

# Stress-eating for the Election: A Jewhungry recipe round-up



Team, speaking as a school counselor/social worker, I can't really condone stress-eating. In fact, I don't condon it at all. If you're being triggered and you're feeling negative feelings, first, yay! You're feeling feelings! That's great! We should celebrate our feelings. That said, diving for a pint

of Ben and Jerry's to numb the pain isn't a positive coping skill. Can we all agree on that?

BUT, speaking as your friendly, neighborhood kosher food blogger, I can TOTALLY celebrate stress-eating! Find out your bestie is moving away? Why that calls for a big pot o' mac n' cheese! Discovered your partner is cheating on you!? Let's dive in to some cheese fries! Terrified that the country will soon be run by an ego-maniacal, hate-speech talkin', violence-inducing thief!? Why not make some pie and FILL IT with mac n' cheese!?!?

And so my friends, I bring to you today a recipe round-up filled with . . . you guessed it . . .cheese! Cheese and cinnamon rolls and french fries and ice cream and chicken wings and all sorts of goodies to enjoy while waiting to find out the results of this election. And before you wrag on me for posting only unhealthy foods, can I please direct your attention to the gluten-free donuts! Huzzah! Happy (almost) election day!



mini Pumpkin and Kale Mac n' Cheese Pot Pies





Baked Sweet Potato with Pimento Cheese



Loaded Veggie Cheese Fries



Smashed Potatoes: Animal Style





Sweet Potato Fries with Za'atar Ranch



Homemade Black Bean and Cheddar "Hot Pockets"



{Baked} Honey Sriracha Chicken Wings





Chocolate Cinnamon Rolls with Pomegranate Icing





Chocolate Almond Flour Donuts with Egg Creams



## Cheesecake Ice Cream with Candied Lemon Peel



## Vegan Funfetti Cheesecake Bites