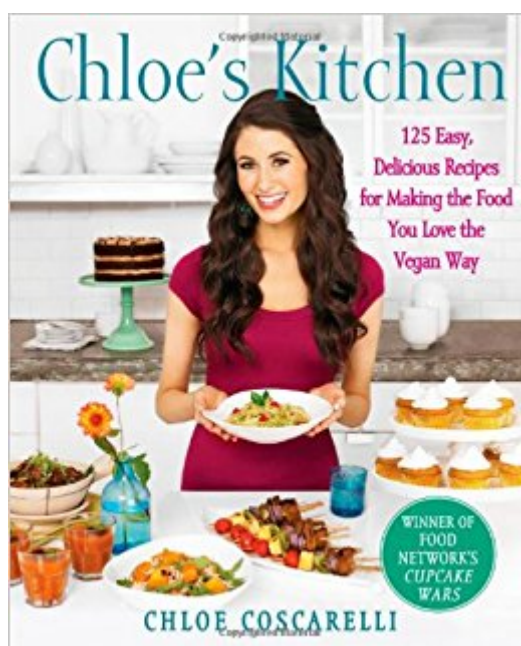


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# Chloe's Kitchen: 125 Easy, Delicious Recipes For Making The Food You Love The Vegan Way



## Synopsis

Enter Chloe's Kitchen for delicious vegan recipes everyone will love. Chloe Coscarelli, the first-ever vegan chef to win Food Network's hit show *Cupcake Wars*, brings her trademark energy to this fun and healthy cookbook, including animal-free reinterpretations of 125 of America's favorite foods. Whether you're newly transitioning to veganism, a long-time vegetarian looking for some new ideas, or a busy mom introducing Meatless Mondays to her family, you'll find quick and easy recipes that will convert even the most reluctant to the delicious rewards of a plant-based diet. Chef Chloe's first-ever cookbook, illustrated throughout with gorgeous full-color photos of the mouthwatering dishes, offers helpful advice on how to set up your own kitchen for stress-free, healthful eating, as well as nutritional information, with support from the foreword by well-known physician Neal D. Barnard, M.D. Foodies of all stripes will revel in the huge array of incredibly appetizing, inventive recipes, all made with easily available ingredients, from savory starters to decadent desserts. Her comforting macaroni and cheese, creamy Fettuccine Alfredo, crave-inducing sliders and fries, and adaptations of the most popular Chinese, Indian, and Mexican dishes will win over carnivores, omnivores, vegetarians, and vegans alike. With Chef Chloe, eating vegan doesn't mean giving up your favorite treats and flavors. Those with food allergies will appreciate the instructions throughout for making these meat-, egg-, and dairy-free recipes without gluten and soy, so everyone can enjoy them. And the icing on the (cup)cake is her renowned, coveted desserts—including the first publication of the recipes for her *Cupcake Wars* "winning vegan cupcakes"—the ultimate indulgence without busting your belt.

## Book Information

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## Customer Reviews

Chloe Coscarelli recently took home first place in the Food Network's Cupcake Wars, making her the first vegan ever to win on a Food Network competition. Chloe is a graduate of the Natural Gourmet Institute of Health and Culinary Arts NYC and the University of California, Berkeley. She has also completed Cornell University's Plant-Based Nutrition program based on Dr. T. Colin Campbell's The China Study. She lives in Los Angeles. Neal Barnard, M.D., is a clinical researcher, author, and health advocate. He has been the principal investigator or coinvestigator on several clinical trials investigating the effects of diet on health. He is the author of dozens of publications in scientific and medical journals as well as numerous nutrition books for lay readers and is frequently called on by news programs to discuss issues related to nutrition, research issues, and other controversial areas in modern medicine.

