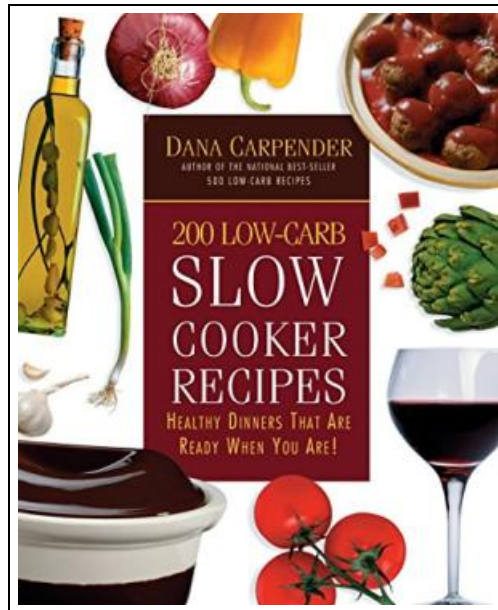


200 Low-Carb Slow Cooker Recipes: Healthy Dinners That Are Ready When You Are



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Reviews

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(Vernon Ritchie)*

200 LOW-CARB SLOW COOKER RECIPES: HEALTHY DINNERS THAT ARE READY WHEN YOU ARE



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Fair Winds Press (MA). Paperback. Book Condition: New. Paperback. 256 pages. Dimensions: 9.2in. x 7.4in. x 0.8in. Ah, the wonders of a slow cooker. After a long, hard day you can walk in the door and the aroma of a hot, home-cooked meal fills the air. You dont have to do that fast tango from fridge to pantry to stove and back again. Its nearly as good as having a personal chef! But for the low-carb dieter, traditional slow cooker recipes can be a problem. Many of them depend on potatoes, noodles, rice, and starchy canned soups. And if youve tried to make up your own slow cooker recipes, you may have found the results less than compelling too often the food can be mushy, water-logged, and bland. Fortunately, with 200 Low-Carb Slow Cooker Recipes, you can use your slow cooker and follow your low-carb diet, too! Come home to: Tuscan Chicken Kashmiri Lamb Shanks Teriyaki-Tangerine Ribs Chicken Minestrone Orange Rosemary Pork Chipotle Brisket Firehouse Chili Thai Chicken Bowls Braised Pork with Fennel Pizza Stew Mortys Mixed Meat Loaf Low-Carb Slow Cooker Paella But thats not all! The gentle, even heat of a slow cooker makes it the perfect way to cook many different kinds of foods. Youll make low-carb party treats like Hot Crab Dip and Glazed Chicken Wings, and snacks like Smokin Chili Peanuts and Curried Pecans. Its the superior way to cook incredible sugar-free desserts like Mochaccino Cheesecake and Maple-Pumpkin Custard. And youve never had moister, more tender seafood than my Lime-Basted Scallops or Lemon-Mustard Salmon Steaks. Plus, every recipe lists the calories, protein, fiber, and usable carbs per serving, so youll not only be in control of your life and your time, youll be in control of your diet as well. So go ahead, plug in your slow...



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