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# Healthy Slow Cooker Revolution



## Synopsis

Healthy meals made the slow cooker way America's Test Kitchen had a simple goal: Create quick and easy foolproof slow cooker recipes that taste as good as meals prepared on the stovetop or in the oven. They had one more stipulation: They wanted their selections to be healthy, not the fat-heavy main courses featured in many slow cooker cookbooks. It took nearly a year of testing, 1,500 recipes, and \$20,000 spent on groceries to find the finalists: 200 new, easy-to-make slow cooker recipes. True to its trusted source, the winning recipes collected here include delicious weekday and holiday meals; snacks, sides, and desserts.

## Book Information

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## Customer Reviews

As a fairly recent convert to slow-cookerdom, I've embraced the appliance (Michele Scicolone's three books *The French Slow Cooker*, *The Italian Slow Cooker*, and *The Mediterranean Slow Cooker* are in constant rotation in my house!). I have ATK's *Slow Cooker Revolution Volume 2* and tried several dishes that I loved. So when I heard that ATK was coming out with a healthy slow cooker book, I knew this was the one for me. I'm pescetarian and follow a low-fat diet, and I knew from previous ATK titles that there were sure to be veggie, grain and fish dishes that appealed to me. When I finally had the chance to flip through "Healthy Slow Cooker Revolution" shortly before New Year's, I'd quickly tabbed dozens of recipes to try. (You can preview the 200 included recipes here: <http://slowcookerhealthy.com/full-recipe-list/>) In the last two days, I've tried out four recipes from "Healthy Slow Cooker Revolution": the Spanish tortilla with roasted red peppers, vegetarian pho, poached salmon with caper sauce, and the fingerling potatoes (see photos). Having lived in

Spain twice, I've never mastered the stovetop art of the Spanish tortilla and feared it was forever out of my league; even when I tried to cook it on low heat, the bottom ended up scorched and the top was runny. No more! ATK's recipe produced a gloriously thick, hearty tortilla that can be easily cut into squares and served with the optional aioli just like in tapas bars in Spain. The contrast of the bell peppers and the peas makes each slice look like stained glass. I'd tried another vegetarian pho recipe in the past, but I loved the addition of the meaty mushrooms (a mix of fresh portabello and dried shitake) and lemongrass.

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