



Kabocha Recipe Squash

Kate Ramos



Kabocha Recipe Squash:

The Okinawa Diet Cookbook: Recipes For Optimal Health, Vitality and Longevity Monika Shah, The Okinawa Diet Cookbook Recipes For Optimal Health Vitality and Longevity This book has been designed for people who are looking to start cooking Okinawan food especially known for longevity and optimal health offering easy to follow recipes and essential tips to make each dish a success Let s take a closer look at what this book has to offer 100 Okinawan Recipes The book comes with well over 100 Okinawan recipes that are beginner friendly You will find recipes for Breakfast Appetizers Snacks Soups Stews Main Dishes Rice and Noodle Dishes Side Dishes Fermented Foods Desserts and Beverages Separated Sections for Vegetarian and Non Vegetarian Recipes The book also offers easy and time saving navigation as it comes with separate sections for vegetarian and non vegetarian recipes for each category The Top 5 Recipes The book offers three unique sections where it covers the Top 5 Okinawan recipes This includes Recipes for Festivals 5 Ingredient Recipes and Pack Take With You Recipes Accurate Nutritional Information Each recipe comes with accurate Nutritional Information Tables to help people know what nutrition they are getting and in what quantities This book is perfect for anyone interested in Okinawan cuisine known for its great health benefits wellness and simply delicious wholesome food The Okinawa Diet Cookbook is more than just a cookbook it s a way to change your life one meal at a time [1,001 Paleo Recipes](#) Arsy Vartanian,Rachel Ball,Jenny Castaneda,Hannah Healy,Katja Heino,Nazanin Kovács,Rachel McClelland,Vivica Menegaz,Caroline Potter,Kelly Winters,Amanda Torres,2021-01-19 The Most Comprehensive Paleo Cookbook in Print In this revised edition of The Ultimate Paleo Cookbook ten popular Paleo bloggers have come together to bring you over 1 001 recipes in this ultimate extensive collection to help you stay gluten and grain free With over 100 additional recipes this is the largest compilation of Paleo recipes in print and it satisfies every craving in one convenient volume Each of the authors selected 50 to 80 of their favorite recipes from their blogs and created 10 to 20 original recipes all assembled in this one amazing Paleo resource Inside you ll find recipes for everything Paleo with an emphasis on flavor as well as convenience This book includes a wide selection of easy weeknight dishes budget conscious meals and slow cooker dishes In Easy Fast Few Ingredient the entire chapter with over 100 recipes is designed to make going Paleo or staying Paleo as easy as possible With an unprecedented variety of dishes to choose from you ll never be at a loss of what to cook [The Performance Paleo Cookbook](#) Stephanie Gaudreau,2015-01-06 DELICIOUS NUTRIENT PACKED MEALS TO FUEL A BETTER PERFORMANCE You train hard to perform well your food should fuel the process and taste good too The Performance Paleo Cookbook gives you all the information and recipes you need to prepare delicious food that will help you get stronger today When you train your body needs the right combination of nutrients whether it s to support your workout or to aid in recovery Following a Paleo based diet with smart modifications for training is the best way to maximize your workout so that you can get stronger and raise your performance In this book you will get meal strategies based on your workout meal combinations that pack a nutrient

punch and recipes that will nourish you throughout your day from pre workout snacks to post workout fuel and dozens of other carb dense nutrient boosting meals to keep you at your best And with 100 delicious recipes like Mocha Rubbed Slow Cooker Pot Roast Honey Garlic Lemon Chicken Wings Baked Cinnamon Carrots Savory Salt Vinegar Coconut Chips and Banana Fudgesicles who says healthy food has to taste bad No matter how you choose to test the limits of your body The Performance Paleo Cookbook has got your back with tasty energizing food to help you train harder recover faster and perform better

