfort foods. Nothing warms up the heart better than savory dishes, such as macaroni and cheese, potato soup, meatloaf, or fried chicken. But while these all-star fare are certainly delicious, they're also heavy and high calorie.

Lightening up your favorites can be easier than you think. Simply use less of the unhealthy ingredients or swap them out for a healthier version. For example, traditional mayonnaise-based salads, such as broccoli salad or waldorf salad, are typically so heavy in mayonnaise that you can't even see the actual ingredients! By drastically decreasing the amount of dressing used, you will not only see the beautiful produce, you will taste them!

Loaded potato or broccoli cheese soup does not have to have heavy whipping cream to make it creamy. Non-fat evaporated milk or a mixture of low-fat milk and fat-free sour cream can serve as a lower-calorie substitute. Meatloaf or casserole dishes are excellent avenues for hidden vegetables (finely chopped carrots and bell peppers) and healthy fillers (oats and ground flaxseed). And that fried fare that tastes so good but doesn't sit well in the stomach, can be dipped in egg whites, rolled in whole wheat panko crumbs, and baked to have a similar crunch but without the grease.

I've never been a big fan of Waldorf Salad; all I taste is mayo. But this version has the perfect amount of dressing. It will look like it's not near enough, but I promise you that once it c

in the refrigerator for a few hours, it's the perfect amount!

### Apple (Waldorf) Salad [Printable PDF](#)

1 Tablespoon low-fat mayonnaise

1 Tablespoon lemon juice

2 packets sugar substitute

1 large Rome Beauty apple, cored unpeeled, and diced

½ cup diced celery

½ cup golden raisins

¼ cup chopped walnuts, optional

In bottom of mixing bowl, blend together mayonnaise, lemon juice, and sugar substitute. Add chopped apple and stir to coat with dressing. (Quickly coating apples with the lemon juice dressing prevents browning). Add remaining ingredients; toss. Allow salad to chill in the refrigerator for at least 2 hours before serving. (Dressing may look like it's not enough, but after it chills, it's the perfect amount.)

Yield: 6 servings

*Nutrient analysis with nuts: 133 calories, 7 grams fat, 36 milligrams sodium, 19 grams carbohydrate, 1 gram protein*

## **Immersion Blender Uses:**

- Soups
- Milkshakes/Smoothies
- Tomato Sauce
- Salsa
- Applesauce
- Mayo
- Salad Dressing
- Pesto
- Eggs- Scrambled Eggs/ Egg Whites
- Whipping Cream
- Blending Batters
- Jams/Jellies
- Hummus
- Oatmilk (oats, water, cinnamon, vanilla- leave in fridge overnight, blend in the a.m.)
- Frothing Milk
- Making Soap
- Creamy Custard Gelato
- Mashed Potatoes
- Smooth, rich Fudge
- Sweet Potato Casserole
- Hollandaise Sauce
- Guacamole
- Chimichurri Sauce

It is also easy to wash in the dishwasher!

Submitted by Kim Wersnman, MFV

## Mashed Potato Soup

- 4 14 oz Cans chicken broth
- 4 cups potato sliced and diced
- 1 ½ onions sliced and diced
- 1 tsp salt

Boil and simmer until potato is tender. Blend with an immersion blender until smooth.

- 4 T butter
- 4 T flour
- 4 C milk

Melt butter, add flour to create paste, add milk all at once. Stir constantly until it thickens to gravy like consistency. Add potato mixture, stir well and heat until it begins to bubble.

- 1 tsp pepper
- 4 T dill weed

Add to soup mixture and stir until mixed well.

Serve with grated cheddar cheese

Nutrition Facts	
Amount per	
1 serving (15.2 oz)	431 g
Calories 227	From Fat 91
% Daily Value*	
Total Fat 10.3g	16%
Saturated Fat 6g	30%
Trans Fat 0.2g	
Cholesterol 31mg	10%
Sodium 1130mg	47%
Total Carbohydrates 27g	9%
Dietary Fiber 2g	8%
Sugars 9g	
Protein 7g	14%
Vitamin A 8% • Vitamin C 12%	
Calcium 16% • Iron 4%	
* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
HappyForks.com	

# White Texas Sheet Cake

This cake is good to make a day ahead, and is very popular at pot-lucks.

Submitted by **Diane Kester**

**Cook Time:** 20 mins

**Additional Time:** 20 mins

**Total Time:** 40 mins

**Servings:** 24

**Yield:** 1 10x15-inch sheet cake

## Ingredients

1 cup butter

1 cup water

2 cups all-purpose flour

2 cups white sugar

2 eggs

½ cup sour cream

1 teaspoon almond extract

½ teaspoon salt

1 teaspoon baking soda

## Frosting:

½ cup butter

¼ cup milk

4 ½ cups confectioners' sugar

½ teaspoon almond extract

1 cup chopped pecans

## Directions



**Step 2**

In a large saucepan, bring 1 cup butter and water to a boil. Remove from heat, and stir in flour, sugar, eggs, sour cream, 1 teaspoon almond extract, salt, and baking soda until smooth. Pour batter into a greased 10x15-inch baking pan.

