



Taste of Home Skinny Slow Cooker: Cook Smart, Eat Smart with 352 Healthy Slow-Cooker Recipes

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*Save time, eat right and serve hearty family favorites with **Skinny Slow Cooker**, a new cookbook from Taste of Home! Everyone could use a little help when it comes to cutting calories, fat and sodium, so why not rely on your slow cooker as well as the experts at Taste of Home? This mouthwatering collection makes it a snap to dish out comforting slow-cooked dishes so tasty, no one at your table will realize they're eating light. Best of all, these satisfying recipes simmer on their own during the day, so a sensational, healthy meal is ready for you when you walk through door! What could be easier? Cook smart, eat smart, lose weight and feel great! Success is at your fingertips*

*with **Taste of Home Skinny Slow Cooker**.*

Now it's easier than ever to cook smart and eat smart thanks to the new title from Taste of Home—***Skinny Slow Cooker!*** Today's home cooks care about serving healthy meals but struggle to find time to prepare foods that satisfy yet pare down calories, fat and sodium. With the 350+ recipes in ***Skinny Slow Cooker***, however, setting a heart-smart meal on the table is a snap! With a little planning, a few everyday ingredients and a slow cooker, family cooks can easily create meals so hearty, no one will realize they are eating light!

Based on the tremendous success Taste of Home Books experienced with best-selling titles "Slow Cooker," "Slow Cooker Throughout the Year," Casseroles, Slow Cooker & Soups," "Comfort Food Diet" and "Comfort Food Makeovers," it seemed like a natural fit to offer today's family cooks a collection of slow-cooked dishes that make healthy eating a priority. Inside this collection, readers will find common ingredients, Nutrition Facts with every recipe, Diabetic Exchanges where applicable and, most important, mouthwatering meals that come together in a slow cooker and satisfy the entire family!

A special icon notes dishes that call for five ingredients or fewer and prep and cook timelines make meal planning simple. Two "Bonus Chapters" help family cooks round out menus with garden-fresh salads and light desserts that skim back on calories, sugar and fat.

Best of all, these recipes come from real home cooks who know how to serve healthy family meals and save time in the kitchen. These are the dishes they rely on most...and the foods that received thumbs-up approval at the dinner table. Cooking smart, eating smart, losing weight and feeling great has never been more delicious than with ***Taste of Home Skinny Slow Cooker!***

CHAPTERS

Lighten Up (Intro)

Soups & Sandwiches

Beefy Entrees

Chicken & Turkey

Pork, Ham & More

Seafood & Meatless Classics

Slow-Cooked Sides

Bonus: Salads

Bonus: Low-Fat Desserts

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Edward Christensen:

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