

Cozy up to classic comfort food

Baby, it's cold outside! But baked potatoes, beef stew and other hearty dishes are a great way to get warm. Nourish your family, body and soul, with these indulgent favorites

Pulled-Pork Sandwiches

Prep: 20 min. Cook: 9 hr.

Serves: 8

Cost per serving: \$2.74

- 1 Tbsp. chili powder
- 1 Tbsp. dry mustard
- 1 Tbsp. onion powder
- 1 Tbsp. garlic powder
- 1 Tbsp. paprika
- 1 Tbsp. cumin
- 2 tsp. salt
- 1 tsp. pepper
- 4 to 6 lb. boneless pork butt, excess fat removed
- 1 large onion, chopped
- 1 Tbsp. chopped garlic
- 1 cup barbecue sauce
- ½ cup apple cider
- ½ cup low-sodium chicken broth
- 3 Tbsp. honey
- 2 Tbsp. Worcestershire sauce
- 8 hamburger buns
- Coleslaw, for serving

1 In a small bowl, mix first 8 ingredients, through pepper. Pat pork dry and rub spice mixture all over. Spread onion and garlic on the bottom of a slow cooker and place pork on top. In small bowl, stir together barbecue sauce, cider, chicken

broth, honey and Worcestershire sauce; pour over pork. Cover and cook on low heat until meat shreds easily, about 8 hours.

2 Remove pork from cooker; set aside. With a spoon, skim off as much fat as possible from liquid in cooker. Remove 1 cup of liquid; reserve. Increase slow cooker heat to high. Using 2 forks, shred pork and return to cooker. Cover cooker and cook on high 1 hour longer.

3 Preheat reserved liquid. Serve pulled pork on buns with your favorite homemade or store-bought coleslaw, passing sauce.

PER SERVING: 764 Cal., 45g Fat (15g Sat.), 144mg Chol., 3g Fiber, 41g Pro., 47g Carb., 1,841mg Sod.

LIGHTEN UP!

Use a coleslaw dressed lightly with a vinaigrette instead of the creamy kind. Make sandwiches open-faced, using only the bottom of the bun—or forgo bread altogether, serving meat atop greens.

Baked Garlic Fries

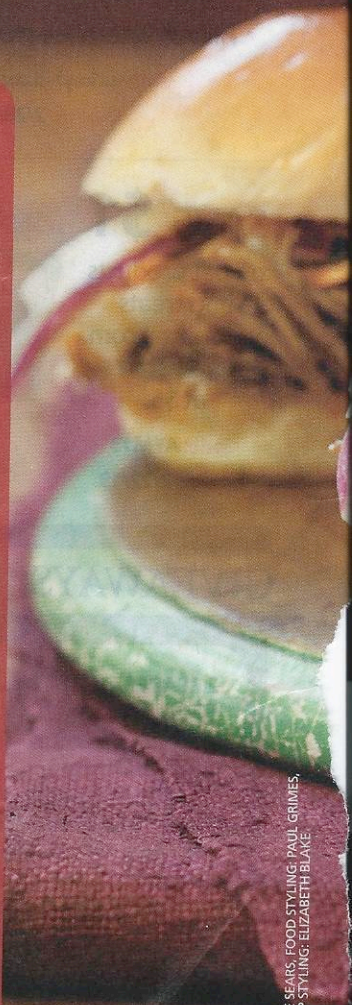
Prep: 5 min. Cook: 30 min.

Serves: 4

Cost per serving: 27¢

- 1 Tbsp. vegetable oil
- 1 tsp. salt
- 1 tsp. garlic powder
- ¼ tsp. smoked paprika
- ¼ tsp. pepper
- 2 large russet potatoes, scrubbed and cut into 24 wedges

Preheat oven to 400°F. Mist a baking sheet with cooking spray. In a large bowl, combine oil, salt, garlic powder, paprika and pepper. Add potatoes and toss to coat. Spread in single layer on prepared baking sheet. Bake 15 minutes. Turn over potatoes; bake until tender and browned, about 15 minutes longer. PER SERVING: 179 Cal., 4g Fat (0g Sat.), 0mg Chol., 3g Fiber, 4g Pro., 34g Carb., 591mg Sod.



KATE SEARS, FOOD STYLING: PAUL GRIMES, PROP STYLING: ELIZABETH BLAKE