Your Slow-Cooker Recipe Guide

Discover a wealth of flavors among these luscious, aromatic and hearty slow-cooker recipes – from quick-braised options that are ready in under an hour to meals you can prep in the morning so they'll be cooked by dinnertime.

On our Special Fall Edition 2015 cover we feature the Chicken Cacciatore with Spaghetti Squash, p. 54. Photography by Yvonne Duivenvoorden, Food styling by Claire Stubbs, Prop styling by Madeleine Johari

Legend

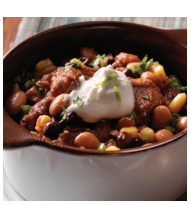
- Quick (under 45 minutes)
- Freezable
- Vegetarian (may contain eggs and dairy)
- Gluten-Free

Make it gluten-free ♦

Recipe contains soy sauce, miso, Worcestershire sauce and/or tamari. All these ingredients are available in gluten-free and regular varieties.

BEEF, PORK & LAMB

Moroccan Beef, Chickpea & Sweet Potato Stew
P. 14



Mexican Beef Chili
WITH LIME CREMA
P. 14

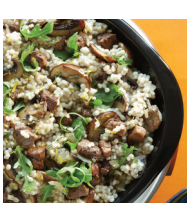
Sloppy Open-Faced Tacos
P. 16

Roast Beef & Leek Sandwiches
P. 18

Hearty Country Soup
P. 20

Slow-Cooker Brisket Tacos
WITH TANGY CHIMICHURRI ZUCCHINI
P. 22

Pulled Pork Sandwiches
P. 24



Lamb & Mushroom Barley Risotto
P. 26

Pineapple Ginger Meatballs
P. 27

Pork 'n' Beans
WITH COTIJA CHEESE
P. 28

Pork Tenderloin
WITH BULGUR RISOTTO & APPLE CIDER GLAZE
P. 30

Hearty Beef Stroganoff
P. 32

Mexican Stuffed Peppers
P. 32

Beef Short Ribs
P. 33

Kale-Stuffed Flank Steak
P. 34

VEGETARIAN

Spicy Shredded Beef Tacos
WITH PINEAPPLE SALSA
P. 35

Beef Carnitas Tacos
WITH SALSA FRESCA
P. 36

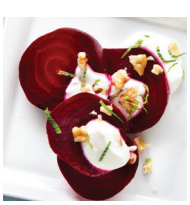
Sweet & Sour Pork
WITH BELL PEPPERS & PINEAPPLE
P. 37

Moroccan-Spiced Pot Roast
WITH LEEKS & WINTER SQUASH
P. 39

Cauliflower & Cardamom Soup
WITH SPICED CHICKPEAS
P. 42

Cheesy Italian Eggplant Casserole
P. 43

Slow-Cooked Curried Chickpeas
P. 45



Orange Beets
WITH YOGURT HORSERADISH SAUCE
P. 46

Stuffed Potatoes
WITH ROASTED VEGGIES
P. 46

Cheesy Kale & Squash White Lasagna
P. 48

Ratatouille-Topped Pasta
WITH FETA
P. 49

Root Veggie Lentil Soup
P. 50

CHICKEN & TURKEY

Japanese Noodle Soup
P. 51

Chicken Cacciatore
WITH SPAGHETTI SQUASH
P. 54

Roasted Whole Chicken Au Jus
WITH BROCCOLI & CORN
P. 55

Chicken Pot Pie
WITH CHIVE BISCUITS
P. 56

Sweet & Spiced Pulled Chicken Tacos
P. 58

Turkey & Tomatillo Chili
WITH CHIPOTLE & CILANTRO
P. 58

Creamy Lemon Chicken
WITH POTATOES & ARTICHOKES
P. 59

Mango BBQ Chicken Thighs
P. 60

Thai Chicken Tacos
P. 60

Chicken Barley Stew
P. 62

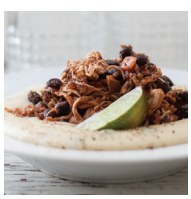
Tuscan Turkey & White Bean Chili
P. 62

NUTRITIONAL VALUES

The nutritional values used throughout *Clean Eating* are calculated with the use of The Food Processor SQL (Esha Research) and are provided by food manufacturers or found in the USDA National Nutrient Database.

