

Why We Love Comfort Foods



The Psychology of Eating Comfort Foods

When you hear the words “comfort food,” what comes to mind? Do you get the warm and fuzzies? Comfort foods actually have different effects on each of us, but it all goes back to our past.

Comfort food is most often associated with a fond memory. If you enjoyed a certain dish with a loved one, served an iconic family recipe at a holiday dinner, or eaten a food because it reminds you of someone special, chances are that food would become a "comfort food" for you. In a July 2015 study, researcher and Psychology professor Jordan Troisi found that people with strong social relationships preferred the taste of comfort food when they experienced feelings of isolation or distress.

“It’s not just that ice cream, for instance, is really tasty. It’s that someone has developed a really significant meaning behind the idea of ice cream due to their relationships with others, and that’s what is triggering this effect,” he says.

Even the smell of a meaningful dish can elicit feelings of belonging and nostalgia. “Nostalgia can be evoked in different ways, but scents may be particularly likely to evoke nostalgia due to the strong link between scents and memory. The smell of pumpkin pie might bring all those holidays with family flooding back,” says Virginia Commonwealth University researcher Chelsea Reid.

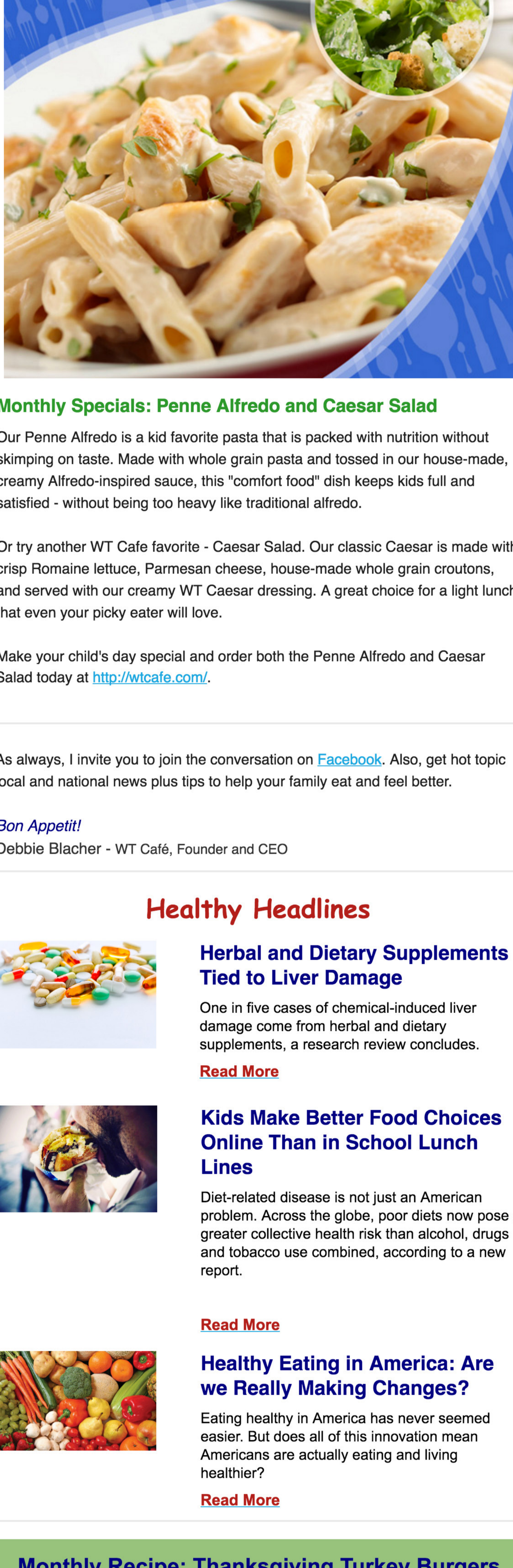
Thanksgiving provides another opportunity to create memories with loved ones. From preparing food in the kitchen together, to watching your children savor that last bite of pumpkin pie for dessert, the upcoming holidays give us all an opportunity to tell stories, share thoughts, and create memorable moments that will be savored over and over again for many years to come.

What will you do to create food memories for your family this holiday season?



WT Café Family Meals

Did you know that WT Café can provide healthy, from-scratch dinners for the whole family? That’s right! WT Café prepares family-friendly recipes in our local kitchens and delivers meals to your location on designated days. Visit wtcafe.com/familymeals to see how you and your family can enjoy a no fuss, home-cooked meal.



Monthly Specials: Penne Alfredo and Caesar Salad

Our Penne Alfredo is a kid favorite pasta that is packed with nutrition without skimping on taste. Made with whole grain pasta and tossed in our house-made, creamy Alfredo-inspired sauce, this "comfort food" dish keeps kids full and satisfied - without being too heavy like traditional alfredo.

Or try another WT Café favorite - Caesar Salad. Our classic Caesar is made with crisp Romaine lettuce, Parmesan cheese, house-made whole grain croutons, and served with our creamy WT Caesar dressing. A great choice for a light lunch that even your picky eater will love.

