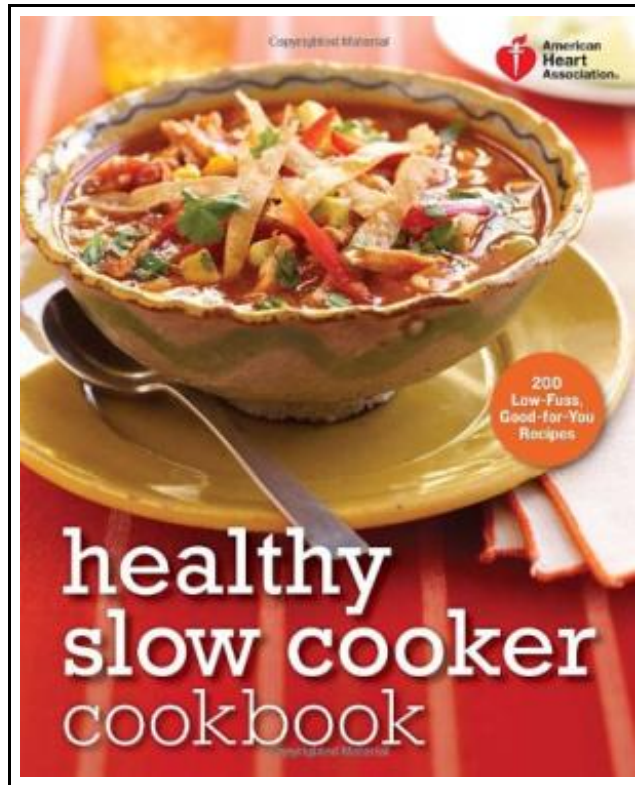


American Heart Association Healthy Slow Cooker Cookbook 200 Low-Fuss, Good-for-You Recipes American Heart Association Cookbook



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(Carlie Bahringer IV)

AMERICAN HEART ASSOCIATION HEALTHY SLOW COOKER COOKBOOK 200 LOW-FUSS, GOOD-FOR-YOU RECIPES AMERICAN HEART ASSOCIATION COOKBOOK



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Clarkson Potter. Paperback. Book Condition: New. Paperback. 256 pages. Dimensions: 9.1in. x 7.3in. x 0.7in. Start with healthy ingredients and take delicious meals out of your slow cooker any night of the week. The slow cooker, Americas 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. 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, youll have tasty meals chock full of good nutrition on your kitchen table night after night. This cookbook also 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, youll learn how much your slow cooker can do for you while youre enjoying a healthy lifestyle. This item...

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