Mexican-Style Chicken Soup
P. 65

Cincinnati Chili
WITH TURKEY & PUMPKIN
P. 66



Southern Spicy Pulled Chicken
ON A BED OF POLENTA
P. 67

Cajun Jambalaya
P. 68

Chicken Chasseur
P. 68

Sweet & Sticky Chicken Wings
P. 69

SEAFOOD

Farro, Shrimp & Tomato Risotto
P. 72

Spicy Seafood Stew
P. 72

Creamy Dijon Halibut
WITH SPINACH LEMON BULGUR
P. 73

Shrimp & Vegetable Paella
WITH SAFFRON
P. 74

Poached Halibut
IN A COCONUT CURRY BROTH
P. 76

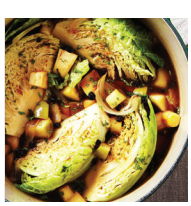
Citrus-Glazed Salmon
WITH LENTILS & GOLDEN BEETS
P. 76

DUTCH OVEN GEMS

Braised Beef
WITH CARAMELIZED ONIONS & GREENS CHIFFONADE
P. 80

Five-Spice Bison
WITH PEPPERS & PEAS
P. 82

Skillet Chicken
WITH TOMATOES, FENNEL & FRESH THYME
P. 83



Cabbage & Parsnips
WITH TARRAGON CONFETTI
P. 85

Salmon & Broccoli
WITH TANGY LEMON HERB SAUCE
P. 86

Quick-Braised Kale
WITH GOJI BERRIES & CASHEWS
P. 87

what's inside

6 EDITOR'S LETTER

8 OUR TOP-RATED SLOW COOKERS

12 BEEF, PORK & LAMB

40 VEGETARIAN

52 CHICKEN & TURKEY

70 SEAFOOD

78 DUTCH OVEN GEMS

88 BREAKFASTS & DESSERTS

BREAKFASTS & DESSERTS

Fudgy Chocolate Brownie
WITH SWEET CHERRY SAUCE
P. 90

Espresso Coffee Cake
P. 91

Pear & Maple French Toast Casserole
P. 91

Nutmeg-Infused Pumpkin Bread
P. 92

Pumpkin Spice Cake
WITH CARAMEL SAUCE
P. 93

Pumpkin Pie Breakfast Sorghum
P. 93

Carrot Cake
WITH CREAM CHEESE HONEY DRIZZLE
P. 94

Chocolate Pudding Cake
P. 95

Stuffed Apples Au Jus
P. 96

Clean Eating Fans Have Spoken

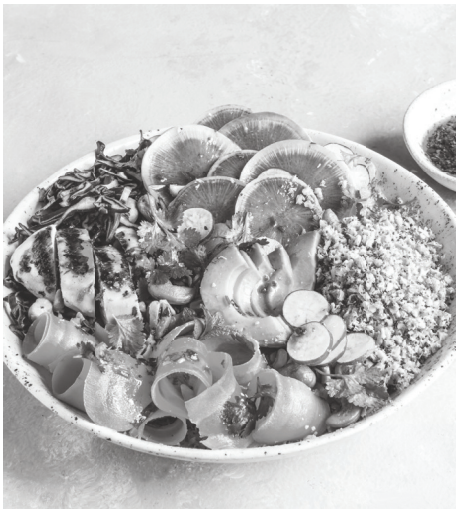
"What dish do you wish you could make in your slow cooker?"

"Shredded chicken for tacos, BBQ sandwiches, anything!"
– Stephanie Lilly

"Breakfast food!"
– Michelle Gordon

And we've got 'em all!

Follow us on: YouTube



Clean Eating

This page is blank because it contained a full-page advertisement – the content for which was not retained.

To maintain page numbering with the original table of contents, this page has been inserted.

Please continue reading on the next page.

COME HOME TO DINNER READY!

Since launching *Clean Eating* 8 years ago, readers have been praising our slow-cooker creations and requesting an entire issue dedicated to them. Well, it's finally here! And I'm already making mental notes of which to try first. When fall and winter roll around, my schedule becomes even more hectic, and the only way to continue eating clean and maximize every waking hour is to set up my slow cooker before I leave for the office and come home to an aromatic and welcoming dinner, ready to be served. To some, perhaps, slow cookers feel a little dated, but to the busy clean eater, this magnificent appliance is a savior, and let me assure you, these are not your mother's slow-cooker recipes. No old-school pot roasts here. Inside, you'll find everything from risotto, chicken wings, lasagna and tacos to carrot cake, stuffed peppers, pot pie and French toast casserole – and best of all, they're all packed with nutrients and veggies, and the epitome of clean!

