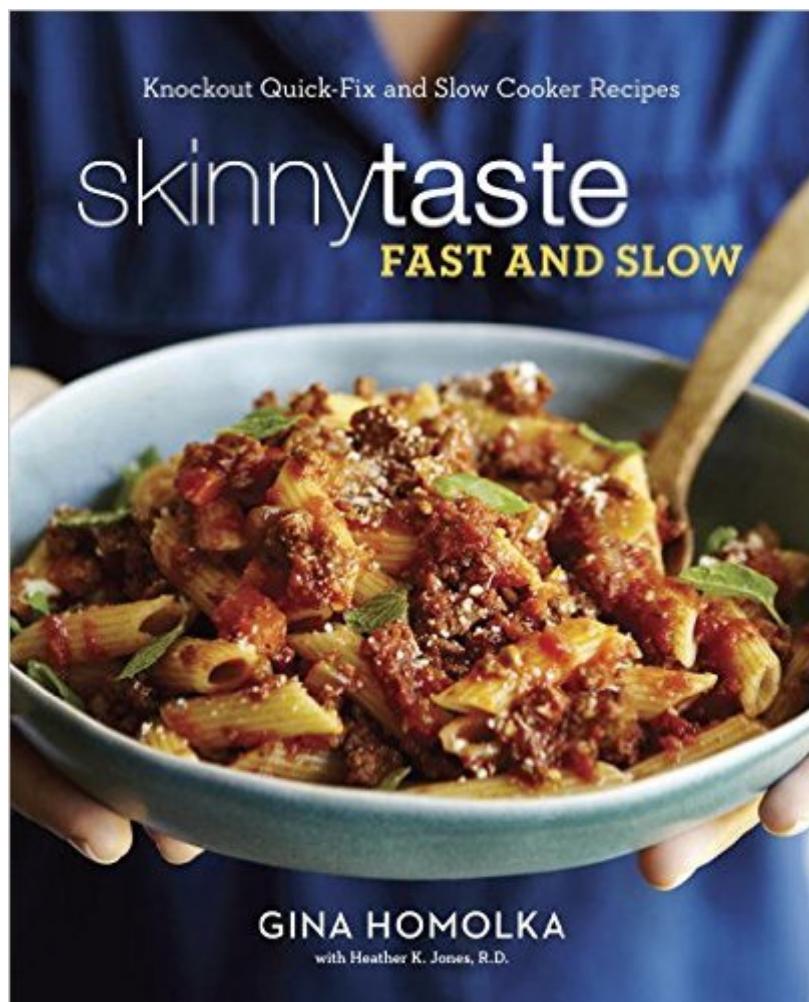


The book was found

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



Synopsis

The easiest, tastiest, most convenientÂ 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:Â Slow CookerChicken and Dumpling SoupKorean-Style Beef TacosSpicy Harissa Lamb RaguPeach-Strawberry CrumbleÂ Under 30 MinutesZucchini Noodles with Shrimp and FetaPizza-Stuffed Chicken Roll-UpsGrilled Cheese with Havarti, Brussels Sprouts, and Apple Cauliflower â œFriedâ • RiceÂ 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.

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