Make It Japanese Rie McClenny, 2023-10-24 Learn the building blocks of authentic Japanese home cooking with 85 satisfying soulful everyday recipes from the beloved BuzzFeed Tasty food personality Rie's marvelous recipes taught me new things about familiar ingredients and reconnected me with the wonderful Japanese home cooking that I have always loved Nobu Matsuhisa chef and owner Nobu Restaurant Group A BEST COOKBOOK OF THE YEAR Los Angeles Times NPR Good Housekeeping Make It Japanese reflects Rie McClenny journey from her birthplace of Japan to the United States and how she learned to cook heartfelt recipes from scratch often using only ingredients from her local supermarket Throughout her culinary career from home cook to star of BuzzFeed Tasty's Make It Fancy video series she has drawn inspiration from the nourishing food her mother cooked throughout her childhood and her extensive knowledge of Japanese cuisine and ingredients that she brought to life in an American kitchen In her debut cookbook Rie shares just how approachable Japanese home cooking can be no matter where you are She presents a collection of comforting homestyle recipes that use just a handful of easy to find Japanese ingredients such as soy sauce mirin and sake and simple essential cooking techniques like making rice bowls donburi frying the perfect home style tempura and gently simmering vegetables and proteins to delicious effect Each accompanied by bright beautiful photography these delectable recipes include Traditional dishes with a twist Loaded Vegetable Miso Soup with kale and sweet potatoes Roasted Cauliflower Goma ae coated in toasted sesame dressing umami packed Easy Soy Sauce Ramen and Mini Okonomiyaki pancakes Can't miss classics delectable pork Tonkatsu ginger spiked Chicken Tofu Tsukune and Oyako Don rice bowls topped with tender chicken thighs and egg Interactive hands on recipes for festive gatherings Chicken Hot Pot with Ponzu perfect for a winter's night can't stop Gyoza with Crispy Wings and make your own hand rolls for a Temaki Party And of course dessert the iconic Simple Strawberry Shortcake irresistible Matcha Snacking Cake and delightful Citrus Mochi Doughnuts Whether making dinner on a busy weeknight or hosting a multi course banquet Make It Japanese is the ideal resource and perfect introduction to the world of Japanese cuisine ingredients and cooking techniques

Love Soup: 160 All-New Vegetarian Recipes from the Author of The Vegetarian Epicure Anna Thomas, 2009-08-25 Savannah natives Jane and Buddy Kahn guide touring cyclists through this historic region's most beautiful land and cityscapes

Plant Powered Mexican Kate Ramos, 2021-11-23 Mexican meals have long been known for their fresh vibrant ingredients and unique flavor combinations However it's only recently that chefs and eaters alike have discovered something wonderful many Mexican recipes taste just as good or better

when vegetables are the star This collection of meat free dishes includes more than 70 examples from Chilled Avocado Soup and Jackfruit Tinga Grain Bowls to Sheet Pan Chilaquiles Rojos and Winter Vegetable Enmoladas Whether you are vegan vegetarian or simply a vegetable loving cook these are the Mexican recipes you've been waiting for Book jacket *The Farmhouse Culture Guide to Fermenting* Kathryn Lukas, Shane Peterson, 2019-08-27 An authoritative and easy to use guide to fermentation with 100 recipes for fermented foods and drinks IACP AWARD WINNER Fermented and live culture foods are beloved for their bold and layered flavors as well as their benefits for gut health and boosting immunity but until now there hasn't been a book that is both authoritative and easy to use The Farmhouse Culture Guide to Fermenting provides you with the history health information and safest methods for preserving along with 100 recipes for krauts pickles kimchi fermented vegetables hot sauces preserved fruits and jams kombucha and even mead With trusted authors Kathryn Lukas founder of mega brand Farmhouse Culture and master fermenter and best selling author Shane Peterson and their thoroughly tested recipes this is the fermentation book that every home fermenter needs whether you are about to make your first batch of pickles or have been preserving foods for decades **Fresh Energy Cookbook** Natalia Rose, Doris Choi, 2012-11-06 With the publication of The Raw Food Detox Diet Natalia Rose popularized the concept of detox dieting Her principles for cleansing and revitalizing the body by emphasizing living foods and proper food combinations caught the attention of Doris Choi personal chef and caterer to New York's cognoscenti and inspired a whole new culinary approach Rose and Choi teamed up to create The Rose Program Culinary Institute and Detox Delivers an innovative cooking school and food delivery service for clients nationwide Now with The Fresh Energy Cookbook they unveil more than 150 of Chef Doris's most coveted recipes ideal for dieters and home cooks of all stripes Lovingly compiled and gorgeously photographed it covers essential kitchenware prep skills pantry items and recipes for everything from juices and smoothies to warm savory salads satisfying entrees and guiltless desserts all delicious and stunningly simple to prepare Contrary to popular opinion true detoxing is not about drinking lemon water and starving oneself for weeks at a time it's about eating whole fresh high vibration foods as nature intended us to every day While this cookbook features many vegan and raw dishes it offers a range of amazingly healthy recipes some of which include goat cheese fish and gently cooked starches and vegetables Among the mouthwatering salads soups appetizers entrees and desserts are Daikon Summer Rolls with Tomato Yuzu Dip Amalfi Salad Cauliflower Pizza with Matbucha Sauce Quick Ratatouille Fennel Stuffed Salmon Butternut Squash Fries Chocolate Banana Ice Cream Lemon and Yuzu Granita **Vibrant India** Chitra Agrawal, 2017-03-21 From the acclaimed chef and owner of Brooklyn Delhi a debut cookbook focused on the celebrated vegetarian fare of South India Lifelong vegetarian and chef Chitra Agrawal takes you on an epicurean journey to her mother's hometown of Bangalore and back to Brooklyn where she adapts her family's South Indian recipes for home cooks This particular style of Indian home cooking often called the yoga diet is light and fresh yet satisfying and rich in bold and complex flavors Grains legumes fresh produce coconut and yogurt along with herbs citrus

