
Sweet Potato Casserole Vegan

Damn Delicious

Vegan Yack Attack's Plant-Based Meal Prep

The Alchemist Cocktail Book

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The Girl Who Ate Everything: Easy Family Recipes from a Girl Who Has Tried Them All

365 Yummy Side Dish Casserole Recipes

The Squash and Pumpkin Cookbook

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Holiday Vegan Cookbook

Unbelievably Vegan

Minimalist Baker's Everyday Cooking

Vegan Casseroles

Gael Gregory

Random House

The Oh She Glows Cookbook Penguin
Damn Delicious Page Street Publishing
 NEW YORK TIMES BESTSELLER • The definitive cookbook for using a spiralizer: the kitchen gadget that turns vegetables and fruits into imaginative, low-carb dishes. On her wildly popular blog, *Inspiralized*, Ali Maffucci is revolutionizing healthy eating. Whether you're low-carb, gluten-free, Paleo, or raw, you don't have to give up the foods you love. *Inspiralized* shows you how to transform more than 20 vegetables and fruits into delicious meals that look and taste just like your favorite indulgent originals. Zucchini turns into pesto spaghetti; jicama becomes shoestring fries; sweet potatoes lay the foundation for fried rice; plantains transform into "tortillas" for huevos rancheros. Ali's recipes for breakfast, snacks, appetizers, sandwiches, soups, salads, casseroles, rices, pastas, and even desserts are easy to follow, hard to mess up, healthful, and completely fresh and flavorful. Best of all, she tells you how to customize them for whatever vegetables you have on hand and whatever your personal goal may be—losing weight, following a healthier lifestyle, or simply making easy meals at home. Here, too, are tons of technical tips and tricks; nutritional information for each dish and every vegetable you can possibly spiralize; and advice for spiralizing whether you're feeding just yourself, your family, or even a crowd. So bring on a hearty appetite and a sense of adventure—you're ready to make the most of this secret weapon for healthy cooking.

Vegan Yack Attack's Plant-Based Meal Prep Clarkson Potter

Make YUMMY and HEALTHY SIDE DISH to PREVENT HEART DISEASE and CANCERS! ☆ Read this book for FREE on the Kindle Unlimited NOW! ☆ For many people, side dishes play just a minor role in a meal. However, they're good for your health as long as you pick the right side dishes. Since their ingredients are mostly fruits and veggies, they have fewer calories than main dishes do. Side dishes also help prevent many health problems, including cancers and heart disease. So let's discover a huge of side-dish recipes in the book "365 Yummy Side Dish Casserole Recipes". Chapter 1: Squash Casserole Recipes Chapter 2: Spinach Casserole Recipes Chapter 3: Potato Casserole Recipes Chapter 4: Broccoli Casserole Recipes Chapter 5: Cauliflower Casserole Recipes Chapter 6: Sweet Potato Casserole Recipes Chapter 7: Corn Casserole Recipes Chapter 8: Green Bean Casserole Recipes You'll find here a lot of side dish recipes for more pleasant meals because they usually add delicious flavors. Our side-dish recipes in the book "365 Yummy Side Dish Casserole Recipes" are guaranteed to delight. Making an yummy side dish will take you just a few minutes. Save more time by preparing while you're cooking the main dish. Don't worry if the veggies in your fridge go to bed. Simply follow our side-dish recipes to come up with great dishes everyone will love. Keep In Touch You also see more different types of recipes such as: Vegetable Casserole Cookbook Southern Casserole Cookbook Green Bean Recipes Vegetarian Casserole Cookbook Baked Potato Cookbook Butternut Squash Recipes Vegan Casserole Cookbook ☆ DOWNLOAD FREE eBook (PDF) included FULL of ILLUSTRATIONS for EVERY RECIPES right after conclusion ☆ I really hope that each book in the series will be

always your best friend in your little kitchen. Let's live happily and eat side dish every day! Enjoy the book, *The Alchemist Cocktail Book* Clarkson Potter