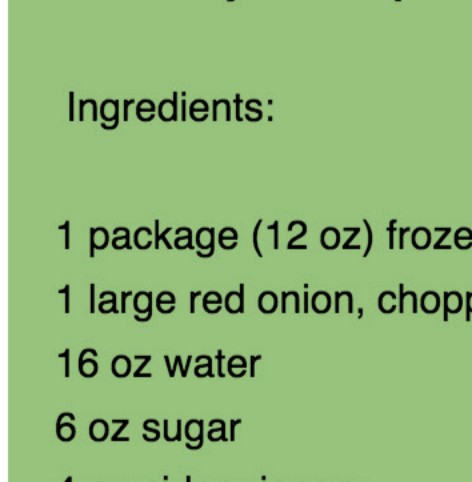
Make your child's day special and order both the Penne Alfredo and Caesar Salad today at <http://wtcafe.com/>.

As always, I invite you to join the conversation on [Facebook](https://www.facebook.com/wtcafe). Also, get hot topic local and national news plus tips to help your family eat and feel better.

Bon Appetit!

Debbie Blacher - WT Café, Founder and CEO

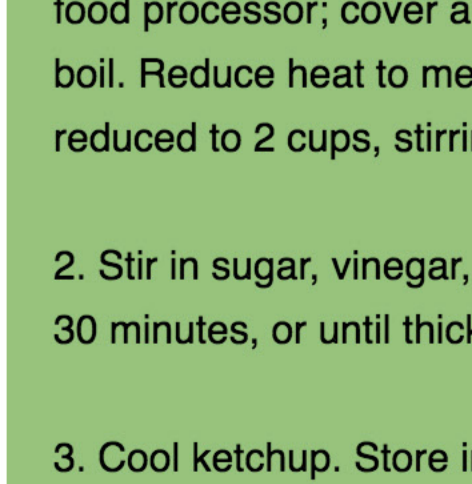
Healthy Headlines



Herbal and Dietary Supplements Tied to Liver Damage

One in five cases of chemical-induced liver damage come from herbal and dietary supplements, a research review concludes.

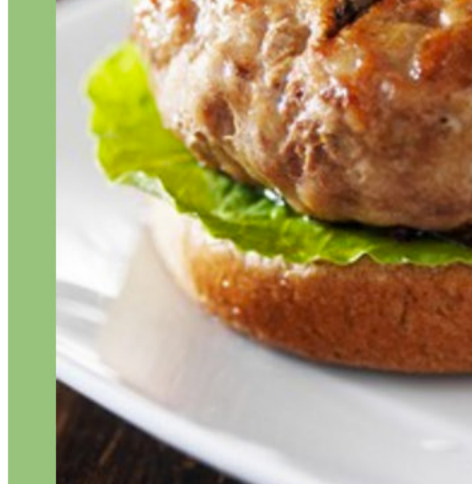
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Kids Make Better Food Choices Online Than in School Lunch Lines

Diet-related disease is not just an American problem. Across the globe, poor diets now pose a greater collective health risk than alcohol, drugs and tobacco use combined, according to a new report.

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Healthy Eating in America: Are we Really Making Changes?

Eating healthy in America has never seemed easier. But does all of this innovation mean Americans are actually eating and living healthier?

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Monthly Recipe: Thanksgiving Turkey Burgers with Cranberry Ketchup

This Thanksgiving, WT Café is thankful for your continued support of our healthy school lunch program. Check out our recipe for Thanksgiving Turkey Burgers – perfect for a pre-holiday lunch or dinner.

Thanksgiving Turkey Burgers

Ingredients:

- 5 lb ground turkey
- 5 eggs
- 5 oz whole grain breadcrumbs
- 2 tsp salt
- 1 tsp ground black pepper
- 2 tsp dried ground sage
- 20 oz Herb Stuffing, divided
- 20 each hamburger buns, whole grain
- 10 oz Cranberry Ketchup

Directions (Makes 20 burgers):

1. Combine turkey, eggs, breadcrumbs, salt, pepper, and sage. Mix by hand until well combined. Form mixture into 20 (4-oz) patties. Place patties on large sheet trays lined with parchment paper. Refrigerate until ready to cook.
2. Preheat oven to 350F. Bake turkey burgers until cooked through and register 165F, about 25 minutes.
3. Place one turkey patty on the bottom half of each hamburger bun. Top with 2 tbs Herb Stuffing. Top with top halves of buns. Place one burger in each foil bag. Hold according to state and federal regulations.
4. Place 1 oz Cranberry Ketchup in soufflé cups. Serve with burgers.

Cranberry Ketchup

Ingredients:

- 1 package (12 oz) frozen cranberries
- 1 large red onion, chopped
- 16 oz water
- 6 oz sugar
- 4 oz cider vinegar
- 1 1/2 teaspoons salt
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon ground cinnamon
- 1/8 teaspoon ground allspice

- Directions (Makes 1 1/2 cups):
1. In a large saucepan, combine the cranberries, onion and water. Cook over medium heat until the berries pop, about 15 minutes. Cool slightly. Transfer to a food processor; cover and process until smooth. Return to the pan and bring to a boil. Reduce heat to medium-low. Cook, uncovered, 20 minutes or until mixture is reduced to 2 cups, stirring frequently.
 2. Stir in sugar, vinegar, salt, pepper, cinnamon, and allspice. Cook, stirring, 25 to 30 minutes, or until thickened.
 3. Cool ketchup. Store in an airtight container in the refrigerator up to 3 weeks.

