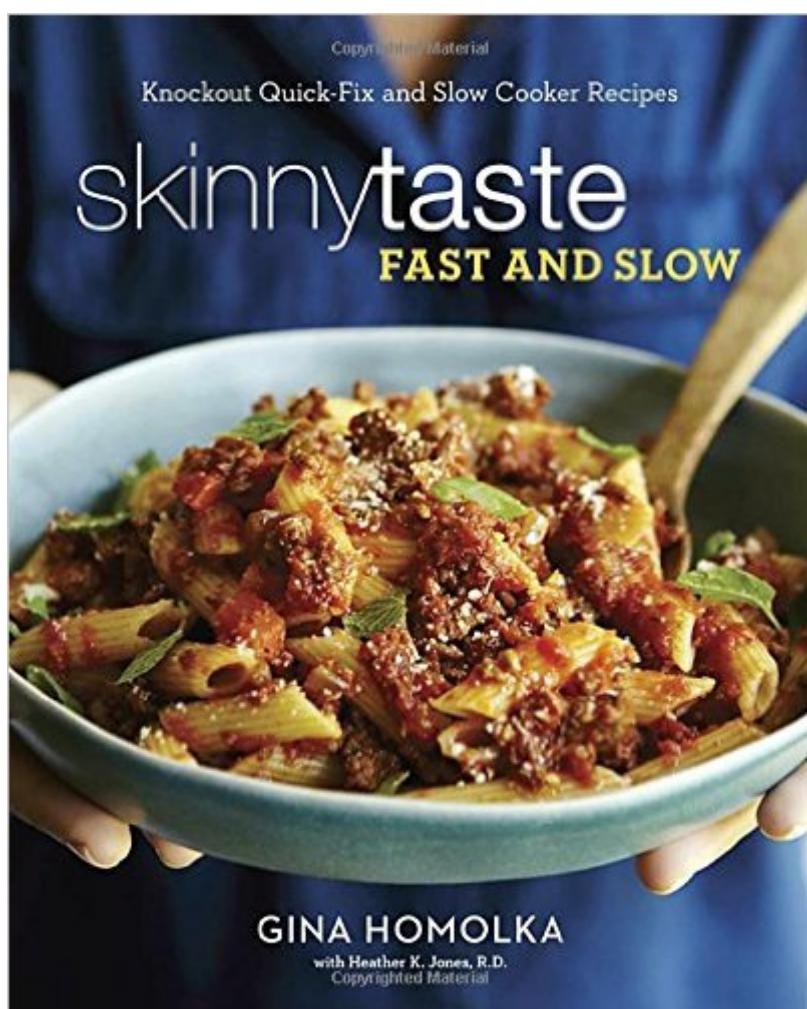


The book was found

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



Synopsis

80+ Under 30 Minute Dishes and 60 Slow Cooker RecipesThe easiest, tastiest, most convenientÃ¢â€šâ€œ healthy recipesÃ¢â€šâ€œ ever!With Skinnytaste Fast and Slow, you can get a nutritious, flavor-packed, figure-friendly mealÃ¢â€šâ€œ complete with a flourless chocolate brownie made in a slow cookerÃ¢â€šâ€œ 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 snapÃ¢â€šâ€œ whether in a slow cooker or in the oven or on the stovetop. Favorites include:Ã¢â€šâ€œ Slow CookerChicken and Dumpling SoupKorean-Style Beef TacosSpicy Harissa Lamb RaguPeach-Strawberry CrumbleÃ¢â€šâ€œ Under 30 MinutesZucchini Noodles with Shrimp and FetaPizza-Stuffed Chicken Roll-UpsGrilled Cheese with Havarti, Brussels Sprouts, and Apple CauliflowerÃ¢â€šâ€œ FriedÃ¢â€šâ€œ RiceÃ¢â€šâ€œ 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-friendlyÃ¢â€šâ€œ all called out with helpful icons. GinaÃ¢â€šâ€œs practical advice for eating well and 120 color photos round out this indispensable cookbook.

