

# The BEST Comfort Food Sides



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Hello, I am Carrie and I'm a little *crazy*. Crazy about cooking!

Not only do I love cooking but I also love comfort foods! There is nothing better in the Fall and Winter than delicious comfort food for dinner.

However, it's often hard to decide what to serve with your delicious meals.

This is why I have prepared for you a cookbook of our favorite comfort food side dishes. I love making these items in bulk, freezing them so that I always have them on hand to serve with my meals in the Fall and Winter.

These recipes are some of my family's favorites and, like all of my recipes, they are easy to make! I hope this cookbook helps you enjoy your favorite comfort foods.

If you love the convenience of this cookbook make sure you visit [www.eatingonadime.com](http://www.eatingonadime.com) where you can get easy meals for your family every single month!

From my kitchen to yours,

*Carrie*

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## Sweet Honey Cornbread

### INGREDIENTS:

- 1 cup all-purpose flour
- 1 cup yellow cornmeal
- ½ cup white sugar
- 1 teaspoon salt
- 3 teaspoons baking powder
- 1 egg
- 1 cup milk
- 1/3 cup vegetable oil
- 1/4 cup honey

### INSTRUCTIONS:

1. Preheat oven to 400 degrees.
2. Spray 9×9 pan with non stick spray.
3. Combine all ingredients into a bowl. Stir well. KITCHEN TIP: Spray your measuring cup with nonstick spray before you measure out your honey. The honey will not stick to the measuring cup at all!
4. Pour into your prepared pan and baked for 20 to 25 minutes.
5. Allow to cool, and then cut. Serve with your favorite comfort food!





## 90 Second Bread (Gluten Free)

### INGREDIENTS:

- 3 tablespoons almond flour
- 1 egg
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 1 tablespoon butter melted
- \*optional - 1 tablespoon butter saved for later

### INSTRUCTIONS:

1. Pour all the ingredients into a microwave safe bowl. (Mine measures 4 inches wide at the bottom).
2. Using a fork or a small whisk to combine the ingredients together in the bowl.
3. Place the bowl in the microwave for 90 seconds.
4. Remove from microwave and allow to cool slightly.
5. Remove the bread from the bowl and then cut in half.
6. You can eat this 90 second bread just like this or for even more flavor, fry the bread (both sides) in a tablespoon of butter in a skillet.
7. Then use it to enjoy some of your favorite recipes.



## Homemade King's Hawaiian Rolls

### INGREDIENTS:

- 1 cup warm water
- 1/3 cup granulated sugar
- 1 packet active dry yeast
- 2 tablespoons oil
- 3/4 teaspoon salt
- 3 cups flour

### INSTRUCTIONS:

1. Mix together water, sugar and yeast. Let stand for about 10 minutes, or until yeast begins to activate (small bubbles will form).
2. In a stand mixer with a dough hook attachment, slowly add in oil, salt and flour. Mix until well incorporated and then continue to knead for about 2-3 minutes.
3. Oil a glass bowl. Remove dough from mixer bowl and place in a glass bowl, turning to coat with oil. Cover tightly with plastic wrap and let rise for about an hour or until it has doubled in size.
4. Spray an 8" x 8" glass dish with cooking spray. Divide the risen dough into 9 similarly sized balls. Arrange in the prepared dish, leaving some space around each ball to allow for rising. Cover tightly and let rise for about 30 minutes.
5. Once risen again, bake rolls in 350F degree oven for 15 minutes or until golden brown on top. Remove from oven and immediately butter the top of each roll.



## Homemade Cornbread

### INGREDIENTS:

- 1 cup all-purpose flour
- 1 cup yellow cornmeal
- ½ cup white sugar
- 1 teaspoon salt
- 3 teaspoons baking powder
- 1 egg
- 1 cup milk
- 1/3 cup vegetable oil

### INSTRUCTIONS:

1. Preheat oven to 400 degrees.
2. Spray 9x9 pan with non stick spray.
3. Combine all ingredients into a bowl. Stir well.
4. Pour into your prepared pan and baked for 20 to 25 minutes.
5. Allow to cool, and then cut. Serve with butter and your favorite comfort foods.