When it comes to traditional comfort food, most of the key ingredients are off-limits to health-conscious vegans. But giving up shepherd's pie, eggplant parm, and cheesy rice casserole was not an option for Julie Hasson, who took on the challenge to recreate flavors she loved, but without the cheese, eggs, butter, and cholesterol. The results are a mix of retro flavors, such as Nacho Cheesy Sauce and a lighter Cream of Mushroom Soup, and fresh, veggie-forward dishes like Mediterranean Stuffed Cabbage Rolls and Summer Corn Custard. The recipes come together quickly, focus on healthier substitutions without the trans-fats, and are endorsed by some of the toughest critics, Julie's college-aged children and their visiting friends! With recipes like Zucchini Basil Lasagna and Tamale Pie, you're guaranteed to find a casserole you'll love. You can even make your own casserole creations by pairing any of the super-simple sauces with your favorite veggies and rice or pasta. Of course, desserts are an important cap to any casserole-based meal: satisfy your sweet tooth with dishes like Rustic Bread Pudding. Now: dig in and feel good about it!

The Modern Proper HarperCollins
Vegan books have risen to a dominant sales position in the vegetarian category. One-dish meals are perennially popular on American tables, and books devoted to one-dish cooking perform well. Robin Robertson's *One-Dish Vegan* is the first book at the intersection of these two powerful cookbook categories. Robin Robertson has built a publishing record of very successful titles in the

vegetarian category. She is known for her creativity in the kitchen, for the breadth of enticing ingredients and flavors with which she works, and for her expertise in vegetarian nutrition - with a special focus lately on how vegans still can get enough protein in their diets. Typically, it takes two or three courses or dishes to make a well-rounded vegan meal. To meet this criterion in one dish takes the kind of ingenuity and expert knowledge that Robertson possesses. *One-Dish Vegan* contains more than 150 recipes. They range from the most popular categories of one-dish dining like stews, chilis, and casseroles (and other baked dishes) to a host of stovetop sautés and stir-fries as well as substantial salads and dishes that feature pasta as well as other noodles, such as Asian noodles. The recipes are at once homey and adventuresome, comforting and surprising. Above all, they demonstrate that it really is possible to get a complete vegan meal into one dish, full of good-for-you nutrients and bright, satisfying flavors.

Rawsome Vegan Baking Cedar Fort Publishing & Media

Eat vegan—for less! Between low-paying jobs, car troubles, student loans, vet bills, and trying to pay down credit card debt, Toni Okamoto spent most of her early adult life living paycheck to paycheck. So when she became a vegan at age 20, she worried: How would she be able to afford that kind of lifestyle change? Then she discovered how to be plant-based on a budget. Through her popular website, Toni has taught hundreds of thousands of people how to eat a plant-strong diet while saving money in the process. With *Plant-Based on a Budget*, going vegan is not only an attainable goal, but the best choice for your health, the planet—and your wallet.

Toni's guidance doesn't just help you save money—it helps you save time, too. Every recipe in this book can be ready in around 30 minutes or less. Through her imaginative and incredibly customizable recipes, Toni empowers readers to make their own substitutions based on the ingredients they have on hand, reducing food waste in the process. Inside discover 100 of Toni's "frugal but delicious" recipes, including: • 5-Ingredient Peanut Butter Bites • Banana Zucchini Pancakes • Sick Day Soup • Lentils and Sweet Potato Bowl • PB Ramen Stir Fry • Tofu Veggie Gravy Bowl • Jackfruit Carnita Tacos • Depression Era Cupcakes • Real Deal Chocolate Chip Cookies With a foreword by Michael Greger, MD, *Plant-Based on a Budget* gives you everything you need to make plant-based eating easy, accessible, and most of all, affordable. Featured in the groundbreaking documentary *What the Health*

Forks Over Knives—The Cookbook Crown Archetype

"The recipes in *Southern Plate* made my mouth water!...This wonderful cookbook made me feel like I was reading something of my own." —Paula Deen, author of *Paula Deen's Savannah Style*
 "I've been testing these recipes in my own kitchen and every single one turns out to be better than anything my grandmother ever made." —Dorothea Benton Frank, author of *Return to Sullivans Island and Lowcountry*
 Summer Christy Jordan, the creator of *SouthernPlate.com*, serves up a collection of delicious recipes for "classic comfort foods that makes everyone feel like family." Featuring scrumptious dishes passed down for generations through Jordan's family, *Southern Plate* highlights the very best in southern cooking—for fans of Paula Deen and Ree

Drummond's *The Pioneer Woman Cooks*.