chiles and spices form the cornerstone of this delectable cuisine rooted in vegetarian customs and honed over centuries for optimum taste and nutrition From the classic savory crepe dosa filled with lemony turmeric potatoes and cilantro coconut chutney to new creations like coconut polenta topped with spring vegetables upma and homemade yogurt the recipes in Vibrant India are simple to prepare and a true celebration of color and flavor on a plate Chitra weaves together the historical context behind the region's cuisine and how she brought some of these age old traditions to life thousands of miles away in Brooklyn during the city's exciting food renaissance Relying on her experience as a culinary instructor Chitra introduces the essential Indian cooking techniques tips and ingredients you'll need to prepare a full range of recipes from quick vegetable stir fries corn basil and leeks flavored with butter cumin and black pepper salads citrus red cabbage and fennel slaw with black mustard seeds curry leaves and chile yogurt raitas shredded beets and coconut in yogurt and chutneys and pickles preserved Meyer lemon in chile brine to hearty stews aromatic black eyed peas lentils and greens coconut curries summer squash in an herby coconut yogurt sauce and fragrant rice dishes lime dill rice with pistachios Rounding out the book is an array of addictive snacks popcorn topped with curry leaf butter creative desserts banana coconut and cardamom ice cream and refreshing drinks chile watermelon juice with mint Chitra provides numerous substitutions to accommodate produce seasonality ingredient availability and personal tastes The majority of recipes are gluten free and vegan or can be easily modified to adhere to those dietary restrictions Whether you are a vegetarian or just looking for ways to incorporate more vegetarian recipes into your repertoire Vibrant India is a practical guide for bringing delicious Indian home cooking to your table on a regular basis

Real Japanese Cooking Makiko Itoh, 2025-08-05 Maki Itoh has succeeded in creating a treasure trove in her exploration of Japanese recipes and culinary traditions Perfect for the Japanese food loving home cook Elise Bauer Founder SimplyRecipes.com The first comprehensive cookbook to fully cover all aspects of Japanese cuisine with 600 recipes This book has been a lifetime in the making Bicultural author Makiko Itoh was born in Tokyo and grew up in New York where her mother ran the leading Japanese restaurant for two decades She has since developed a career as a successful bilingual food writer and translator uniquely positioned to explain the cuisine to non Japanese Her book answers all the questions foreigners typically have about one of the world's greatest cuisines including Why is Japanese food so unique A full overview from umami to seasonality to aesthetics Essential ingredients like miso mirin dashi sake and soy how and why they are used How to design a Japanese meal from tableware to equipment to etiquette Which recipes are right for you The 600 recipes in this book cover everything from bento boxes to nimono simmered dishes to izakaya sushi and hotpots But which ones should you try Itoh's mission is to demystify Japanese cuisine for non Japanese Her book contains 400 beautiful color photos with clearly presented recipes interspersed with fascinating essays and sidebars explaining all aspects of Japan's unique food culture A must read book for every Japanese food lover

