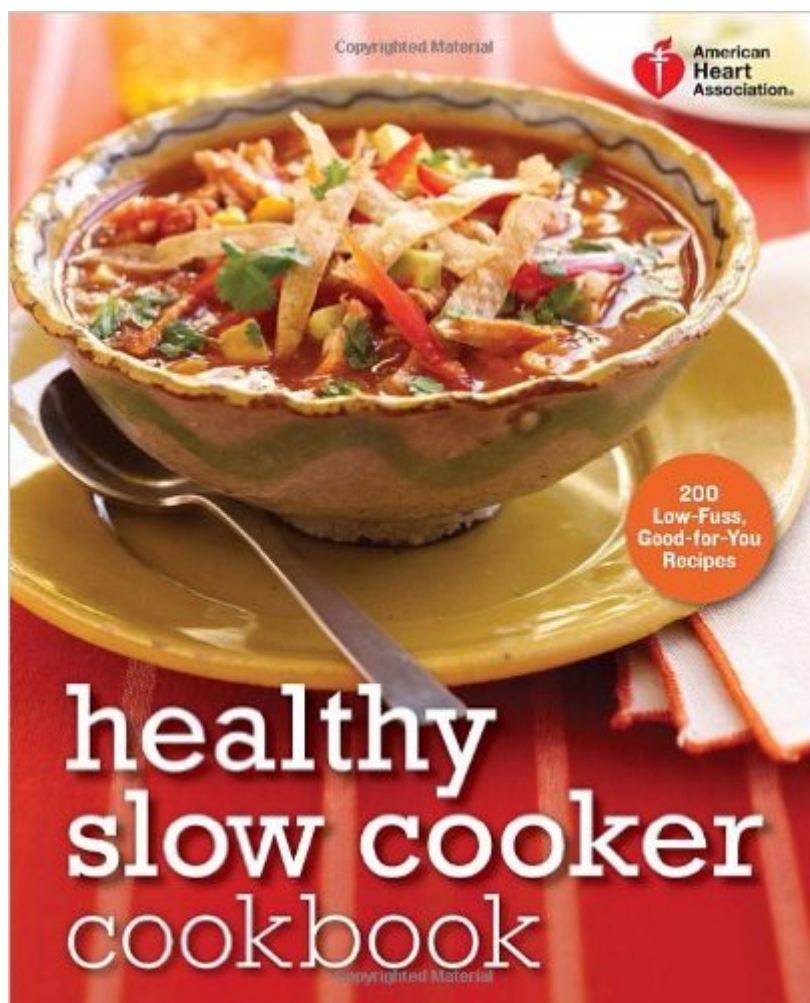


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# American Heart Association Healthy Slow Cooker Cookbook: 200 Low-Fuss, Good-for-You Recipes



## Synopsis

Start with healthy ingredients and take delicious meals out of your slow cooker any night of the week. 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. 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 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, you'll learn how much your slow cooker can do for you while you're enjoying a healthy lifestyle.

## Book Information

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## Customer Reviews

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.

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.

I'm having a ball with this book. I do concur with previous reviewers that there's more prep/partial cooking required here than in other slow cooker cookbooks. I have family members home most days, so I can cope with a recipe that needs to be loaded in at 2:00 pm and cooks in 3-4 hours, but obviously that doesn't work for every household. I've also had to kick up or adjust seasonings with a few recipes. That said, I truly appreciate the tremendous variety of recipes, the fact that there are no processed food ingredients, and the lower fat content of the dishes. Besides that, the bit of extra effort required by these recipes is more than made up for by the time I save not scrubbing the stovetop and countertops after conventional meal prep.

Ok, I bought this as a gift for someone I work with who now at age 50+ and isn't fond of cooking, must keep to a low salt diet. She loves this book! Her idea of cooking was opening up some ready made food. As we know convenience foods are loaded with salt. Now my co-worker, who still hates to cook, throws all of the ingredients into her slow cooker and comes home to a healthy

ready-cooked meal that she says are really good tasting, easy to make, easy to clean up and actually less expensive to make than the heat and eat meals she has made for years.

I am a slow cooker fan....load it up and forget it until your hungry. And for anyone that has to make a lifestyle change to stay inside of heart healthy guidelines, this can be a bit tricky. But this book has shown me that I can have all the flavor and the convenience of my slow cooker too. And brought to you by the poster children of heart healthy cooking. I spent a lot of hours pouring through the jungle of heart healthy cook books, but kept coming back to this one. There are a few others on that are also great, but this is definately one you want on your shelf, if you like slow cooking.

I got this book recently and have already tried three of the recipes. I appreciate that a variety of ethnic cuisines are represented, and that the directions were easy to follow and the ingredients readily available. And because some of the recipes include steps like browning the meat before putting it in the crock, it doesn't all taste the same (or all taste like stew). So far, I've had Lemony Fish and Vegetable Stew, Flank Steak with Artichoke Ratatouille, and Cuban-Style Pork With Orange. Next up are probably a stew with pork and butternut squash, and possibly the Moroccan-spiced chicken thighs or vegetable curry.

Ok, I have tried two different recipes from this book, and both of them were bland as heck, which was disappointing, since I did the Mediterranean Chicken and then the Moroccan style chicken. The Moroccan style chicken smelled WONDERFUL, with all the spices...but it was just absolutely blah when served. all those spices that I spent time rubbing into the chicken? Didn't permeate it at all, and I let it cook for about 5 hours. :(I am going to give it one more try, but so far it's 0 and 2 for a score.

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.

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