If you haven't used a slow cooker in a while, you'll be surprised to learn what these babies can do today: From searing, steaming and sauté capabilities to preserving the browned bits for deglazing and sauces, today's machines can adjust cook temps based on the time you want to eat. They're also leak-free and can keep food warm while traveling. Flip to page 8 for our top-tested cookers. Enjoy all the free time you'll have on your hands this season and get adventurous with some of these wild and wonderful recipes you never thought possible in your slow cooker.

Alicia Rewega
Editor-in-Chief

Tweet us @cleaneatingmag, @aliciarewega
Facebook.com/cleaneatingmag

What is Clean Eating?

The soul of clean eating is **consuming food the way nature delivered it**, or as close to it as possible. It is not a diet; it's a lifestyle approach to food and its preparation, leading to an improved life – one meal at a time.

Eat five to six times a day – three meals and two to three small snacks. Include a lean protein, plenty of fresh fruit and vegetables, and a complex carbohydrate with each meal. This keeps your body energized and burning calories efficiently all day long.

Choose organic whenever possible. If your budget limits you, make meat, eggs, dairy and the Dirty Dozen (ewg.org/foodnews) your organic priorities.

Drink at least two liters of water a day, preferably from a reusable canteen, not plastic; we're friends of the environment here! Limit your alcohol intake to one glass of antioxidant-rich red wine a day.

Get label savvy. Clean foods contain short ingredient lists. Any product with a long ingredient list is human-made and not considered clean.

Avoid processed and refined foods such as white flour, sugar, bread and pasta. Enjoy complex carbs such as whole grains instead.

Know thy enemies. Steer clear of anything containing trans fats, anything fried or anything high in sugar. Avoid preservatives, color additives and toxic binders, stabilizers, emulsifiers and fat replacers.

Consume healthy fats (essential fatty acids, or EFAs) every day.

Learn about portion sizes and work toward eating within them.

Reduce your carbon footprint. Eat produce that is seasonal and local. It is less taxing on your wallet and our environment.

Shop with a conscience. Consume humanely raised, local meats and ocean-friendly seafood. Visit seachoice.org for a printable pamphlet.

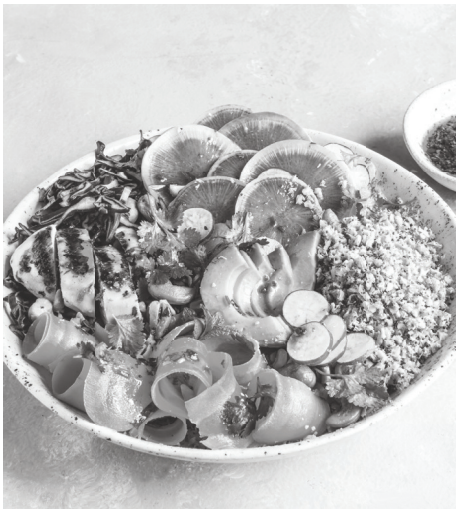
Practice mindful eating. Never rush through a meal. Food tastes best when savored. Enjoy every bite.

Take it to go. Pack a cooler for work or outings so you always have clean eats on the go.

Make it a family affair. Food is a social glue that should be shared with loved ones. Improve the quality of your family's life along with your own.

Clean Eating
cleaneating.com

ALICIA REWEGA PHOTO BY PAUL BUCETA; HAIR & MAKEUP BY VALERIA NOVA



Clean Eating

This page is blank because it contained a full-page advertisement – the content for which was not retained.

To maintain page numbering with the original table of contents, this page has been inserted.

Please continue reading on the next page.

Slow-Cooker Superstars

From searing to time-intelligent options, *CE*'s top slow-cooker picks offer the very best in function, versatility and technology for succulent one-pot meals.

1. THE CLASSIC

Crock-Pot 6-Quart Cook & Carry Digital Slow Cooker with Heat-Saver Stoneware, Brushed Stainless Steel

With a stoneware insert, this slow cooker is designed to keep cooked food warm while traveling, so it's ideal for carting your clean eats to potlucks or events. **PRO:** Secure locking lid prevents leaks while you're on the go, and a handy gauge lets you keep an eye on the temperature of the food inside. **CON:** A sauté pan is required to sear meat before cooking.