## Homemade Dinner Rolls

### INGREDIENTS:

- 3-1/4 cups flour (divided)
- 1 package active dry yeast
- 1 cup milk
- 1/4 cup white sugar
- 1/3 cup butter
- 1 egg

### INSTRUCTIONS:

1. Mix together 1-1/4 cups flour and yeast in an electric mixing bowl.
2. In a small saucepan, add milk and sugar. Heat on medium low heat, stirring constantly until sugar is dissolved and the milk begins to steam. Remove from heat and add butter. Mix well until completely melted. Add egg and milk mixture to mixing bowl and beat on low for 30 seconds. Scrape down sides if necessary. Increase speed to high and beat for 3 minutes.
3. Add flour to mixing bowl and use a dough hook to beat the dough until combined. Remove dough from a bowl and place onto a lightly floured surface. Knead for 5-6 minutes. You shouldn't have to add any additional flour, but if the dough is sticky sprinkle a bit onto the dough.
4. Shape dough into a ball and place into a greased bowl. Cover with plastic wrap coated with cooking spray. Place in a warm location until double in size, about an hour.
5. Punch dough down and divide in half. Place onto a lightly floured surface and cover with plastic wrap. Let rest for 10 minutes.
6. Grease muffin tins and set aside.
7. Cut dough into 36 small pieces. Shape each piece into a bowl and pull the edges under and place 3 dough balls, smooth side up into each muffin tin. Let set covered for 30 minutes or until dough doubles in size.
8. Bake for 14-16 minutes in a 375 degree oven or until golden brown. Remove from the pan and serve warm.





## Gluten Free Biscuits

### INGREDIENTS:

- 1 1/2 cups gluten free baking flour (I have used Bob Mills gluten free flour and also Cup4Cup gluten free flour. Both work great.)
- 3 teaspoons baking powder
- 1/4 teaspoon salt
- 1 egg
- 1/2 cup milk
- 1 stick of butter or 1/2 cup (softened)

### INSTRUCTIONS:

1. Preheat oven to 450 degrees
2. In a mixer, beat the butter.
3. Add in the flour, salt, and baking powder. Mix well.
4. Add the egg and milk and blend together.
5. Using a spoon and your hands to form biscuits onto a parchment lined baking sheets. (I use a silicone baking mat like these)
6. Bake in preheated oven for 10 to 14 minutes. You do not want them to be overcooked. You do not want them to be wet on the inside. Mine normally take 12 minutes.
7. Allow to cool. Brush with melted butter if you want.



## Cheddar Jalapeno Cornbread

### INGREDIENTS:

- 1 cup all-purpose flour
- 1 cup yellow cornmeal
- ½ cup white sugar
- 1 teaspoon salt
- 3 teaspoons baking powder
- 1 egg
- 1 cup milk
- 1/3 cup vegetable oil
- ½ cup Cheddar Cheese (for the inside)
- ¼ cup Cheddar Cheese (for the top)
- 1 fresh jalapeno (seeded and diced)

### INSTRUCTIONS:

1. Preheat oven to 400 degrees.
2. Place your 9 inch metal baking pan in the oven with a tablespoon of butter. You want your pan hot when you put in the cornbread.
3. Combine all ingredients except for the ¼ cup cheddar cheese for the top into a bowl. Stir well.
4. Pour into hot pan.
5. Top with the remaining cheddar cheese.
6. Bake for 20-25 minutes.
7. Allow to cool, and then cut. Serve with your favorite comfort foods.



## Cornbread Muffins

### INGREDIENTS:

- 1¼ cups flour
- ¾ cup cornmeal
- ¼ cup sugar
- 2 teaspoons baking powder
- ½ teaspoon salt
- 1 cup milk
- ¼ cup vegetable oil
- 1 egg (beaten)

### INSTRUCTIONS:

1. Preheat oven to 400 F (200 C). Prepare pan. Spray 9-10 muffin cups. I prefer to spray the muffin cups instead of using paper, but you can use paper liners if you like.
2. Combine all of the dry ingredients in a large mixing bowl.
3. In a separate bowl beat egg, oil and milk together until combined. Then combine these wet ingredients to dry ingredients. Do not over mix.
4. Next fill the muffin cups ¾ full. I was able to make 9 muffins.
5. Bake muffins 12-14 minutes or until cooked through (check with a toothpick).



