



**The Everything Healthy Casserole Cookbook:
Includes - Bubbly Black Bean and Cheese Dip,
Chicken Jambalaya, Seitan Shepard's Pie, Turkey
and Summer Squash Mousska, Harvest Fruit Cake
(Everything®)**

Kristen Widican

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Casserole - that old weeknight standby - is trendy again! The fat- and calorie-laden dishes of old have been replaced with lighter, delicious fare you'll feel good about serving to your family. *The Everything Healthy Casserole Cookbook* takes the work out of preparing healthy casserole-based appetizers, entrees, and desserts, and shows you how to create consistently flavorful dishes. You'll prepare wholesome, irresistible recipes, including:

- Tomato, Basil, and Parmesan Strata
- Roasted Pear and Blue Cheese Spread
- Oven Seared Tuna Steaks with Olives and Lemon
- Gingered and Pralined Sweet Potatoes
- Blackberry Cobbler
- Apple-Walnut Bread Pudding

With 300 recipes that include nutritional information, tips for refreshing family favorites, and vegetarian, vegan, and special diet options, this fun and inspiring cookbook has something for everyone.

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