



# The Everything Healthy Slow Cooker Cookbook

*Rachel Rappaport, Horton B E*

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Slow-cooker meals may save you time and energy, but they can also help you pack on the pounds. Thanks to this clever collection of deliciously good-for-you recipes, you can please your palate without sacrificing nutrition--or your waistline! This cookbook serves up hundreds of mouth-watering recipes, including:

- Sun-Dried Tomato and Pesto Dip
- Greek-Style Orzo and Spinach Soup
- Red Wine Pot Roast
- Ginger Caramelized Chicken
- Curried Lentils
- Italian Meatloaf
- Chocolate Crème Brûlée
- Stewed Cinnamon Apples

Popular food blogger and cooking instructor Rachel Rappaport provides full nutritional analyses so you can choose recipes based on calories, fat content, fiber, and more. When you save time *and* produce healthy meals, you'll find you can have your pot roast--and eat it too!

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