Book Information

Hardcover: 304 pages

Publisher: Clarkson Potter; 1 edition (October 11, 2016)

Language: English

ISBN-10: 0553459600

ISBN-13: 978-0553459609

Product Dimensions: 8.4 x 1 x 10.3 inches

Shipping Weight: 2.8 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 692 customer reviews

Best Sellers Rank: #538 in Books (See Top 100 in Books) #3 inÃ¢â€šâ€œ Books > Cookbooks, Food & Wine > Cooking Methods > Slow Cooking #3 inÃ¢â€šâ€œ Books > Cookbooks, Food & Wine > Special Diet > Low Fat #3 inÃ¢â€šâ€œ Books > Cookbooks, Food & Wine > Cooking Methods > Cooking for One or Two

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 thatÃ¢â€šâ€œs 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.Ã¢â€šâ€œ 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 dont 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.

[Download to continue reading...](#)

Cooker Cookbook: 1001 Best Slow Cooker Recipes of All Time (Slow Cooking, Slow Cooker, Meals, Chicken, Crock Pot, Instant Pot, Electric Pressure Cooker, Vegan, Paleo, Breakfast, Lunch, Dinner) Slow Cooker Cookbook: 1001 Best Slow Cooker Recipes of All Time (Fast and Slow Cookbook, Slow Cooking, Crock Pot, Instant Pot, Electric Pressure Cooker, Vegan, Paleo, Dinner, Breakfast, Healthy Meals) KETO SLOW COOKER: 120 Delicious, Quick and Easy Ketogenic Slow Cooker Recipes (keto, ketogenic, ketogenic cookbook, slow cooker, slow cooking, ketogenic ... weight loss, paleo, low carb, cleanse) Rice Cooker Recipes: 50+ Rice Cooker Recipes - Quick & Easy for a Healthy Way of Life (Slow cooker recipes - rice cooker - recipes) Slow Cooker Soup Recipes: 50 Most Delicious & Healthy Slow Cooker Soup Recipes for Better Health and Easy Weight Loss (Soup Recipes, Chicken Soup, Soup Cookbook, Slow Cooker Soup Recipes) Paleo Slow Cooker: Healthy Delicious Paleo Diet Slow Cooker Recipes for Your Family (Slow cooker recipes, Low carb diet, Paleo diet recipes, Paleo Cookbook, Ketogenic Diet, Ketogenic recipes) Crock Pot: 1001 Best Crock Pot Recipes of All Time (Crockpot, Crockpot Recipes, Crock Pot Cookbook, Crock Pot Recipes, Crock Pot, Slow Cooker, Slow Cooker Recipes, Slow Cooker Cookbook, Cookbooks) Delicious Crockpot Recipes: A Full Color Crockpot Cookbook for your Slow Cooker (Crockpot; Crockpot Recipes; Slow Cooker; Slow Cooker Recipes; Crockpot ... Pot Recipes; Crock Pot Cookbook) (Volume 1) 30 Day Whole Food Slow Cooker Challenge: Whole Food Recipes For Your Slow Cooker → Quick And Easy Chef Approved Whole Food Recipes For Weight Loss (Slow Cooker Cookbook) 30 Day Whole Food Slow Cooker Challenge: Quick and Easy Whole Food Slow Cooker Recipes For The Everyday Home → Delicious, Triple-Tested, Family-Approved Whole Food Recipes (Slow Cooker Cookbook) Diabetic Slow Cooker Recipes: Over 190+ Low Carb Diabetic Recipes, Dump Dinners Recipes, Quick & Easy Cooking Recipes, Antioxidants & Phytochemicals, ... and Chilis, Slow Cooker Recipes (Volume 1) Dash Diet: Top 45 Dash Diet Slow Cooker Recipes Rich in Protein, Fiber, Magnesium, Potassium, And Calcium (Dash Diet, Dash Diet Slow Cooker, Dash Diet ... Slow Cooker Recipes, Dash Diet Cookbook) Dash Diet Slow Cooker Recipes: Vegetarian Slow Cooker: 60 Delicious Low Sodium Slow Cooker Recipes (DASH Diet Cookbooks)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)