**Step 3**

Bake in the preheated oven for 20 to 22 minutes, or until cake is golden brown and tests done. Cool for 20 minutes.

**Step 4**

Combine 1/2 cup butter and milk in a saucepan; bring to a boil. Remove from heat. Mix in sugar, and 1/2 teaspoon almond extract. Stir in pecans. Spread frosting over warm cake.

**Recipe Tip**

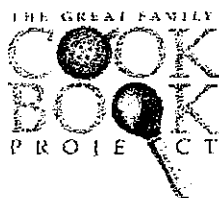
You can substitute margarine for butter if desired.

**Nutrition Facts**

Per serving: 344 calories; total fat 17g; saturated fat 8g; cholesterol 48mg; sodium 193mg; total carbohydrate 48g; dietary fiber 1g; total sugars 39g; protein 2g; vitamin c 0mg; calcium 20mg; iron 1mg; potassium 52mg

# Texas Sheet Cake Recipe

Tried it? Rate this Recipe:



This recipe for Texas Sheet Cake is from *Made With Love Anna Mae Houser*, one of the cookbooks created at FamilyCookbookProject.com. We'll help you start your own personal cookbook! It's easy and fun. Click here to start your own cookbook!



Category: Cakes, Cookies and Cupcakes

Ingredients: 2 c. flour  
2 c. sugar  
1 tsp. baking soda  
½ tsp. salt  
1 c. butter or margarine  
4 tbsp. cocoa  
1 c. water  
2 eggs  
1 c. sour cream  
1 tsp. vanilla

Frosting:  
½ c. butter or margarine  
3 tbsp. cocoa  
5 tbsp. milk  
1 lb. confectioners sugar, sifted  
1 tsp. vanilla  
nuts, optional

Directions: Cake: Preheat oven to 350°F. Mix flour, sugar, baking soda and salt together; set aside. In saucepan, bring butter, cocoa and water to a boil. Add hot cocoa mixture to dry mixture and blend well. Add eggs, sour cream and vanilla. Blend together and pour into greased and floured jelly roll pan. Bake for 20 to 22 minutes.  
Frosting: In saucepan, bring butter, cocoa and milk to a boil. Remove from

[https://www.familycookbookproject.com/recipe/4157294/texas-sheet-cake.html?gad\\_source=5&gclid=EAtalQobChMlpqCHhOmgIwMVIEf\\_AR035gHm...](https://www.familycookbookproject.com/recipe/4157294/texas-sheet-cake.html?gad_source=5&gclid=EAtalQobChMlpqCHhOmgIwMVIEf_AR035gHm...) 1/2

## Easy Pizza Dough

1 T. Yeast

1 cup warm water

1t. sugar

1t. salt

2 T. canola oil

2 ½ cup flour

Dissolve yeast and sugar in warm water. Stir in remaining ingredients.

Turn out onto floured surface and knead into a soft dough. Cover and rest for 5-10 minutes.

Roll out and place onto a pizza stone. Add desired toppings.

Bake at 425 degrees for 20-25 minutes or until done.

Note: May want to poke dough and prebake for 10 minutes before placing toppings, depending on what they are.

Mary Ann Maisch

Nutrition Facts	
Amount per	
1 serving (0.8 oz)	23 g
Calories 90	From Fat 18
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.2g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 146mg	6%
Total Carbohydrates 16g	5%
Dietary Fiber 1g	3%
Sugars 0g	
Protein 2g	5%
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 5%	
* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
HappyForks.com	

## **Bread in a bag**

3 c. flour, divided

3t. sugar

1 package rapid rise yeast

1c. Warm Water (110 F)

3 T. Olive Oil

1 ½ t. Salt

In bag, mix 1c. Flour, 3t. Sugar, Pkg. Yeast, and warm water. Let sit 10 minutes.

Add 1c. Flour, 3T. Olive Oil and 1 ½ t. Salt. Knead till smooth.

Add remaining Flour, knead and shape into loaf. Put into pan and let rise for 30 minutes.

Bake at 375 for 25-30 minutes until golden brown.

