

[PDF] American Heart Association Healthy Slow Cooker Cookbook: 200 Low-Fuss, Good-for-You Recipes

American Heart Association - pdf download free book



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Description:

Start with healthy ingredients and take delicious meals out of your slow cooker any night of the week.

From appetizers to desserts and everything in between, the 200 recipes in *American Heart Association Healthy Slow Cooker Cookbook* will surprise you with their variety and depth of flavor. Braised Curry-Rubbed Chicken slow cooks among Middle Eastern spices, including ginger, cumin, cinnamon, and curry, in a pool of citrus juice and honey. Cioppino with White Wine features a saucy tomato base that simmers until scallops, mussels, and bite-size pieces of mild fish are added to finish this hearty fish stew.

Vegetables, beans, and beef stew together to make for a mouthwatering rustic Country Cassoulet, and chopped zucchini, tomato, and basil along with bulgur and provolone cheese are packed into Italian Artichoke-Stuffed Bell Peppers that cook until tender. With some easy planning before or after the slow cooking, such as browning meats or boiling water for pasta, you'll have tasty meals chock full of good nutrition on your kitchen table night after night.

This cookbook includes nineteen full-color photographs as well as information on the benefits of slow cooking and how a slow cooker can help you eat well. The best way to ensure good food comes *out* of your cooker is to put only good-for-you ingredients *into* it, and with *American Heart Association Healthy Slow Cooker Cookbook*, you'll learn how much your slow cooker can do for you while you're enjoying a healthy lifestyle.

The slow cooker, America's favorite kitchen appliance, has become increasingly versatile and sophisticated, and now it can support a heart-smart diet, too. Under the spell of its low heat, lean meats, whole grains, legumes, vegetables, and fruits transform into succulent meals.

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