Feed Zone Table Biju Thomas, Allen Lim, 2016-02-08 Science shows it's not just what we eat that matters eating together matters too Chef Biju Thomas and Dr Allen Lim have

returned to the kitchen to champion dinner the most social meal of the day In their third cookbook *Feed Zone Table* Biju and Allen offer over 100 all new recipes to bring friends and family to the table in a way that nourishes life and sport *Feed Zone Table* will inspire your family style dinners with a delicious line up of drinks starters main courses side dishes fresh sauces and desserts Biju rolls out easy techniques for making flavorful food that s fun to prepare and share Enjoying dinnertime and eating well will nourish you your family and friends and your sports performance Dr Lim saw these benefits first hand while working with professional athletes and shares new research on how social meals benefit everyone Lim reveals why it matters what science has to say about food camaraderie performance and the pivotal role that the dinner table can play in an athlete s preparation Sports are often an escape from life but *Feed Zone Table* is a warm invitation back to the table We perform best when we nourish our bodies and feed our souls Bring great food and people together with *Feed Zone Table* and you ll feel the difference *Feed Zone Table* brings over 100 new recipes to the popular *Feed Zone* series which includes *The Feed Zone Cookbook* and *Feed Zone Portables* Included in the new *Feed Zone Table* The Science Behind Social Meals 30 Drinks Starters Sides Salads and Soups 35 Poultry Seafood Pork Beef Lamb and Bison Dishes 6 Meatless Dishes 40 Sweets Oils Dressings Sauces Spices 15 New Cooking Techniques Quick Recipes Nutrition Facts Index **Everyday Slow Cooking (Easy recipes for family dinners)** Kim Laidlaw, 2020-10-27 Satisfying easy and great for family dinners this book contains 200 modern slow cooker recipes that bring the fresh flavors ethnic influences and seasonal ingredients to inspire today s cooks Classic recipes are refreshed with an amazing international pantry of seasonings easy side dishes and innovative garnishes in this amazing cookbook *Everyday Slow Cooking* focuses on contemporary slow cooker favorites without forgetting some of the best slow cooker classics A broad range of modern recipes take their cues from global influences seasonal ingredients and the richly layered fresh flavors of today while the classics continue to offer comfort satisfaction and make ahead ease Beautiful full color photography easy to follow recipes and a comprehensive introduction offer all the inspiration and explanation needed to turn out delicious slow cooker meals With chapters dedicated to various meats seafood veggies grains legumes deserts and stocks sides sauces this book is truly the last stop on your journey to slow cooker perfection *The Complete Autumn and Winter Cookbook* America's Test Kitchen, 2021-09-21 Celebrate the season with this treasure trove of cozy cooking and baking recipes from soul warming soups and simple dinners to showstoppers and weekend projects As the air grows chillier and nights longer these dishes draw us to the table and the warmth of an active kitchen Slow simmered dishes like Cider Braised Pork Roast cheesy weeknight pasta like Unstuffed Shells with Butternut Squash or a crusty bread like Fig and Fennel Bread When the flavors of summer fade autumn and winter fruits and vegetables can be just as bold and bountiful Find recipe inspiration from the season s first ripe figs and plump brussels sprouts to roasty sides featuring celery root kohlrabi and kabocha squash or a cranberry curd tart to brighten a winter s night Themed chapters showcase all the reasons to love autumn and winter cooking Find new celebration favorites with a

chapter of centerpiece dishes like Turkey and Gravy for a Crowd or Swiss Chard Pie to wow your guests Picked apples on an autumnal adventure All Things Apple covers both sweet and savory recipes like French Apple Cake and Celery Root Fennel and Apple Chowder to help you use them up Create the ultimate party spread with chapters devoted to Appetizers Festive Drinks and Brunch Try fried Korean fried chicken wings latkes with beet horseradish applesauce or Everything Straws Obsessed with pumpkin So are we In the Everyone Loves Pumpkin chapter you ll find everything from Creamy Pumpkin Chai Soup to Rum Pumpkin Chiffon Pie Bake to your heart s content with chapters covering breads cookies cakes pies puddings and more Give the gift of food with recipes for Rocky Road Bark and Fruits of the Forest Liqueur America s Test Kitchen s tips and tricks guarantee every meal is a success Flip to the introduction for menus and entertaining tips Plus we ve added seasonally themed spreads throughout so you can decorate the perfect holiday cookies or plan a charcuterie board with last second appetizers