## Garlic Bread Cheese Sticks

### INGREDIENTS:

- 1 roll refrigerated pizza dough
- 10 mozzarella sticks (also knowns as string cheese)
- 2 Tablespoons butter
- 1/4 cup Parmesan cheese
- 1 Tablespoon Garlic Salt

### INSTRUCTIONS:

1. Preheat oven to 450 degrees F.
2. Spread pizza dough out on a lightly greased baking sheet. Cut the dough into 10 equal size rectangles.
3. Arrange 1 mozzarella cheese stick on top of each piece of dough.
4. Roll up the pizza dough, enclosing the cheese stick, pinching seams closed. Place them back on the pan with the pinched seam down.
5. Melt the butter. Brush the pizza sticks with butter.
6. Sprinkle with the Garlic Salt and Parmesan cheese.
7. Bake for 10 to 12 minutes or until golden brown.
8. Enjoy warm with a side of marinara sauce for dipping if desired.





## Low Carb Cheddar Biscuits

### INGREDIENTS:

- 1 Large eggs
- 1 tbsp. Butter
- 4 oz. Almond flour We like Bob's Red Mill
- $\frac{3}{4}$  c. shredded cheddar cheese
- 1 tbsp. Heavy whipping cream
- 1 tsp. Baking powder

### INSTRUCTIONS:

1. Preheat your oven to 350 degrees.
2. In a mixing bowl, combine 4 ounces of almond flour and 1 teaspoon of baking powder. Mix or sift to combine well.
3. In a separate bowl, combine 1 large beaten egg with 1 tablespoon of heavy whipping cream.
4. Pour the egg mixture into the almond flour dry mixture, and stir until just combined.
5. Add  $\frac{3}{4}$  of a cup of shredded cheddar cheese to the mixing bowl, and fold it in well.
6. Divide the biscuit batter into 4 equal portions, and form them into a rounded biscuit shape. Place them on a baking sheet lined with parchment paper, and bake for 15 minutes.
7. Remove the biscuits from the oven, and place them on a cooling rack.
8. You may cut your biscuits in half if you prefer and serve with butter and your favorite comfort foods.



## Homemade Biscuits

### INGREDIENTS:

- 2 3/4 cups all-purpose flour
- 1/4 cup cornstarch plus more for rolling
- 4 1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 cup salted butter cold
- 1/2 cup whole fat Greek style plain yogurt
- 1/4 cup heavy whipping cream
- 1/3 cup whole milk
- 1 egg

### INSTRUCTIONS:

1. Heat oven to 450 degrees. Line a baking sheet with parchment paper.
2. In a food processor, combine flour, cornstarch, baking powder, and salt. Pulse to combine.
3. Add in the cold butter in 4 - 5 chunks. Pulse for about 10 seconds until the flour looks crumbly and the butter is evenly distributed in small lumps throughout the flour mixture.
4. Add yogurt, cream, milk, and egg to food processor. Pulse until dough ball forms and gathers along the side of the bowl.
5. Remove from bowl onto rolling surface that is lightly covered with corn starch. Knead the dough a few times turning it over onto itself and turning about 6 - 10 times.
6. Use rolling pin to roll out to 9 X 12 rectangle. It will be about 3/4 inch thick.
7. Cut into 15 - 18 rectangles and place on parchment lined baking sheet.
8. Bake on middle rack at 450 degrees for 8 - 12 minutes until biscuits are lightly browned.



## Jalapeno Popper Stuffed Cheesy Bread

### INGREDIENTS:

- 1 can Crescent rolls
- 1 fresh Jalapeño
- 1/4 cup cheddar cheese (I used a Monterrey Jack blend)
- 1/2 tsp garlic salt
- Handful of parmesan cheese

### INSTRUCTIONS:

1. Preheat oven to 375 degrees.
2. Remove seeds from the fresh jalapeño and dice it.
3. Place the crescent rolls out on a pan.
4. Don't separate. Press the seams together if you want. Spread out the cheese down the middle.
5. Sprinkle the diced jalapeños down the middle
6. Fold up the sides of the bread to make a long top. Seal the edges.
7. Sprinkle with Parmesan cheese and garlic salt.
8. Cook according to directions on the Crescent rolls can.



## 15 Minutes Stuffed Cheesy Bread

### INGREDIENTS:

- 1 can General Mills® Pillsbury Crescents®
- 1/4 cup Mozzarella cheese
- 1/2 tsp Italian Seasoning
- Handful of parmesan cheese

### INSTRUCTIONS:

1. Preheat oven to 375 degrees.
2. Place the crescent rolls out on a pan.
3. Don't separate. You can press the seams together if you want.
4. Spread out the mozzarella cheese.
5. Fold up the sides of the bread to make a long top. Seal the edges.
6. Sprinkle with Parmesan cheese and the Italian Seasoning.
7. Cook according to directions on the Crescent rolls can.