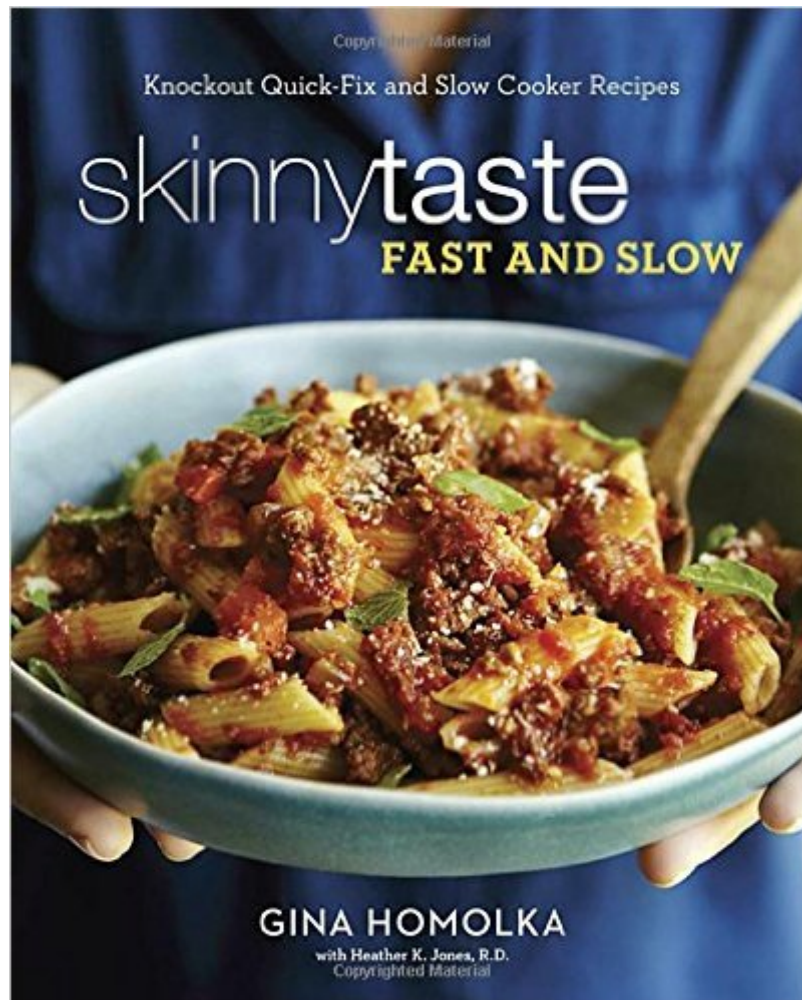




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Skinnytaste Fast And Slow: Knockout Quick-Fix And Slow Cooker Recipes



Synopsis

80+ Under 30 Minute Dishes and 60 Slow Cooker Recipes The easiest, tastiest, most convenient & healthy recipes ever! With Skinnytaste Fast and Slow, you can get a nutritious, flavor-packed, figure-friendly meal & complete with a flourless chocolate brownie made in a slow cooker & 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 snap & whether in a slow cooker or in the oven or on the stovetop. Favorites include: & Slow Cooker Chicken and Dumpling Soup Korean-Style Beef Tacos Spicy Harissa Lamb Ragu Peach-Strawberry Crumble & Under 30 Minutes Zucchini Noodles with Shrimp and Feta Pizza-Stuffed Chicken Roll-Ups Grilled Cheese with Havarti, Brussels Sprouts, and Apple Cauliflower & Fried & 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-friendly & all called out with helpful icons. Gina & s practical advice for eating well and 120 color photos round out this indispensable cookbook.

Book Information

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Customer Reviews

GINA HOMOLKA is the author of the New York Times bestselling The Skinnytaste Cookbook and the founder of Skinnytaste, the award-winning blog that & s been featured on Fitness and Better Homes and Gardens, among other media outlets. She lives on Long Island with her husband and their two children. & HEATHER K. JONES, R.D., is a registered dietitian, the author of several

nutrition books, and the founder of heatherkjones.com, a weight-loss site about healing and hope instead of diets and deprivation.

Beautiful book! I absolutely love everything about this book. I'm a Weight Watchers member, RN and mom to a toddler, so this book is an answer to my prayers. So far I've made the Hamburger Stroganoff and Grilled Cumin-Rubbed Skirt Steak Tacos with Pickled Red Onions....both were delicious and so easy to make! I love the chapter devoted to tacos for Taco Tuesday and the section in the beginning that has a meal plan. This book will be my go-to for sure!

Pros: The recipes I've tried have all been very good. My kids have liked them too. The photographs are beautiful and the nutritional content is listed for all of the recipes. They are coded for various attributes, such as gluten-free or freezer-friendly. I often make a double recipe and put half on my freezer, so I appreciate knowing which ones freeze well. Cons: There are recipes that I will never use, including a whole chapter on breakfast and toast. Many of the recipes use unusual ingredients--and a small amount of them--so there is always either a bottle of something in my pantry that I will never use again, or a bunch of partial ingredients that will spoil before I find another recipe for them. But my biggest complaint is that the slow cooker recipes are almost in name only. They require lengthy preparation, such as pre-cooking the meat or vegetables. Some require attention in the middle of the cooking time, followed by an additional 1-2 hours of cooking. And overall they are supposed to be cooked for odd lengths of time. For example, I'm making the slow cooker spaghetti and meatballs today. I would never have enough time in the morning before work to prepare the meatballs (shred zucchini, roll 24 meatballs) or sauce (pre-cook the garlic), so I had to do it last night. But now I'm faced with instructions to cook on low for 4-5 hours. How am I supposed to do that from work? I could use an outlet timer, but then it will sit on my counter for 5 hours either before or after cooking. I was looking for a slow cooker cookbook which would accommodate how I want to use a slow cooker: throw in the ingredients in 5 minutes, leave for 10 hours, and come home to a finished dinner. This cookbook is not that. However, if you are at home during the day and want to make healthy, delicious meals in your slow cooker, then it would be great for you.

All her meals are delicious!! I love the slow cooker because it's easy to set up and make great meals with little effort. I've lost 30 lbs doing exclusively her recipes and weight watchers. Highly recommend this book. I bought a copy for myself, my mom, and sister

So far I've made 10 recipes from it and they are all phenomenal! Korean Beef Tacos, Egg rice bowl, Bahn Mi Bowls, Korean beef tacos, Chicken Tikka Masala - are just a few of my favs! Everything is so good, flavorful and healthy.

Great easy delicious recipes!! Love the fact that they are quick and don't use obscure ingredients. Perfect recipe book for busy families!

I have been a fan of the skinnytaste website and Gina for years so it was only natural that once I have birth to my son I needed new recipes that were quick and for slow cookers! This is perfect! Our favorites are the taco recipe and the one sheet chicken and veggies!

Absolutely love this cookbook. I am so thrilled I found this author/blogger! Lightened, but hearty recipes that both my husband and I will eat. She has joined my author follow list when two cookbooks get 5 stars and I follow a blog. My husband and I have already sampled several recipes out of the book, including the Greek Chicken, and each of them were winners.

Beautiful book but didn't find enough recipes that appealed to me.

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