The A.O.C. Cookbook Suzanne Goin, 2013-10-29 Since her James Beard Award winning first book Sunday Suppers at Lucques Suzanne Goin and her Los Angeles empire of restaurants have blossomed and she has been lauded as one of the best chefs in the country Now she is bringing us the recipes from her sophomore restaurant A O C turning the small plate shared style dishes that she made so famous into main courses for the home chef Among her many recipes you can expect her addictive Bacon Wrapped Dates with Parmesan Duck Sausage with Candied Kumquats Dandelion and Roasted Carrot Salad with Black Olives and Ricotta Salata California Sea Bass with Tomato Rice Fried Egg and Sopressata Lamb Meatballs with Spiced Tomato Sauce Mint and Feta Cr me Fra che Cake with Santa Rosa Plums and Pistachios in Olive Oil and S Mores with Caramel Popcorn and Chocolate Sorbet But The A O C Cookbook is much more than just a collection of recipes Because Goin is a born teacher with a gift for pairing seasonal flavors this book is full of wonderful eye opening information about the ingredients that she holds dear She takes the time to talk you through each one of her culinary decisions explaining her palate and how she gets the deeply developed flavor profiles which make even the simplest dishes sing More than anything Goin wants you to understand her techniques so you enjoy yourself in the kitchen and have no problem achieving restaurant quality results right at home And because wine and cheese are at the heart of A O C there are two exciting additions Caroline Styne Goin s business partner and the wine director for her restaurants presents a specific wine pairing for each dish Styne explains why each varietal works well with the ingredients and which flavors she s trying to highlight and she gives you room to experiment as well showing how to shape the wine to your own palate Whether you re just grabbing a glass to go with dinner or planning an entire menu her expert notes are a real education in wine At the back of the book you ll find Goin s amazing glossary of cheeses all featured at A O C along with the notes that are given to the waitstaff explaining the sources flavor profiles and pairings With more than 125 full color photographs The A O C Cookbook brings Suzanne Goin s dishes to life as she continues to invite us into her kitchen and divulge the secrets about what makes her food so irresistibly delicious

Milk, Spice and Curry Leaves Ruwanmali

Samarakoon-Amunugama,2020-10-20 This vegetable and seafood heavy book has recipes for all the classics I would plead for as a kid It s a technique heavy book full of reliable instructions and gorgeous nostalgic photographs Epicurious Ruwanmali Samarakoon Amunugama s childhood memories of visits to her parents homeland in Sri Lanka were filled with colourful trips to the market lively happy meals with her extended family and long scenic car rides from the capital of Colombo past tea estates and farmers stalls into the hill country around Kandy In Milk Spice and Curry Leaves Ruwan shares the rustic tropical flavours of these Sri Lankan visits sweet pineapple and mango bitter gourd toothsome cashews spicy chili pepper tart lime and many more in recipes designed with North American home cooks in mind She introduces the three pillars of Sri Lankan cuisine coconut milk rice and spice and walks readers through the steps to make the two foundational Sri Lankan curry powders roasted and unroasted She also goes into detail on specialty products like goraka pandanus leaves tamarind and young jackfruit always with attention to using ingredients available in North American grocery stores With lush food photography and styling hand drawn illustrations heirloom photos and ephemera Milk Spice and Curry Leaves is an invitation to a way of cooking and a family of traditions from the country known as the Pearl of the Indian Ocean **Huckleberry** Zoe Nathan,Josh Loeb,Laurel Almerinda,2014-09-09 Filled with entertaining behind the scenes stories and technical tips this

cookbook will thrill meticulous bakers and Huckleberry s devotees Library Journal Everything in generosity is the motto of Zoe Nathan the big hearted baker behind Santa Monica s favorite neighborhood bakery and breakfast spot Huckleberry Bakery Caf This irresistible cookbook collects more than 115 of Huckleberry s recipes and more than 150 color photographs including how to sequences for mastering basics such as flaky dough and lining a cake pan Huckleberry s recipes span from sweet rustic cakes muffins and scones to savory hot cereals biscuits and quiche True to the healthful spirit of Los Angeles these recipes feature whole grain flours sesame and flax seeds fresh fruits and vegetables natural sugars and gluten free and vegan options and they always lead with deliciousness For bakers and all day brunchers Huckleberry will become the cookbook to reach for whenever the craving for big flavor strikes Asian Paleo: Easy, Fresh Recipes to Make Ahead or

