

Knockout Quick-Fix and Slow Cooker Recipes

# skinnytaste

**FAST AND SLOW**



**GINA HOMOLKA**

with Heather R. Jones, R.D.

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Fast and Slow: Knockout  
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Recipes for Real Life (pdf)  
Gina Homolka**

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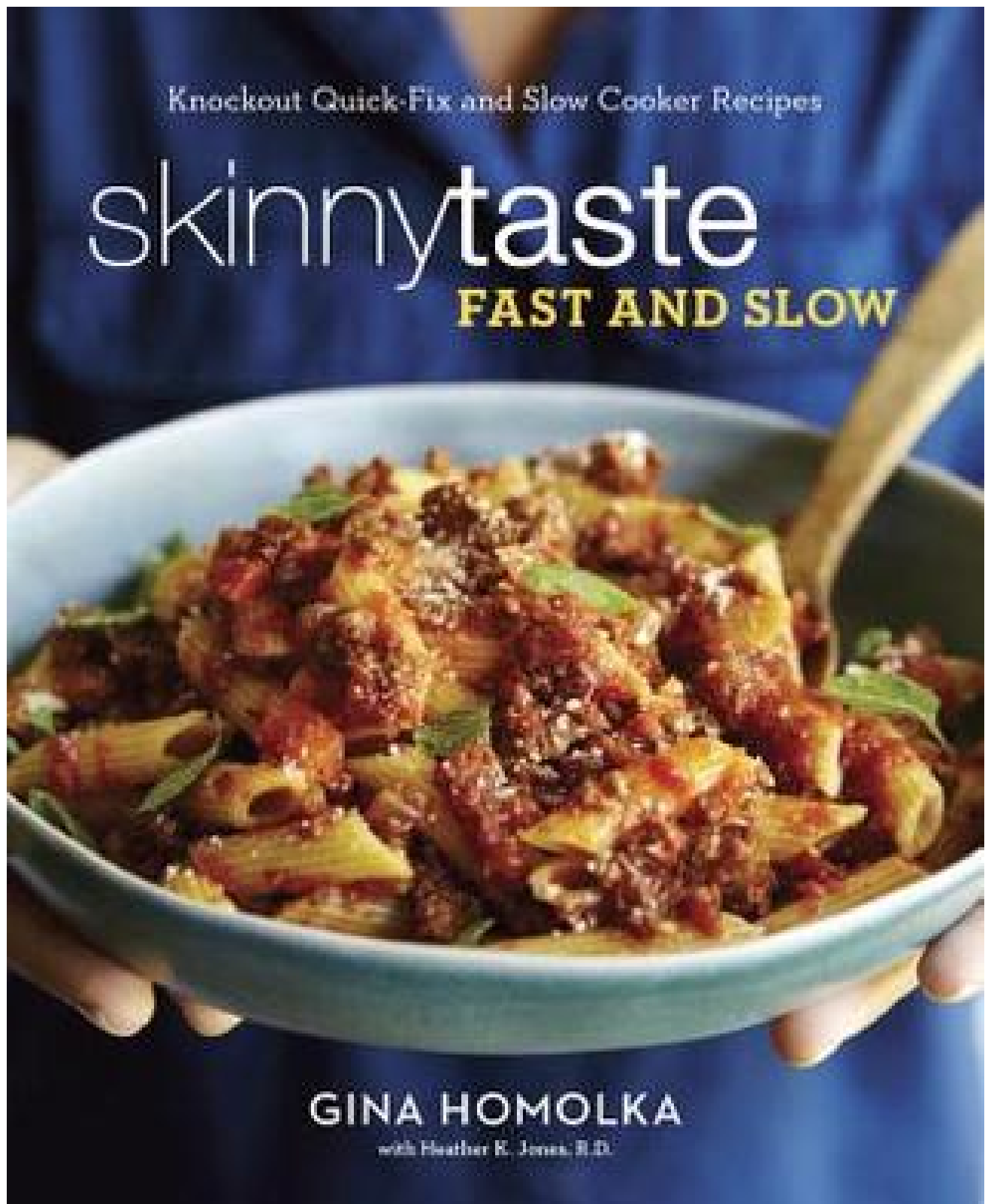
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## **Synopsis book**

80+ Under 30 Minute Dishes and 60 Slow Cooker Recipes

The easiest, tastiest, most convenient healthy recipes--ever! With *Skinnytaste Fast and Slow*, you can get a nutritious, flavor-packed, figure-friendly meal--complete with a flourless chocolate brownie made in a slow cooker--on the table any night of the week. Gina Homolka, founder of the widely adored blog *Skinnytaste*, shares 140 dishes that come together in a snap--whether in a slow cooker or in the oven or on the stovetop. Favorites include: Slow Cooker Chicken and Dumpling Soup, Korean-Style Beef Tacos, Spicy Harissa Lamb Ragu, Peach-Strawberry Crumble, Under 30 Minutes Zucchini Noodles with Shrimp and Feta, Pizza-Stuffed Chicken Roll-Ups, Grilled Cheese with Havarti, Brussels Sprouts, and Apple Cauliflower "Fried" Rice. Each recipe includes nutritional information, which can help you take steps toward weight and health goals, and many dishes are vegetarian, gluten-free, and freezer-friendly--all called out with helpful icons. Gina's practical

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## FAST AND SLOW



GINA HOMOLKA

with Heather K. Jones, R.D.

80+ Under 30 Minute Dishes and 60 Slow Cooker Recipes The easiest, tastiest, most convenient healthy recipes--ever!With Skinnytaste Fast and Slow, you can get a nutritious, flavor-packed, figure-friendly meal--complete with a flourless chocolate brownie made in a slow cooker--on the table any night of the week. Gina Homolka, founder of the widely adored blog Skinnytaste, shares 140 dishes that come together in a snap--whether in a slow cooker or in the oven or on the stovetop. Favorites include:Slow CookerChicken and Dumpling SoupKorean-Style Beef TacosSpicy Harissa Lamb RaguPeach-Strawberry CrumbleUnder 30 MinutesZucchini Noodles with Shrimp and FetaPizza-Stuffed Chicken Roll-UpsGrilled Cheese with Havarti, Brussels Sprouts, and Apple Cauliflower "Fried" RiceEach recipe includes nutritional information, which can help you take steps toward weight and health goals, and many dishes are vegetarian, gluten-free, and freezer-friendly--all called out with helpful icons. Gina's practical

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## **Description**

80+ Under 30 Minute Dishes and 60 Slow Cooker Recipes The easiest, tastiest, most convenient healthy recipes--ever!With Skinnytaste Fast and Slow, you can get a nutritious, flavor-packed, figure-friendly meal--complete with a flourless chocolate brownie made in a slow cooker--on the table any night of the week. Gina Homolka, founder of the widely adored blog Skinnytaste, shares 140 dishes that come together in a snap--whether in a slow cooker or in the oven or on the stovetop. Favorites include:Slow CookerChicken and Dumpling SoupKorean-Style Beef TacosSpicy Harissa Lamb RaguPeach-Strawberry CrumbleUnder 30 MinutesZucchini Noodles with Shrimp and FetaPizza-Stuffed Chicken Roll-UpsGrilled Cheese with Havarti, Brussels Sprouts, and Apple Cauliflower "Fried" RiceEach recipe includes nutritional information, which can help you take steps toward weight and health goals, and many dishes are vegetarian, gluten-free, and freezer-friendly--all called out with helpful icons. Gina's practical



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**OR**