

Comfort Food Makeovers: Healthy Alternatives To Your Favorite Homestyle Dishes By Elaine Magee M.P.H. R.D.

By Elaine Magee M.P.H. R.D.

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Potatoes are one of the great comfort foods, Healthy Comfort Food Side Dishes. More Comfort Food Makeovers.

http://www.eatingwell.com/recipes_menus/collections/healthy_comfort_food_recipes

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<http://www.delish.com/cooking/menus/a37027/healthy-comfort-food/>

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