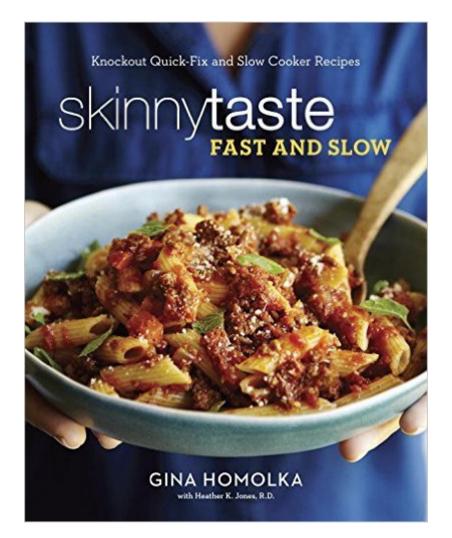
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Skinnytaste Fast And Slow: Knockout Quick-Fix And Slow Cooker Recipes





Synopsis

The easiest, tastiest, most convenient healthy recipesâ "ever!With Skinnytaste Fast and Slow, you can get a nutritious, flavor-packed, figure-friendly mealâ "complete with a flourless chocolate brownie made in a slow cookerâ "on the table any night of the week. Gina Homolka, founder of the widely adored blog Skinnytaste, shares 140 dishes that come together in a snapâ "whether in a slow cooker or in the oven or on the stovetop. Favorites include: Slow CookerChicken and Dumpling SoupKorean-Style Beef TacosSpicy Harissa Lamb RaguPeach-Strawberry Crumble Under 30 MinutesZucchini Noodles with Shrimp and FetaPizza-Stuffed Chicken Roll-UpsGrilled Cheese with Havarti, Brussels Sprouts, and Apple Cauliflower â œFriedâ • Rice Each recipe includes nutritional information, which can help you take steps toward weight and health goals, and many dishes are vegetarian, gluten-free, and freezer-friendlyâ "all called out with helpful icons. Ginaâ ™s practical advice for eating well and 120 color photos round out this indispensable cookbook.

Book Information

Hardcover: 304 pages Publisher: Clarkson Potter (October 11, 2016) Language: English ISBN-10: 0553459600 ISBN-13: 978-0553459609 Product Dimensions: 8.3 x 1 x 10.3 inches Shipping Weight: 2.8 pounds (View shipping rates and policies) Best Sellers Rank: #210 in Books (See Top 100 in Books) #1 in Books > Cookbooks, Food & Wine > Special Diet > Low Fat #1 in Books > Cookbooks, Food & Wine > Cooking Methods > Slow Cooking #2 in Books > Cookbooks, Food & Wine > Cooking Methods > Quick & Easy

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