



*Good-For-You*  
**Comfort Foods**

Comfort your heart and stomach with healthy and hearty recipes

DAWN JACKSON BLATNER

*Comfort foods* tend to be less than healthy, but with simple ingredient swaps and healthier cooking techniques, these satisfying foods can be heart-healthy, too. CanolaInfo's "Comfort Your Heart" recipe collection (found at [canolainfo.org](http://canolainfo.org)) will show you how to do just that.