The Vegan 8 Fair Winds Press

115 recipes--wholesome new creations and celebrated favorites from the blog--from the husband and wife team behind *Two Peas & Their Pod* TWO PEAS & THEIR POD celebrates a family, friends, and community-oriented lifestyle that has huge and growing appeal. Maria the genuine, fun, relaxed mom next door who's got the secret sauce: that special knack for effortlessly creating tantalizing and wholesome (and budget-friendly) meals with ease. From a Loaded Nacho Bar bash for 200 guests to quick-and-easy healthy weeknight dinners like never-fail favorites like One-Skillet Sausage Pasta or Asian Pork Lettuce Wraps (always followed by a fab dessert!), Maria shares her best lifestyle tips and home cook smarts. An essential resource for parents looking to update their healthy, inexpensive, time-saving, kid friendly meal roster; aspiring home cooks who want to eat-in delicious food more than they eat out; as well as anyone looking to share their love of food and the giving spirit with their neighbors, TWO PEAS & THEIR POD will help readers bring home that (achievable!) slice of Americana, where families come together to enjoy fresh and nutritious meals and there's always a batch of still-warm cookies waiting on the counter.

Go Dairy Free Harmony

Going meatless one day a week is a great way to improve your overall health, help the planet—and make weeknight cooking fun for the whole family! *The Meatless Monday Family Cookbook* features more than 100 delicious, plant-based, kid-approved recipes perfect for busy weeknights, or whenever you feel like trying out a meat-free meal. From filling Lentil Bolognese

with Spaghetti to Tex-Mex Stuffed Peppers and Smoky BBQ Burgers, these meals will satisfy even the pickiest of palates. And most can be made in 30 minutes or less! Chapters cover all types of meals, from Bountiful Bowls (perfect for lunch or dinner), to One-Pot Wonders, to everyone's favorite—Breakfast for Dinner. You'll also find great tips for getting the kids involved...which has a funny way of making them enjoy the meal even more. Find something for everyone with recipes like: Creamy Tomato Soup with Orzo Sloppy Lentil Sandwiches BBQ Chickpea and Veggie Bowls Butternut Squash Mac and Cheese Quick Peanut Noodles Black Bean and Zucchini Enchiladas Thai Sweet Potato Curry Cheesy Broccoli Stuffed Baked Potatoes Banana Walnut Baked Oatmeal Kick-start your week in a healthy and fun way with *The Meatless Monday Family Cookbook*.

Coconuts and Kettlebells Simon and Schuster

NEW YORK TIMES BESTSELLER • 70 quick-fix weeknight dinners and 30 luscious weekend recipes that make every day taste extra special, no matter how much time you have to spend in the kitchen—from the beloved bestselling author of *Once Upon a Chef*. “Jennifer’s recipes are healthy, approachable, and creative. I literally want to make everything from this cookbook!”—Gina Homolka, author of *The Skinnytaste Cookbook* Jennifer Segal, author of the blog and bestselling cookbook *Once Upon a Chef*, is known for her foolproof, updated spins on everyday classics. Meticulously tested and crafted with an eye toward both flavor and practicality, Jenn’s recipes hone in on exactly what you feel like making. Here she devotes whole chapters to fan favorites, from *Marvelous Meatballs* to *Chicken Winners*,

and *Breakfast for Dinner* to *Family Feasts*. Whether you decide on sticky-sweet *Barbecued Soy and Ginger Chicken Thighs*; an enlightened and healthy-ish take on *Turkey, Spinach & Cheese Meatballs*; *Chorizo-Style Burgers*; or *Brownie Pudding* that comes together in under thirty minutes, Jenn has you covered.

Plantiful Grand Central Publishing

Make weekly meal prep in your Instant Pot easy with over 50 recipes and 7 weekly prep plans Meal prep has never been easier with an Instant Pot. With its versatility and ability to cook quickly and efficiently, you can use your Instant Pot to cook meals for the week ahead, or prepare your meals on your prep day and just dump them into the Instant Pot for a quick and easy weeknight dinner. With seven customized prep plans, *Meal Prep in an Instant* will show you how to use your prep day efficiently to prepare three lunch or dinner meals and one breakfast meal, package them up for the week ahead, and enjoy fresh, delicious meals without struggling to figure out what to make for dinner every night. Here's what you'll get: Over 50 recipes that will appeal to a variety of tastes and appetites Seven weekly meal plans, each featuring four primary recipes, three alternate recipes, and one dessert, and many of the recipes are dairy-free or vegetarian Detailed prep day plans for every weekly meal plan, each designed to help you maximize your time in the kitchen on your prep day Handy shopping lists and equipment lists to help you execute your plan perfectly and efficiently

