## Recipes that Freeze Well from The Comfort Food Diet Cookbook

## Breakfast Items

Six-Vegetable Juice, 76 Breakfast Patties, 85 Baked Canadian-Style Bacon, 87 Sage Breakfast Patties, 89 Savory Apple Chicken Sausage, 90 Overnight Yeast Waffles, 90 Chocolate Chip Banana Muffins, 91 Buttermilk Buckwheat Pancakes, 95 Lemon-Blueberry Oat Muffins, 96 Raspberry Streusel Muffins, 98 High-Octane Pancakes, 99 Frappe Mocha, 100 Fajita Frittata, 104 Egg White Frittata, 106 Sausage Breakfast Wraps, 108 Pumpkin Pancakes, 112 Silver Dollar Oat Pancakes, 116

## Main Courses

Zucchini Tomato Soup, 119 Zippy Corn Chowder, 120 Pizza Pockets, 124 Anytime Turkey Chili, 127 Broccoli Chowder, 130 Zesty Sloppy Joes, 131 Vegetable Beef Stew, 136 Turkey Vegetable Soup, 138 Grilled Bean Burgers, 140 Shredded Beef Barbecue, 140 Ham 'n' Chickpea Soup, 142 Barbecue Turkey on Buns, 144 Hearty Beef Vegetable Soup, 144 Sloppy Joes, 147 Chili Potpies, 148 Spicy French Dip, 148 Shredded Beef Sandwiches, 149 Black Bean Burgers, 150 Family-Pleasing Sloppy Joes, 153 Hearty Beef Vegetable Stew, 155 Tangy Pulled Pork Sandwiches, 155 Southwest Turkey Stew, 159 Sweet 'n' Tangy Pot Roast, 160 Meatless Chili Mac, 161 Glazed Pork Medallions, 162 Grilled Citrus Steak, 162 Tasty Italian Chicken, 163 Chili Sauce Meat Loaf, 165 Slow-Cooked Pork and Beans, 165

Hearty Spaghetti Sauce, 166 Peppery Roast Beef, 167 Slow-Cooked Sirloin, 168 Chicken with Garlic Tomato Sauce, 169 Three-Meat Spaghetti Sauce, 172 Southwest Summer Pork Chops, 173 Savory Pork Roast, 177 Rosemary Turkey Breast, 179 Slow-Cooked Italian Chicken, 184 Hearty Jambalaya, 184 Zesty Grilled Chicken, 185 Stovetop Meat Loaves, 186 Weekday Lasagna, 187 Texas Ranch-Style Stew, 189 Spicy Seasoned Chicken, 191 Kentucky Grilled Chicken, 192 Spaghetti Pie, 192 Glazed Pork Tenderloin, 193 Black Bean and Rice Enchiladas, 194 Ham-Stuffed Jumbo Shells, 195 Chuck Wagon Dinner, 196 German-Style Short Ribs, 198 Southwestern Beef Strips, 200 Spicy Two-Bean Chili, 202 Tender Turkey Meatballs, 202 Italian Chicken and Penne, 203 Easy Barbecued Pork Chops, 204 Southwest Lasagna Rolls, 208 Baked Vegetable Beef Stew, 209 Round Steak Sauerbraten, 210 Sausage Pizza, 213 Beef and Spinach Lasagna, 214 Chicken Chili, 214 Pork 'n' Penne Skillet, 215 Spaghetti Pizza Casserole, 218 Italian Beef on Roles, 218 Chipotle Turkey Chili, 221 Ground Chicken Gumbo, 222 Down-Home Barbecued Chicken, 222 Spicy Beans and Rice, 223 Southwest Pasta Bake, 224 Italian Turkey Skillet, 224 Baked Pork Chimichangas, 226 Swiss Steak, 227 Sausage Spaghetti Pie, 227 Easy Arroz con Pollo, 230 Barbecued Smoked Sausage and Lima Beans, 234 Tomato-Basil Chicken Spirals, 235 Italian Beef, 237

## Desserts

Cranberry Almond Macaroons, 267 Marshmallow Fudge, 267

Banana Chocolate Chip Cookies, 269 Marbled Chocolate Cheesecake Bars, 270 Watermelon Berry Sorbet, 271 Chocolate Gingersnaps, 272 Nutty Chocolate Fudge, 273 Cappuccino Truffles, 273 Chocolate Biscuit Puffs, 274 Caramel Pecan Candy, 275 Chunky Pecan Bars, 275 Chewy Chocolate Brownies, 276 Oatmeal Chip Cookies, 276 Chippy Blond Brownies, 277 Double Chocolate Cupcakes, 281 White Chocolate Cranberry Cookies, 282 Caramel Toffee Ice Cream Pie, 286 Strawberry Ice Cream, 286