

**SURE, A GOOEY GRILLED CHEESE** or big bowl of fettuccine Alfredo may seem like the perfect antidote to gloomy weather. But these fat-laden favorites can do serious diet damage. So we asked David Hawkworth, the former executive chef at Vancouver's West restaurant, for meals that will make you feel warm and fuzzy—guilt-free. "These dishes have all the hallmarks of comfort food: They're filling, they warm you up, and they're reminiscent of what many of us grew up eating," he says. "But because they're made with whole-wheat pasta, lean meats, and fresh fruits and veggies, you can enjoy them with a clear conscience." Try one after a tough day on the slopes—or a long day at the office. They'll soothe your soul without padding your waistline.

### ROASTED-TOMATO SOUP WITH PARMESAN CROUTONS

Serves 4  
Prep time: 20 minutes  
Total time: 1 hour, 20 minutes

#### FOR THE SOUP

6 overripe hothouse tomatoes  
½ medium onion, thinly sliced  
1 jalapeño, most of the seeds removed  
2 cloves garlic, crushed  
2 bay leaves  
2 sprigs fresh thyme  
10 black peppercorns  
1 teaspoon sugar  
¼ cup extra-virgin olive oil  
1 teaspoon kosher salt  
8 basil leaves  
2 cups low-sodium vegetable stock  
Salt

#### FOR THE CROUTONS

1 4-ounce whole-wheat baguette  
1 clove garlic  
1 tablespoon extra-virgin olive oil  
2 tablespoons grated Parmesan  
Freshly ground black pepper

Preheat oven to 375°F. In a large roasting pan, combine tomatoes, onion, jalapeño, garlic, bay leaves, thyme, peppercorns, sugar, oil, and salt. Roast for 45 minutes or until tomatoes are caramelized. Place roasting pan on top of the stove and add basil and vegetable stock. Bring to a simmer, pour into a blender, and purée. Add salt to taste.

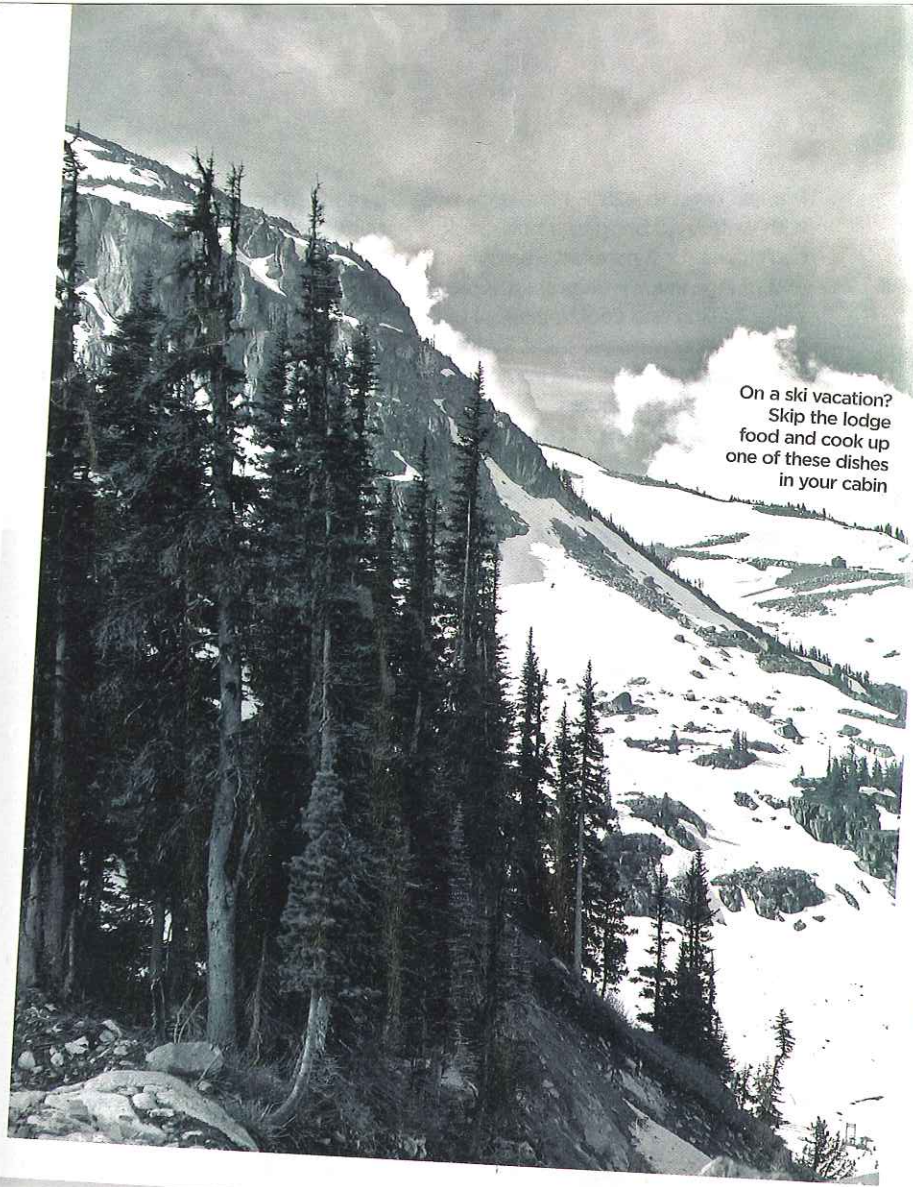
Slice baguette in half lengthwise. Toast each half under the broiler until golden brown. Rub with garlic, brush with oil, and sprinkle with Parmesan; broil for 1 minute more. Season with pepper to taste and cut into four slices. Divide soup into four bowls and top each with two croutons.

**NUTRITION SCORE PER SERVING** (1½ cups soup, 2 croutons): 291 calories, 19 g fat (56% of calories), 27 g carbs, 6 g protein, 5 g fiber, 87 mg calcium, 2 mg iron, 559 mg sodium

### CAULIFLOWER MACARONI AND CHEESE

Serves 4  
Prep time: 20 minutes  
Total time: 1 hour

1 small head cauliflower, cut into 1-inch florets  
½ cup whole-wheat macaroni  
2 whole cloves  
½ small onion  
2 cups nonfat milk  
1 bay leaf  
2 tablespoons unsalted butter  
2 tablespoons all-purpose flour  
¾ cup grated Gruyère, divided  
2 teaspoons chopped chives  
1 teaspoon red pepper sauce  
1 teaspoon grated nutmeg  
Salt and freshly ground black pepper  
Worcestershire sauce



On a ski vacation?  
Skip the lodge  
food and cook up  
one of these dishes  
in your cabin