Mary Ann Maisch

<b>Nutrition Facts</b>		
<b>Amount per</b>		
1 serving (0.8 oz)		23 g
<b>Calories</b> 91	<b>From Fat</b>	20
<b>% Daily Value*</b>		
<b>Total Fat</b> 2.3g		3%
Saturated Fat 0.3g		2%
Trans Fat 0g		
<b>Cholesterol</b> 0mg		0%
<b>Sodium</b> 175mg		7%
<b>Total Carbohydrates</b> 15g		5%
Dietary Fiber 1g		3%
Sugars 1g		
<b>Protein</b> 2g		4%
<b>Vitamin A</b> 0% • <b>Vitamin C</b> 0%		
<b>Calcium</b> 0% • <b>Iron</b> 5%		
<small>* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.</small>		
<i>HappyForks.com</i>		



## Basic Bread Dough

3 Cups warm water

½ cup Sugar

2 packages yeast

½ cup Dry Milk

1 Tablespoon Salt

1/3 cup oil

2 cups Whole Wheat (if making whole wheat bread) or All-Purpose Flour

5 ½ to 6 ½ cups All Purpose Flour – Keep dough on the soft and sticky side. Don't add all the flour at once.

-Add water, sugar and yeast to bowl. Let sit a few minutes, then stir until yeast is dissolved.

-Add oil.

-Add 2 cups of whole wheat flour, 2 cups All-Purpose flour, dry milk and salt. Mix until light and springy.

-Add one more cup of flour and mix 4-5 minutes. Keep dough soft. May need to add more flour at this point.

-Turn dough out onto a floured surface and knead into a ball.

-Place dough into a greased bowl, turning over once to grease top. Let rise until double in size.

-Make dough into rolls or loaves of bread, and let rise until doubled in size again.

- Bake at 350 for approx.. 25 minutes for rolls, or until golden brown.

- Recipe makes approx.. 4 pounds of dough, or 4 loaves of bread.

Mary Ann Maisch

Nutrition Facts		
Amount per		
1 serving (0.6 oz)		1.6 g
Calories 61	From Fat	9
% Daily Value*		
Total Fat 1.1g		2%
Saturated Fat 0.1g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 90mg		4%
Total Carbohydrates 11g		4%
Dietary Fiber 0g		2%
Sugars 2g		
Protein 2g		3%
Vitamin A 0%	Vitamin C 0%	
Calcium 1%	Iron 3%	
* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.		
HappyForks.com		

## Frozen Fruit Salad

1 can cherry pie filling

1 20 oz can crushed pineapple

1 tub of Cool Whip

1 can sweetened condensed milk

1 cup chopped nuts

Mix together and pour into a 9 ½ X 5 ½ loaf pan. Cover and freeze until ready to serve. Slice and Serve

Easily serves 12

Submitted by Debi Doering

Nutrition Facts	
Amount per	
1 serving (4.5 oz)	129 g
Calories 295	From Fat 119
% Daily Value*	
Total Fat 13.9g	21%
Saturated Fat 5.3g	27%
Trans Fat	
Cholesterol 12mg	4%
Sodium 65mg	3%
Total Carbohydrates 40g	13%
Dietary Fiber 2g	6%
Sugars 25g	
Protein 4g	9%
Vitamin A 4% • Vitamin C 7%	
Calcium 13% • Iron 4%	
* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
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## Cheesy Ranch Potatoes

9 potatoes cut into bite sized pieces

Boil for 10 minutes

Mix with

½ C Ranch dressing

1 T garlic powder

1 tsp salt

1 tsp paprika

½ tsp pepper

Put in a baking dish sprayed with cooking spray. Bake at 400 degrees for 30 to 35 minutes. Sprinkle with cheddar cheese and ¼ cup chives or chopped green onions and stir until cheese is melted. Serve immediately.

Serves 12

Nutrition Facts		
Amount per		
1 serving (10.2 oz)		288 g
Calories 258	From Fat	42
% Daily Value*		
Total Fat 4.7g		7%
Saturated Fat 0.8g		4%
Trans Fat 0.1g		
Cholesterol 3mg		1%
Sodium 301mg		13%
Total Carbohydrates 50g		17%
Dietary Fiber 6g		25%
Sugars 3g		
Protein 6g		12%
Vitamin A 2%	Vitamin C 91%	
Calcium 4%	Iron 13%	
* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.		
HappyForks.com		

## Corn Casserole

2 cans whole corn (drained)

2 cans creamed corn

1 stick butter (melted)

8 oz sour cream

1 box Jiffy Corn Muffin Mix

Mix all together and spray a 9 X 12 casserole dish with cooking spray. Pour into the prepared dish and bake at 350 degrees for 45 minutes or until golden.

