



## Healthy Slow Cooker Revolution

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### Healthy meals made the slow cooker way

America's Test Kitchen had a simple goal: Create quick and easy foolproof slow cooker recipes that taste as good as meals prepared on the stovetop or in the oven. They had one more stipulation: They wanted their selections to be healthy, not the fat-heavy main courses featured in many slow cooker cookbooks. It took nearly a year of testing, 1,500 recipes, and \$20,000 spent on groceries to find the finalists: 200 new, easy-to-make slow cooker recipes. True to its trusted source, the winning recipes collected here include delicious weekday and holiday meals; snacks, sides, and desserts.

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