$60, crock-pot.com

2. MOST INTUITIVE

Hamilton Beach IntelliTime 6-Quart Slow Cooker

This model operates based on what time you want to serve your meal and automatically adjusts its cook cycle to suit. It also has a manual setting with four heat levels to choose from if you'd rather let time run its course. **PRO:** Works around your schedule to ensure your meal is always ready on time. **CON:** It may take you a few attempts to adapt your favorite slow-cooker recipes, which usually specify both the temperature setting and cook time.

$75, hamiltonbeach.com

3. THE LOOKER

Breville Slow Cooker with EasySear

Breville's 7-quart slow cooker features a stove top– and oven-safe insert in which you can brown meat before transferring it to the slow-cooker base. **PRO:** By searing in the same pan as you slow cook, you're keeping all the tasty browned bits that stick to the bottom. A quick deglaze with some liquid and your wooden spoon releases them into your meal, providing it with tons of flavor. **CON:** The insert can get hot on the stove, so be careful when transferring it to the slow-cooker base.

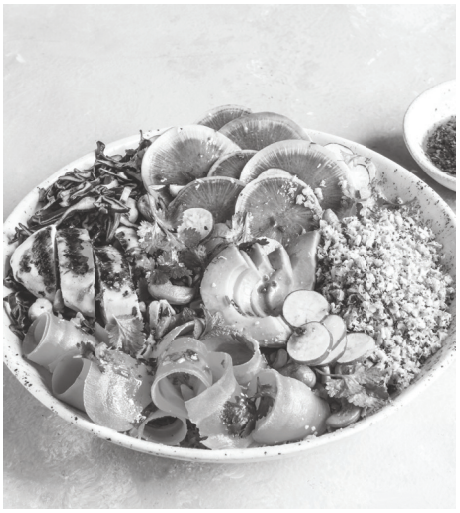
$130, brevilleusa.com

4. THE ALL-IN-ONE

Cuisinart 3-in-1 Cook Central

Cuisinart's multifunctional 6-quart appliance browns food right in the unit before switching to slow-cooker mode to finish the job. The additional steam function steams fish and large vegetables. **PRO:** Preserves flavorful browned bits by sautéing meat in the insert. Plus, by doing it straight in the slow cooker, there's no hassle of lifting it from stove to base. **CON:** The insert's nonstick coating can scratch and wear out, so avoid using metal utensils.

$159, cuisinart.com



Clean Eating

This page is blank because it contained a full-page advertisement – the content for which was not retained.

To maintain page numbering with the original table of contents, this page has been inserted.

Please continue reading on the next page.

Clean Eating

FALL SPECIAL 2015
PRINTED IN THE USA

EDITOR-IN-CHIEF **Alicia Rewega**

Editorial

FOOD EDITOR **Andrea Gourgy**
ASSOCIATE EDITOR & RESEARCH CHIEF **Laura Schober**
COPY EDITOR **Angie Mattison**
DIGITAL EDITOR **Jennifer Davis-Flynn**
WEB PRODUCER **Samantha Trueheart**
NUTRITION CONSULTANT **Antonina Smith**
EDITORIAL ASSISTANT **Alexis Nilsen**

Art

SENIOR ART DIRECTOR **Stacy Jarvis**
SENIOR GRAPHIC DESIGNER **Alaina Greenberg**
CONTRIBUTING ART DIRECTOR **Bianca DiPietro**
CONTRIBUTING GRAPHIC DESIGNER **Robin Forsyth**

Recipe Creators

Paula Bowman, Dina Cheney, Tara Mataraza Desmond, Jessica Goldbogen Harlan, Jo Lusted, Cara Lyons, Julie O'Hara, Zan Raynor, Joyce Sangirardi, Lisa Turner, Marianne Wren, Laura Wright

RESIDENT CULINARY ADVISER **Candice Kumai**
RESIDENT FOODIE **Julie O'Hara**

Photographers

Brandon Barré, Kelly Brisson, Peter Chou, Renée Comet, Yvonne Duivenvoorden, Gibson & Smith, Victoria Wall Harris, Jill Silverman Hough, Kris Osborne, Edward Pond, Ashley Tonner, Joanne Tsakos, Maya Visnyei