Enjoy Right Now from I Heart Umami ChihYu Smith,2019-05-14 Going Paleo or low carb but want a twist Asian Paleo will satisfy your cravings Creator of the popular food blog I Heart Umami ChihYu Smith celebrates her Chinese and Taiwanese heritage and turns favorite Asian recipes into healthy flavorful Paleo meals In Asian Paleo she shares 75 fresh bold recipes inspired by her favorite dishes from China Japan Thailand Vietnam and beyond Here Smith helps readers find the perfect dish for any occasion She includes easy meals fun and festive weekend options batch cooking for when there s time to plan and sides and sauces You ll want to try them all from Low Carb Chinese Scallion Pancakes and Brisket Pho to takeout classics like Sweet and Sour Chicken Kung Pao Chicken and sizzling hot Pepper Steak stir fry Each dish is free of gluten wheat soy and sugar With a meal prep section with shopping lists and make ahead instructions clever tips and tricks and vibrant photographs for every recipe Smith makes healthy Asian cooking totally deliciously Paleo **Hiroko's American Kitchen**

Hiroko Shimbo, 2012-10-30 A good East meets West love story a champion of Japanese cooking stateside marries her native cuisine with American ingredients Tasting Table You love Japanese food You enjoy it at restaurants whenever you can But what you really want to do is to prepare it in your own kitchen That's easy using Hiroko Shimbo's classic books The Japanese Kitchen and The Sushi Experience But wait Can you find the ingredients Can you take the time to prepare it Your friends family significant other will they relish these foreign dishes the way you do Hiroko's American Kitchen provides answers to all of those questions Here there are 125 new recipes that highlight the best of Japanese cuisine but in new simpler ways The recipes are organized in chapters each using one of two stocks or four sauces By preparing and storing these easily made items with a minimum of time and fuss you can enjoy a wide variety of delicious dishes every day These are recipes that use the ingredients that you have or can easily purchase and are prepared and served in dishes that are familiar to American tastes and dining habits In other words delicious healthful Japanese dishes designed for the American kitchen and the American diner The recipes include Corn and Ginger Rice with Shoyu and Butter Quick Gingered Pork Burger Chunky Potato and Leek Soup with Miso Avocado and Yellowfin Tuna Salad and Curried Miso Peanuts This is not fusion or confusion cooking but a respectful extension of traditional Japanese cooking to bring to your table The New Vegetarian Epicure Anna Thomas, 1996-05-21 Anna Thomas author of the best selling The Vegetarian Epicure which became the bible of vegetarian cooks in the seventies and remains a classic now returns with an exuberant new cookbook that reflects the way we live and eat today The 66 menus are geared to busy health conscious families who are drawn to good fresh foods and lighter fare filled with the pungent ethnic flavors that Anna Thomas loves Here are more than 325 recipes for every occasion from seasonal family meals and little dinner parties to picnics and holiday feasts For example A Simple Autumn Dinner Party that includes a freshly made Focaccia Lima Bean Soup Torta di Polenta with a Roasted Tomato Sauce and Parfaits of Fruit and Mascarpone A family meal of a Salad of Bitter Greens with Gorgonzola Cheese and Walnuts Oyster Mushroom Chowder Fast Buttermilk Rolls and an Apple and Pear Crumble A celebratory Cinco de Mayo Dinner of Nopalito Salad Tamales with Zucchini and Cilantro Filling Chile Ancho Salsa Garlic and Cumin Rice and Flan with Caramel and Pineapple There are easy Salad Lunches Soup Suppers Pasta Dinners Dinner in a Bowl and A Casserole Supper all foods that children love And there are salad lunches for hot days mezze hearty little Middle Eastern dishes for a crowd a variety of teas brunches and a wine tasting Freshness is all important to Anna Thomas and she offers great tips about growing tomatoes gathering wild mushrooms and understanding chiles as well as suggesting strategies for getting children to eat well The captivating voice of Anna Thomas which inspired a whole generation is now even more irresistible as she persuades her contemporaries pressured by all the demands of the day to carve out a little time to prepare delicious healthy meals and to experience the joy of sharing with family and friends the pleasure of the table *Herbivorous* Michael Natkin, 2012

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Kabocha Recipe Squash Introduction

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