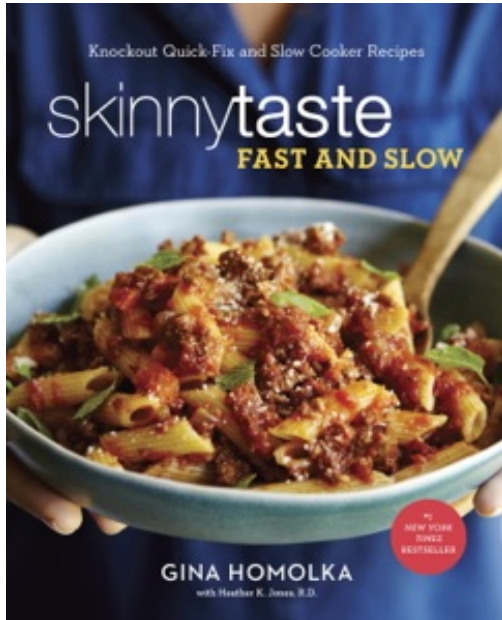


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The easiest, tastiest, most convenient healthy recipes—ever!

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 advice for eating well and 120 color photos round out this indispensable cookbook.

(Please note that nutritional information is provided with every recipe, but the most up-to-date Weight Watchers points can be found online at skinnytaste.com.)

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