



Crock-Pot The Original Slow Cooker: Comfort Food Diet Cookbook

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The *Crock-Pot Comfort Food Diet Cookbook* presents 200 great-tasting, good-for-you recipes that enable you to eat more healthfully and enjoy the foods you like the most. A single serving of each recipe in the 256-page cookbook measures 500 calories or fewer. A full nutritional analysis accompanies each recipe.

The *Crock-Pot Comfort Food Diet Cookbook* presents information on everything from the basics of healthy eating and slow cooking, to slow-cooker recipes for breakfast dishes; chilies; soups and stews; beef, pork, and poultry main dishes; side dishes; and desserts. Here is a sampling of recipes in the cookbook:

- Bran Muffin Bread
- Mucho Mocha Cocoa
- Parsnip and Carrot Soup
- Hearty Beef Short Ribs
- Pork Loin Stuffed with Stone Fruits
- Herbed Artichoke Chicken
- Orange Spice Glazed Carrots
- Poached Autumn Fruits with Vanilla-Citrus Broth

A color photograph, nutritional analysis, and simple instructions for no-fail preparation in a Crock-Pot slow cooker accompany each recipe in the *Crock-Pot Comfort Food Diet Cookbook*.

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