Food Stylists

Bernadette Ammar, Lisa Cherkasky, Ashley Denton, David Grenier, Adele Hagan, Vivian Lui, Claire Stubbs, Marianne Wren, Nicole Young

Prop Stylists

Laura Branson, Catherine Doherty, The Food Group, Scott Horne, Madeleine Johari, Catherine MacFadyen, Lara McGraw, Cheryl Thompson, Megan Wappel, Genevieve Wiseman

Production

GROUP PRODUCTION DIRECTOR **Barb Van Sickle**
PREPRESS MANAGER **Joy Kelley**
AD COORDINATOR **Cossette Roberts**

Marketing & Web

MARKETING DESIGNER
Judith Nesnadny | jnesnadny@aimmedia.com
DIRECTOR, FOREIGN EDITIONS
Dayna Macy | dmacy@aimmedia.com
WEB OPERATIONS DIRECTOR
Timothy R. Zura
SENIOR DIGITAL DEVELOPER
Alan Zucker

Consumer Marketing

CIRCULATION DIRECTOR **Jenny Desjean**
DIRECTOR OF RETAIL SALES **Susan Rose**

Audit Bureau of Circulations

VICE PRESIDENT, GENERAL MANAGER
Kim Paulsen

GROUP PUBLISHER **CLEAN EATING, BETTER NUTRITION AND AMAZING WELLNESS**
Joanna Shaw | 800.443.4974, x 709
jshaw@aimmedia.com

Subscription Customer Service: 1.800.728.2729

Editorial Office
60 Atlantic Ave., Suite 200,
Toronto, ON M6K 1X9

Business Office
300 N. Continental Blvd., Suite 650,
El Segundo, CA 90245
310.356.4100; fax: 310.356.4110

Advertising Sales

NATIONAL SALES DIRECTOR – FOOD
Gloria Biscardi | 310.356.2247
gbiscardi@aimmedia.com

EAST COAST SALES DIRECTOR
Bernadette Higgins | 561.362.3955
bhiggins@aimmedia.com

MIDWEST SALES DIRECTOR
Lisa Dodson | 800.443.4974, x 703
ldodson@aimmedia.com

MOUNTAIN AND WEST COAST SALES DIRECTOR
Cindy Schofield | 310.456.5997
cindyschofield@earthlink.net

MARKETSCENE ADVERTISING MANAGER
John Potter | 812.275.4975
jpotter@aimmedia.com

ACTIVE INTEREST MEDIA

EXECUTIVE CHAIRMAN **Efrem Zimbalist III**
CHIEF EXECUTIVE OFFICER & PRESIDENT
Andrew W. Clurman
EXECUTIVE VICE PRESIDENT & CFO **Brian Sellstrom**
EXECUTIVE VICE PRESIDENT OF OPERATIONS
Patricia B. Fox
VICE PRESIDENT, CONTROLLER **Joseph Cohen**
VICE PRESIDENT, RESEARCH **Kristy Kaus**
VICE PRESIDENT, DIGITAL **Jonathan Dorn**

Distribution

Clean Eating (ISSN 1913-7532, USPS 003-610) is published nine times per year (2015 Cover Dates: Jan/Feb, March, April, May, June, Jul/Aug, Sept, Oct, Nov/Dec) by Cruz Bay Publishing, Inc., an Active Interest Media company. Advertising and editorial offices at 2520 55th St, Ste 200, Boulder, CO 80301. The known office of publication is 5720 Flatiron Pkwy, Boulder, CO 80301. Periodicals postage paid at Boulder, CO and at additional mailing offices.

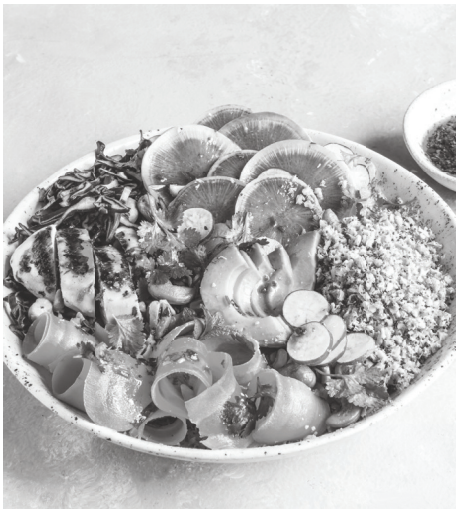
POSTMASTER: Send address changes to Clean Eating, P.O. Box 420235, Palm Coast, FL 32142-0235.