Inspiralized Ten Speed Press

New York Times Bestseller A whole-foods, plant-based diet that has never been easier or tastier—learn to cook the *Forks Over Knives* way with more than

300 recipes for every day! Forks Over Knives—the book, the film, the movement—is back again in a cookbook. The secret is out: If you want to lose weight, lower your cholesterol, avoid cancer, and prevent (or even reverse) type 2 diabetes and heart disease, the right food is your best medicine. Thousands of people have cut out meat, dairy, and oils and seen amazing results. If you're among them—or you'd like to be—you need this cookbook. Del Sroufe, the man behind some of the mouthwatering meals in the landmark documentary, proves that the Forks Over Knives philosophy is not about what you can't eat, but what you can. Chef Del and his collaborators Julieanna Hever, Judy Micklewright, Darshana Thacker, and Isa Chandra Moskowitz transform wholesome fruits, vegetables, grains, and legumes into hundreds of recipes—classic and unexpected, globally and seasonally inspired, and for every meal of the day, all through the year: Breakfast: Very Berry Smoothie, Breakfast Quinoa with Apple Compote Salads, Soups and Stews: Kale Salad with Maple-Mustard Dressing, Lotsa Vegetable Chowder, Lucky Black-Eyed Pea Stew Pasta and Noodle Dishes: Mushroom Stroganoff, Stir-Fried Noodles with Spring Vegetables Stir-Fried, Grilled and Hashed Vegetables: Grilled Eggplant “Steaks” Baked and Stuffed Vegetables: Millet-Stuffed Chard Rolls The Amazing Bean: White Beans and Escarole with Parsnips Great Grains: Polenta Pizza with Tomatoes and Basil Desserts: Apricot Fig Squares, Bursting with Berries Cobbler . . . and much more! Simple, affordable, and delicious, the recipes in Forks Over Knives—The Cookbook put the power of real, healthy food in your hands. Start cooking the plant-based way today—it could save your life!

Binging with Babish Penguin

The highly anticipated cookbook from the immensely popular food blog Minimalist Baker, featuring 101 all-new simple, vegan recipes that all require 10 ingredients or less, 1 bowl or 1 pot, or 30 minutes or less to prepare Dana Shultz founded the Minimalist Baker blog in 2012 to share her passion for simple cooking and quickly gained a devoted worldwide following. Now, in this long-awaited debut cookbook, Dana shares 101 vibrant, simple recipes that are entirely plant-based, mostly gluten-free, and 100% delicious. Packed with gorgeous photography, this practical but inspiring cookbook includes: • Recipes that each require 10 ingredients or less, can be made in one bowl, or require 30 minutes or less to prepare. • Delicious options for hearty entrées, easy sides, nourishing breakfasts, and decadent desserts—all on the table in a snap • Essential plant-based pantry and equipment tips • Easy-to-follow, step-by-step recipes with standard and metric ingredient measurements Minimalist Baker's Everyday Cooking is a totally no-fuss approach to cooking for anyone who loves delicious food that happens to be healthy too.

The First Mess Cookbook The Oh She Glows Cookbook

NATIONAL BESTSELLER • 100+ big, bold, sock-you-sideways plant-based vegan recipes from the breakout star of The Game Changers “Charity is taking a practical approach to a plant-based diet. . . . She provides support and encouragement as she guides you through this exploration.”—Venus Williams, from the foreword ONE OF THE MOST ANTICIPATED COOKBOOKS OF 2022—Delish, Food52 Whether you're new to plant-based eating or already a convert, when you cook vegan with

