



Slow Cooker Favorites Made Healthy (Better Homes and Gardens Cooking)

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- More than 200 satisfying—yet guilt-free—recipes for your countertop slow cooker, including main dishes, sides, soups, appetizers, and desserts.
- All recipes are lighter in calories, saturated fats, and sodium.
- Bonus chapter with recipes for 1-1/2-quart slow cookers—perfect for serving two.
- Complete nutrition information, including diabetic exchanges, with every recipe.
- Helpful at-a-glance chart of calorie counts for common foods.

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From reader reviews:

Randy North:

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Mark Ames:

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