



Woman's Day Healthy Slow Cooking: More Flavor, Fewer Calories

Editors of Woman's Day

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There's nothing cozier than coming home from a busy day to the mouthwatering smells of dinner simmering on the stove and nothing more convenient than a meal that takes minutes to put together and then cooks itself. Slow cookers make sharing home-cooked family meals every night easier than ordering pizza and this healthy recipe collection from the experts at *Woman's Day* will ensure those dishes are not only appealing and fuss-free but wholesome and nutritious as well.

Slow cooking is not only convenient, easy and versatile but economical as well and novices and expert cooks will love these yummy dishes without worrying about the calories. This collection of over 50 recipes that have been triple tested by *Woman's Day* will ensure that your meals are not only nutritious and low-fat but flavorful and tasty too.

Perfect for the busy cook who's short on time but values healthy home-cooked meals, all the slow cooker recipes in the book are organized by ingredient and include a variety of dishes using beef, pork, lamb, chicken, turkey and vegetables. Much more than just stews and soups, all of the recipes are healthy and low in fat and include cooking time, serving size and nutritional information.

Try dishes like: -Chinese Orange Beef -Jamaican Jerk BBQ Chicken -Italian Lentil & Vegetable Stew - Jambalaya

All you'll have to do is set the table and serve!

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