Serves 12

Nutrition Facts	
Amount per	
1 serving (6.3 oz)	178 g
Calories 270	From Fat 115
% Daily Value*	
Total Fat 13.1g	20%
Saturated Fat 6.8g	34%
Trans Fat 0.3g	
Cholesterol 27mg	9%
Sodium 542mg	23%
Total Carbohydrates 37g	12%
Dietary Fiber 3g	14%
Sugars 8g	
Protein 5g	9%
Vitamin A 8%	Vitamin C 8%
Calcium 4%	Iron 5%
* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
HappyForks.com	



## **Vegetable Soup**

2 pounds roast or sirloin steak-cut into soup size pieces (may also use ground beef)  
2 tablespoons vegetable oil  
4 cups no sodium beef broth  
1 cup chopped carrots  
1 cup chopped celery  
1 can corn  
1 medium chopped onion  
3 medium chopped potatoes  
1 can diced tomatoes or Rotel  
2 tablespoons Worcestershire sauce  
1 package dried onion soup mix  
½ teaspoon dried thyme, crushed  
1 teaspoon dried basil  
2 bay leaves  
1 teaspoon garlic  
½ teaspoon marjoram  
1 teaspoon onion powder  
1 teaspoon oregano  
1 teaspoon parsley flakes  
½ teaspoon pepper  
1 teaspoon Zest

In a large pan, brown meat. Add and stir in remaining ingredients. Bring to boiling, then reduce heat. Simmer covered until vegetables and meat are cooked through.

Submitted by Judy Welter, MFV

Food And Cooking > Recipes

# Broccoli Cheese Soup

Creamy, cheesy, comfort by the spoonful.

BY REE DRUMMOND Updated: Aug 7, 2024

YIELDS:	PREP TIME:	TOTAL TIME:
10 serving(s)	10 mins	40 mins

## Ingredients

- 1/2 cup butter
- 1 whole onion, diced
- 1/3 cup flour
- 4 cups whole milk
- 2 cups half-and-half
- 1 pinch nutmeg
- 4 heads broccoli cut into florets
- Dash of salt, plus more as needed
- Freshly ground black pepper, to taste
- 3 cups grated cheese (mild cheddar, sharp cheddar, jack, etc.)
- 2 cups chicken broth, if needed for thinning

[See Nutritional Information](#) ✓

## Directions

- 1 | In a large pot, melt the butter over medium heat, then add the onion. Cook the onion for 3 to 4 minutes, then sprinkle the flour over top. Stir to combine and cook for 1 minute or so, then pour in the milk and half-and-half. Add the nutmeg, then add the broccoli, a dash of salt, and plenty of black pepper.
- 2 | Cover and reduce the heat to low. Simmer until the broccoli is tender, 20 to 30 minutes. Stir in the cheese and allow to melt.
- 3 | Taste seasonings and adjust if needed. Then either serve as is, or mash it with a potato masher to break up the broccoli a bit, or transfer to a blender in two batches and puree completely. (If you puree it in a blender, return it to the heat and allow to heat up. Splash in chicken broth if needed for thinning.) Enjoy!

Food And Cooking > Recipes

# French Bread Pizzas

Let everyone top their pizza as they please!

BY REE DRUMMOND Updated: May 15, 2023

YIELDS:	PREP TIME:	COOK TIME:	TOTAL TIME:
12 serving(s)	30 mins	12 mins	42 mins

## Ingredients

### FOR THE PIZZAS:

- 6 whole deli rolls or French bread, sliced
- Jarred marinara or pizza sauce
- Jarred or refrigerated pesto
- 2 lb. shredded mozzarella cheese
- Grated parmesan cheese, to taste
- 2 Tbsp. butter
- 1 onion, sliced
- 1/2 lb. sausage (breakfast or italian)

### FOR THE TOPPINGS:

- Pepperoni slices
- Canadian bacon slices
- Pineapple chunks, fresh or canned
- Roma tomatoes, sliced
- Sliced black olives
- Goat cheese
- Sliced bell peppers
- Pepperoncini
- Jalapeno slices
- Sliced red onion

## Directions

- 1 | Preheat the oven to 375°.
- 2 | For the pizza: Slice rolls in half and lay them, cut side up, on a large baking sheet.
- 3 | Top each half with a generous portion of either marinara or pesto. Next, top with a generous amount of grated mozzarella and parmesan cheese, if you'd like.
- 4 | Melt the butter in a large skillet over medium heat. Add the onions and cook, stirring occasionally, until golden and softened, 8 to 10 minutes. Transfer to a plate.
- 5 | Add the sausage to the skillet. Cook, breaking up with a wooden spoon, until no longer pink, 6 to 8 minutes.
- 6 | Top the bread with the onions and sausage. Sprinkle on your choice of optional toppings.
- 7 | Once all assembled, put the pan in the oven on the lowest rack for 8 to 10 minutes. Crank up the heat to 425° and put it on the highest rack until the cheese starts to bubble a bit and turn golden, 2 to 3 minutes.
- 8 | Remove and serve immediately! You can cut the pizzas in half right across the middle so there are mini French