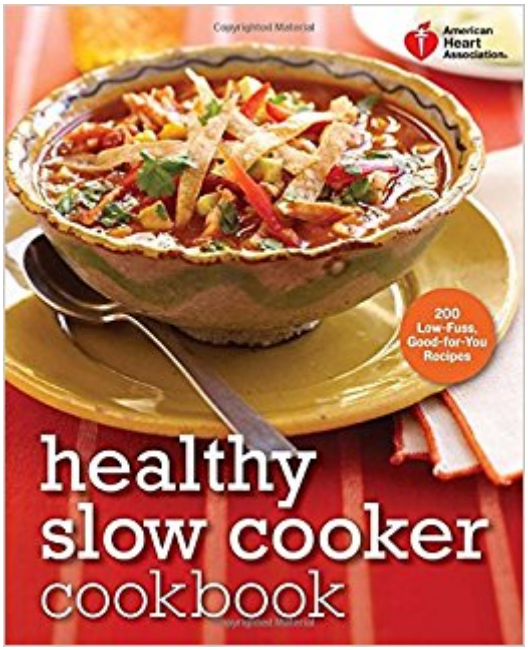
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American Heart Association Healthy Slow Cooker Cookbook: 200 Low-Fuss, Good-for-You Recipes



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Synopsis

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, youÃ¢â ¬â„¢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, youÃ¢â ¬â„¢ll learn how much your slow cooker can do for you while youÃ¢â ¬â„¢re enjoying a healthy lifestyle. The slow cooker, AmericaÃ¢â ¬â„¢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.

Book Information

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Customer Reviews

The mission of the American Heart Association is to build healthier lives, free of cardiovascular diseases and stroke. Its bestselling library of cookbooks includes Healthy Slow Cooker Cookbook; Go Fresh; The Go Red For Women Cookbook; Low-Salt Cookbook, 4th Edition; Eat Less Salt; and The New American Heart Association Cookbook, 8th Edition.Ã Â americanheart.org

Shrimp JambalayaThe word "jambalaya" is thought to come from jambon, the French word for ham. It’s a given, then, that ham is one of the primary ingredients of jambalaya; however, you don’t need much when you use smoked ham and chopÃ Â it finely to distribute its distinct flavor throughout the dish.Serves 4: 1Ã Â cups per servingSlow cooker size/shape:3-to 4Ã Â -quart round or ovalSlow cooking time: 5 to 6 hours on low plus 30 minutes on high, OR 2Ã Â to 3 hours on high plus 30 minutes on high1 14.5-ounce can no-salt-added tomatoes, undrained1 cup water (if cooking on low) or 1Ã Â cups water (if cooking on high)Ã Â cup finely chopped onion1 medium rib of celery, sliced crosswise1 small green bell pepper, chopped2 ounces lower-sodium, low-fat smoked ham, all visible fat discarded, finely chopped (about Ã¢â |â œ cup)2 teaspoons dried parsley, crumbled1 teaspoon dried oregano, crumbled2 medium garlic cloves, mincedÃ Â teaspoon dried thyme, crumbledÃ¢â |â º to Ã Â teaspoon cayenne1 medium dried bay leaf8 ounces raw medium shrimp, thawed if frozen, peeled, rinsed, and patted dry1 cup frozen cut okra, thawed1 cup uncooked instant brown riceÃ Â cup snipped fresh parsleyIn the slow cooker, stir together the tomatoes with liquid, water, onion, celery, bell pepper, ham, parsley, oregano, garlic, thyme, cayenne, and bay leaf. Cook, covered, on low for 5 to 6 hours or on high for 2Ã Â to 3 hours, or until the vegetables are tender.If using the low setting, change it to high. Quickly stir in the shrimp, okra, and rice and re-cover the slow cooker. Cook for 30 minutes, or until the rice is tender. Discard the bay leaf.Serve the jambalaya sprinkled with the parsley.Per Serving: Calories 196Total Fat 2.0 gÃ Â Ã Â Ã Â Ã Â Saturated Fat 0.5 gÃ Â Ã Â Ã Â Ã Â Trans Fat 0.0 gÃ Â Ã Â Ã Â Polyunsaturated Fat 0.5 gÃ Â Ã Â Ã Â Monounsaturated Fat 0.5 gCholesterol 78 mg Sodium 472 mg Carbohydrates 30 gÃ Â Ã Â Ã Â Fiber 4 gÃ Â Ã Â Ã Â Sugars 7 gProtein 14 gÃ Â Dietary Exchanges1Ã Â starch, 2 vegetable, 1Ã Â lean meat

I bought this cook book in hopes of getting some inspiration on fairly simple & healthy recipes for the

slow cooker....I was a little disappointed. I don't really understand using a crock pot for a meal that could just as easily be prepared on the stove in the same time frame. None of these recipes are really fix it & forget it....many of them have steps at 4 hrs, 6 hrs and again before serving. Also....I noticed many recipes want you to pre-cook the ingredients. I really wanted healthy recipes where I could dump ingredients in the cooker in the morning, go to work for 8 -10 hours and come home to a ready meal.

Good book, but it is not usable as an e-book. When you want to refer to a recipe and then go back to the Table of Contents, it is a lot easier with a physical book. Buy it, but in paper!

This cookbook is awesome! Tried several recipes and they did not taste like the traditional recipes for crockpots.The ingredients list is short ad items usually in the kitchen.

I am in love with several recipes from this book! Great to have especially if you cook a lot in the crock pot! Not all the recipes are those that you pile a bunch of stuff in a crock pot and leave it all day. Some of the recipes require extra attention and steps.

We've made numerous things from this book and found them to be yummy and very satisfying. I noticed some folks complained about pre preparation for some of the crock pot dishes. This did not bother us because the time in the crock pot really blended the flavor and made the food fork cutting tender. Just knowing we can still eat tasty things that are still healthy is great. Did not seem to miss any flavor as the crock pot time adds it's own flavor component. Very pleased with this book!!

It has opened up new possibilities in my limited food world. Some of the things I thought I would never have again are back if prepared properly and in appropriate amounts. Easy to follow recipes with all the nutritional data right there.

The recipes in this book are obviously healthy for you and I plan to try some when I get the time. The thing is, most of the recipes I've looked out are rather involved. When I use a slow cooker, it is for ease and convenience. I put the dish in in the morning, turn it on and come back to eat it at dinner. I don't need recipes that cook in 3 1/2-hours, or a recipe where I start with some ingredients; take them out a couple of hours later; put in other ingredients, etc. I may upgrade this rating after I've tried a few recipes, because it certainly would be nice to use my slow cooker to make really

healthy dinners. This book seems to offer that.

IMHO...Bought this on an impulse, which I usually like to see inside. There are very few photos, which are helpful to me as a so-so cook. I am trying different recipes slowly. It was helpful otherwise. It does give what the serving size is and breaks down the calories/fat/sodium/ plus lots of other stuff.

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