Charity Morgan, private chef to elite athletes and rock stars, you may be leaving out the meat, dairy, and eggs, but you won't be missing out on the flavor and indulgence of all your favorite comfort foods. In her highly anticipated first cookbook, Charity lays out a plan for anyone who wants to eat less meat—whether they are looking to go completely vegan or just be a little bit more meat-free. Pulling inspiration from her Puerto Rican and Creole heritage as well as from the American South, where she lives with her family, Charity's recipes are full of flavor. Think Smoky Jambalaya; hearty Jerk-Spiced Lentils with Coconut Rice & Mango Salsa; Jalapeño-Bae'con Corn Cakes with Chili-Lime Maple Syrup; and a molten, decadent Salted Caramel Apple Crisp. *Unbelievably Vegan* offers more than 100 recipes for living a meat-free life without giving up your favorite comfort foods. Charity guides readers on how to use oyster mushrooms to stand in for chicken and how to spice walnuts to taste like chorizo! She proves that vegan food can be fun, filling, healthy, and above all else unbelievably delicious. *Once Upon a Chef: Weeknight/Weekend The Experiment*

If ONE simple change could resolve most of your symptoms and prevent a host of illnesses, wouldn't you want to try it? Go Dairy Free shows you how! There are plenty of reasons to go dairy free. Maybe you are confronting allergies or lactose intolerance. Maybe you are dealing with acne, digestive issues, sinus troubles, or eczema—all proven to be associated with dairy consumption. Maybe you're looking for longer-term disease prevention, weight loss, or for help transitioning to a plant-based diet. Whatever your reason, *Go Dairy Free* is the essential arsenal of information you

need to change your diet. This complete guide and cookbook will be your vital companion to understand dairy, how it affects you, and how you can eliminate it from your life and improve your health—without feeling like you're sacrificing a thing. Inside: • More than 250 delicious dairy-free recipes focusing on naturally rich and delicious whole foods, with numerous options to satisfy those dairy cravings • A comprehensive guide to dairy substitutes explaining how to purchase, use, and make your own alternatives for butter, cheese, cream, milk, and much more • Must-have grocery shopping information, from sussing out suspect ingredients and label-reading assistance to money-saving tips • A detailed chapter on calcium to identify naturally mineral-rich foods beyond dairy, the best supplements, and other keys to bone health • An in-depth health section outlining the signs and symptoms of dairy-related illnesses and addressing questions around protein, fat, and other nutrients in the dairy-free transition • Everyday living tips with suggestions for restaurant dining, travel, celebrations, and other social situations • Infant milk allergy checklists that describe indicators and solutions for babies and young children with milk allergies or intolerances • Food allergy- and vegan-friendly resources, including recipe indexes to quickly find gluten-free and other top food allergy-friendly options and fully tested plant-based options for every recipe

The Oh She Glows Cookbook Time Home Entertainment

The holiday season is a time for gathering with loved ones and enjoying delicious food. But for those who follow a vegan diet, it can be challenging to find festive and satisfying dishes to serve at

holiday gatherings. That's where the "Holiday Vegan Cookbook: Delivering Delicious Food For Every Event" comes in. The book begins with an introduction to veganism and its benefits, as well as tips for navigating holiday gatherings as a vegan. From there, it moves on to the recipes. With over 50 recipes to choose from, you'll have plenty of options for your next holiday gathering. The recipes are organized by holiday event, including Thanksgiving, Christmas, Hanukkah, and New Year's Eve. Each section starts with an introduction to the holiday and the traditions associated with it. Then, it moves on to the recipes, which are organized by course. What's great about these recipes is that they are both delicious and festive, and they use ingredients that are readily available in most grocery stores. Each recipe includes a photo of the finished dish, so you know exactly what you're aiming for. One of the standout recipes in the book is the vegan Thanksgiving roast. This recipe calls for using a mixture of lentils, nuts, and vegetables to create a delicious and hearty main dish that's good for the holiday. The recipe also includes instructions for making a flavorful mushroom gravy to serve alongside the roast. Another great recipe is vegan gingerbread cookies. This recipe calls for using vegan butter and molasses to create a soft and chewy cookie that's good for the holiday season. The recipe also includes instructions for making a vegan cream cheese frosting to top the cookies. In addition to the main dishes and desserts, the book also includes recipes for appetizers, sides, and drinks that are good for holiday gatherings. From vegan stuffed mushrooms to roasted Brussels sprouts with balsamic glaze to spiced apple cider, there's something for every

course of your holiday meal. One of the benefits of a vegan diet is that it can be healthy and nutrient-dense. The recipes in this book focus on using whole, plant-based ingredients that are packed with fiber, vitamins, and minerals. For example, the vegan sweet potato casserole recipe calls for using sweet potatoes, coconut milk, and spices to create a delicious and nourishing side dish that's good for Thanksgiving. Overall, "Holiday Vegan Cookbook: Delivering Delicious Food For Every Event" is a must-have for anyone looking to incorporate more plant-based foods into their holiday meals. With its easy-to-follow recipes, helpful tips and tricks, and focus on delicious and festive ingredients, it's sure to become a favorite among vegans and non-vegans alike. So grab a copy, get cooking, and enjoy a healthy and delicious holiday season.