First I must say I am not a vegan but I am trying to eat less meat and I am working towards a mostly plant based diet. I have been waiting for Chloe's book for so long, I pre-ordered and was thrilled when I received it. I had made some of Chloe's recipes that she had posted on her blog and her Facebook page and they were absolutely delicious and so easy! I am not a beginner but these recipes could easily be handled by someone with less experience. I made her maple roasted brussel sprouts with toasted hazelnuts last night and they were fabulous! I am looking forward to making a cinnamon chocolate chip cookie recipe tonight. There are so many things I love about her book that I don't know where to start; her recipes are clearly written and her food is just delightful, everything I have made has turned out well and makes me even more excited to try something new. Another great part of her recipes is that they don't call for items that are hard to track down. I haven't run into a single ingredient that I haven't been able to find locally. She has a great variety of foods and they honestly all look delicious. I am not into vegan/vegetarian cookbooks that (heavily) rely on tofu and meat substitutes and hers doesn't either. There are a few recipes with tofu but many are hearty without always having a meat substitute. The photographs are beautiful and I love that she included a dog biscuit recipe too! I can easily see this becoming a favorite of mine. One more point that I was happy about, she didn't overlap her recipes that appeared on her blog in her book. Only one that was featured on the blog was in the book that I can recall so be sure to check out her blog for more. The pad thai recipe on there is so tasty and really comes together in minutes (start to finish it was MAYBE 20 minutes) and there is a lovely creme brulee recipe on there as well as other entrees, sweets and sides. Just fabulous and highly recommended, Chloe's food is so delicious and easy!! truly hope she will write more cookbooks.\*March 19: I just made her Chocolate

Beer cupcakes with Irish Whiskey Buttercream for St. Patrick's Day and they were hands down the best cupcakes I have ever made! They were such a success, moist and so rich with flavor I couldn't believe how well they turned out and everything came together so quickly compared to making them with butter and eggs. Chloe's recipes just work and she really makes it easy to incorporate vegan meals into your diet. No sacrificing flavor, just delicious healthy food!\*April 15: Everything I have made continues to be amazingly delicious! The penne alla vodka is so tasty and pairs perfectly with the garlic knots, I don't miss the cream at all. Her five minute salad comes together in just that and is so full on flavor for just being a handful of ingredients. This week I am going to make her peanut noodles, Caribbean vegetables, chimichurri tacos and vanilla ice cream! Chloe's cookbook is a favorite in my collection and I reach for it every week. I love cooking vegan foods and love eating them because of this cookbook. I am more adventurous in the kitchen and have incorporated many more vegan meals into my diet because every recipe has worked and even more importantly, they continue to be fabulous.\*October 19: I continue to reach for this and everything has still continued to be delicious! The peanut noodles are in a regular rotation and the recipe doubles so easily, it is wonderful having a big batch to munch on hot or cold whenever the mood strikes. The tacos and ice cream are fabulous, as are the Caribbean veg. Chloe's vanilla ice cream recipe is my go to and is a cinch to whip up in the blender. Out of everything I have made, only one didn't turn out to be awesome. It wasn't a bad recipe at all (thankfully all of her recipes are well written and clear), it's flavors just weren't right up our alley for some reason. This is a perfect way to incorporate more plant based meals into your diet. It's not intimidating and doesn't call for any complicated techniques or hard to find ingredients. This was not my first vegan cookbook but I wish it was. I have a large cookbook collection, and there are only a handful that I consistently reach for and I am happy to say this is one of them!

I'm on a journey to become vegan...hoping to make it forever. When I found this cookbook, it made it so easy!!! Almost every recipe we've had, we LOVE!!! My kids, 7 & 9 year old boys, keep telling me they will always be meat eaters, but when I make recipes from Chloe's cookbook, they love every dish. We recently made the Best Ever Vegan Mac & Cheese. My husband had just left for military training for 2 months, so we were in desperate need of comfort food. Wow! That recipe is amazing and my kids love it better than regular mac and cheese now. Can't wait to make it for my husband when he gets back. Hoping to convert him also. Another favorite is the Black Eyed Peas Southern Skillet. I'm not a fan of cauliflower, but that recipe is to die for. Yum!!! So many good things to say about this book. However, the fake Big Mac in there, wasn't that great, but it was one of my

first veggie burgers, so I'm not used to the difference in texture. Will try it again though, now that I know what I'm in for. Buy this cookbook. You will love it.

I kept taking this book out at the library until I decided that I just needed my own copy. While I do not eat 100% vegan all the time I do like to make a lot of vegan meals. The recipes in here are fairly easy, do not require many complex ingredients or steps, and most of the ingredients are easily swapped out for others things. I HIGHLY recommend this book to those just starting out on their vegan journey or if people want to mix it up a bit.

One of my top two cookbooks. Even my non vegan friends own and love this cookbook! Every recipe I try is delicious although 9/10 of the time, the oil is unnecessary. Highly recommended for people needing quick, delicious meals

After 15 years of being a vegetarian, I decided to become vegan and this cookbook gives me never-ending ideas on what to make! I haven't gone through all of them yet, but I would recommend the potato leek paddies with the lemon dill dip, as well as the garlic artichoke bruschetta. Not only does this cookbook make my transition into veganism easy, but also incredibly delicious and healthy.

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