

# Comfort foods

I wrote yesterday about how the fall has a shadow over it for me. Today, I was feeling a bit down, and I wanted a specific type of food for dinner. Unfortunately for me, the restaurant I wanted to go to was closed for renovations. I didn't get the dinner I wanted, so the psychological release I would have associated with it was gone.

Now I will admit that I could lose a few pounds. I'm not extremely overweight, but I know losing around 15 lbs. would be good for me in the long run. I also realize I have to watch what I eat due for other reasons. But I was good today, so I knew I could have my comfort food tonight. Then I realized almost all of my comfort foods are not what would be considered a healthy diet.

So anyway here are my top 25 comfort foods in no particular order:

1- McDonalds McDouble cheeseburger (I didn't really notice the missing slice of cheese that makes this not the Double Cheeseburger). Or the Wendys Junior Bacon Cheeseburger... Neck and neck on these. Both hit the same spot.

2- Pancakes, Waffles or French Toast. At home is good, but for personal reasons I really like I-HOP.

3- Sausage Gravy and Biscuits with Scrambled eggs.

4- Oreo Cookies and milk. Usually the Double Stuff

5- Mashed Potatoes and Gravy

6- Meatloaf

7- Gingersnaps

8- Good Coffee and Cheesecake

- 9- Pumpkin Pie
- 10- Yellow Cake with Chocolate frosting
- 11- German Chocolate Cake – I like the frosting with nuts, but the coconut is good too
- 12- Good Chocolate (Usually this would be imported and expensive)
- 13- Lemon Meringue Pie
- 14- Key Lime Pie (not with a meringue)
- 15- Red and Black Raspberries (in anything or fresh)
- 16- Chili
- 17- 'Lil Smokies
- 18- Sloppy Joes
- 19- Kielbasa
- 20- Bill Knapp's Chocolate Cake (If you know where to find this let me know)
- 21- Chocolate Frosted Donuts (Fresh made are best)
- 22- My Mom's BBQ sauce on just about anything
- 23- Dried Apricots, Fresh Apricots and even Canned Apricots
- 24- Fried Onions and Potatoes with Sausage
- 25- Fried Baloney, Onion and Ketchup sandwich (Thanks Dad..)

Now with all of these there is a time and place. I won't usually want Chocolate Donuts at the same time I want Mom's BBQ sauce. Believe it or not, each of these foods brings back certain memories for me. Mom's BBQ are those weekends when family would all stop to visit. Same with the Sloppy Joes.

Chocolate Frosted Donuts and Bill Knapps' Chocolate cake will invoke memories of spending time with my aunt D. She never served the Bill Knapps' cake, but the one she did serve was very similar, but I never knew where she got it. CheeseBurgers – Backseat of the family car for a 'special' night out.

I just noticed a lot of this food are childhood memories, some others are memories from my life as a father and husband. Some are just plain good.

I do have to be careful of these, because I do know that most of the extra weight I'm carrying came from the years after my wife died. I can't tell you how many Oreos, gallons of milk, cheesecakes and coffee or Sausage Gravy and Biscuit meals I had, but it was way too many.

Ok, I shared. What are your favorite comfort foods. Do I need to add something to the list?