



Taste of Home Light Slow Cooker

Taste of Home Editors

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The editors at Taste of Home are at it again! This time, they're sharing slow cooker recipes from home cooks who know how to pare down calories, fat and sodium. That's right! With Taste of Home Light Slow Cooker, you can feed your family the hearty specialties they crave, take advantage of convenient slow cooking AND eat healthy!

Here, you'll find dozens go-to dishes that come together easily in the slow cooker. What a great way to save time and set a hot meal on the table!

All 78 recipes include a photo as well as a complete set of Nutrition Facts, making it a cinch to calculate weight-loss points, watch sodium numbers and monitor Diabetic Exchanges. You'll even find helpful hints and tips to make the most out of your time in the kitchen.

Best of all, each dish keeps things on the lighter side without sacrificing flavor. Take a look and you'll find entire sections devoted to beefy entrees, classic poultry favorites and meals featuring pork and ham. Plus a bonus chapter offers quick desserts, guaranteed to round out your slow-cooked suppers!

So what are you waiting for? It's time to set it and forget it with the trimmed-down favorites in Taste of Home Light Slow Cooker!

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From reader reviews:

Nathaniel Gonzalez:

Playing with family inside a park, coming to see the marine world or hanging out with buddies is thing that usually you will have done when you have spare time, then why you don't try factor that really opposite from that. 1 activity that make you not sensation tired but still relaxing, trilling like on roller coaster you are ride on and with addition of knowledge. Even you love Taste of Home Light Slow Cooker, you can enjoy both. It is great combination right, you still need to miss it? What kind of hang-out type is it? Oh occur its mind hangout fellas. What? Still don't buy it, oh come on its identified as reading friends.

Lynn Gowen:

Taste of Home Light Slow Cooker can be one of your nice books that are good idea. We recommend that straight away because this reserve has good vocabulary that could increase your knowledge in vocabulary, easy to understand, bit entertaining but nonetheless delivering the information. The article writer giving his/her effort to get every word into enjoyment arrangement in writing Taste of Home Light Slow Cooker however doesn't forget the main level, giving the reader the hottest in addition to based confirm resource information that maybe you can be considered one of it. This great information may drawn you into new stage of crucial thinking.

Jose German:

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Edward Chavez:

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