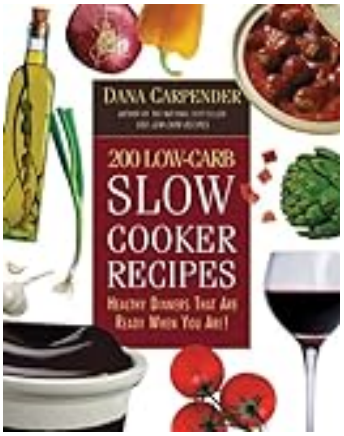
Title:	200 Low-Carb Slow Cooker Recipes: Healthy Dinners That Are Ready When You Are!
BookID:	201-14
ISBN-10(13):	9781592330768
Publisher:	Fair Winds Press
Number of pages:	256
Language:	English
Price:	5.74 USD
Rating:	
Picture:	

Description:

Product Description

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 don't have to do that fast tango from fridge to pantry to stove and back again. It's 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 you've 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 * MortyÆs Mixed Meat Loaf * Low-Carb Slow Cooker Paella

But that's not all! The gentle, even heat of a slow cooker makes it the perfect way to cook many different kinds of foods. You'll make low-carb party treats like Hot Crab Dip and Glazed Chicken Wings, and snacks like Smokin' Chili Peanuts and Curried Pecans. It's the superior way to cook incredible sugar-free desserts like Mochaccino Cheesecake and Maple-Pumpkin Custard. And you've 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 you'll not only be in control of your life and your time, you'll be in control of your diet as well.

So go ahead, plug in your slow cooker, and look forward to coming home to a fabulous low-carb supper tonight!