

# Healthy Comfort Food At Your Finger Tips

## FILLING YOUR FORK

Filling Your Fork is a site created out of love and a desire to share my passion with others. I am by no means a professional writer or blogger but, what I do know is food. After graduating from a Le Cordon Bleu Culinary School I realized that high end cooking was not what I was drawn to. I was raised in the mid-west and comfort food is my thing but, I wanted to do it in a healthier

way. Nothing is better than heaps of butter and cream but that stuff catches up with you. What if there was a way to make all the things that we know and love but make it a little lighter and easier on the waistline? Listen, I love kale as much as the next person but sometimes I like it served next to a hearty bowl of gooey mac-n-cheese and so I came up with a healthier version.

My intentions are to show people that yummy healthy food does not have to cost an arm and a leg and it doesn't have to taste like cardboard. You can make a meal for your family that can be healthy, filling, fast, comforting and frugal. I make most things I cook from scratch but I am not opposed to utilizing some pre-made food. I assure you no tutorials on how to roll out the perfect pasta dough here. I really hope that you enjoy my posts in the future as I am looking forward to sharing lots of goodies with you. Come check out [fillingyourfork.com](http://fillingyourfork.com) and feel free to ask any questions you may have.



*Kristin Hallcox*