Fuss-Free Vegan Random House

Five hungry kids, a husband in the NFL, and staying in shape—popular blogger Christy Denney has her work cut out for her in the kitchen. Her solution? Simple, quick, and mouthwatering recipes. The *Girl Who Ate Everything* compiles all of Christy's favorite tried and true recipes, as well as brand new and equally tasty ones created just for this book. From Chicken Pot Pie Crumble to Cinnamon Roll Sheet Cake, these recipes will have your family begging you for more!

Hello! 365 Main Dish Casserole Recipes Independently Published

Online phenomenon The Blender Girl offers up 100 recipes for healthy living with tasty, crowd-pleasing dishes to help boost nutrition for every meal of the day. The Perfect Blend functions not only as a cookbook but also as a guide for how to lead a more vibrant and healthy life. Blogging powerhouse Tess Masters lays

out a dozen healthy goals for readers, including gaining energy, boosting immunity, reducing inflammation, detoxing the body, and probiotic power. Then *Masters* offers easy-to-follow recipes for smoothies, elixirs, snacks, salads, sides, soups, mains, and desserts that help you reach these goals and get results fast. Including a guide to key ingredients, an extensive resources section, and optional nutritional boosters for each recipe, *The Perfect Blend* will help you find your own perfect blend and leave you feeling energized and revitalized.

123 Yummy Vegetable Casserole Recipes BenBella Books

Francesca Bonadonna, of Plantifully Based, delivers a fresh and creative approach to vegan cooking in her new book, *Plantiful: Over 75 Vibrant Vegan Comfort Foods*. With an emphasis on comfort, quality, and taste, she draws upon her Italian American heritage to bring familiar flavors and delectable dishes to your table. *Plantiful* teaches you how to easily transform plant-based foods into hearty and nourishing meals. With an array of creamy, saucy, and crispy creations, Francesca dispels any misconceptions that vegan foods lack the pleasing flavors and textures of their non-vegan counterparts. Each recipe is made from high-quality but easily accessible ingredients, with a simple format that makes cooking both easy and fun. Francesca guides you each step of the way in creating satisfying meals and snacks that are perfect for sharing. Whether you are a seasoned vegan cook or are looking to expand your repertoire

of plant-based meals, she has you covered with more than 75 foolproof recipes, along with kitchen tricks and tips for overcoming common challenges, allowing you to find joy and inspiration on your cooking journey! Sample recipes include: • Vegan Chorizo and Potato Breakfast Tacos • Greek Nachos • Popcorn Chick'n • Sweet Gochujang Tempeh Bao • Buffalo Chick'n Sandwiches • Vegan Mac and Cheese • Yellow Split Pea Cannellini Bean Stew • Zeppole

Deliciously Plant Based Clarkson Potter

Five years ago, popular blogger Brandi Doming of *The Vegan 8* became a vegan, overhauling the way she and her family ate after a health diagnosis for her husband. The effects have been life-changing. Her recipes rely on refreshingly short ingredient lists that are ideal for anyone new to plant-based cooking or seeking simplified, wholesome, family-friendly options for weeknight dinners. All of the recipes are dairy-free and most are oil-free, gluten-free, and nut-free (if not, Brandi offers suitable alternatives), and ideally tailored to meet the needs of an array of health conditions. Each of the 100 recipes uses just 8 or fewer ingredients (not including salt, pepper, or water) to create satisfying, comforting meals from breakfast to dessert that your family--even the non-vegans--will love. Try Bakery-Style Blueberry Muffins, Fool 'Em "Cream Cheese" Spinach-Artichoke Dip, Cajun Veggie and Potato Chowder, Skillet Baked Mac n' Cheese, and No-Bake Chocolate Espresso Fudge Cake.

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