Subscription rates in the United States are one year $24.97. Canada: $34.97. Foreign: $54.97 (US funds only). The publisher and editors will not be responsible for unsolicited material. Manuscripts and photographs must be accompanied by a stamped, self-addressed return envelope.

© 2015 by Active Interest Media, Inc. All rights reserved. No part of this magazine may be reproduced in any manner without written permission from the publisher.

PLEASE NOTE: *All readers are advised to consult their physician before beginning or adding a new fitness regimen or changing their diet.* Clean Eating *does not accept any responsibility for injury sustained as a result of following the advice or suggestions contained within the content of this magazine.*

EVGENY KARANDAEV/SHUTTERSTOCK



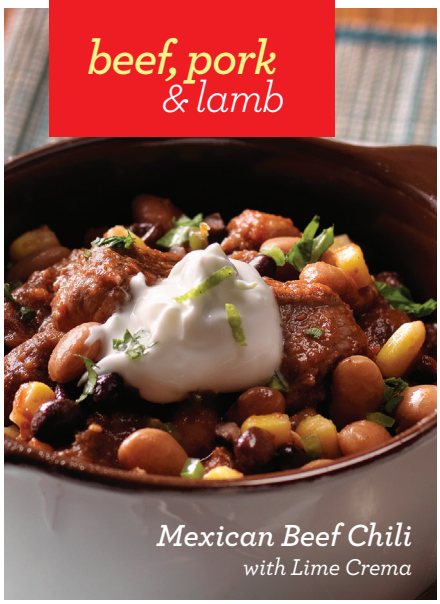
Clean Eating

This page is blank because it contained a full-page advertisement – the content for which was not retained.

To maintain page numbering with the original table of contents, this page has been inserted.

Please continue reading on the next page.

beef, pork & lamb

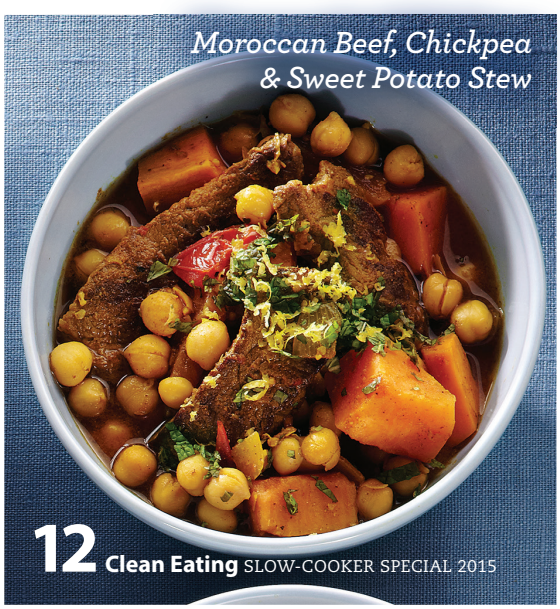


Mexican Beef Chili
with Lime Crema

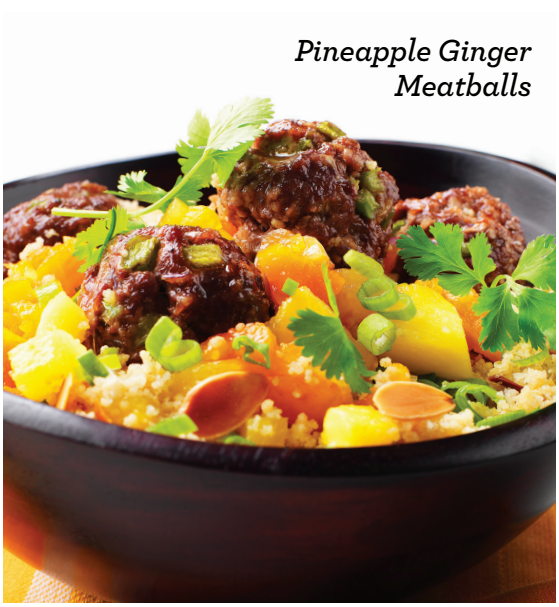
Pork 'n' Beans
with Cotija Cheese

Pulled Pork Sandwiches

Sloppy Open-Faced Tacos



Moroccan Beef, Chickpea & Sweet Potato Stew

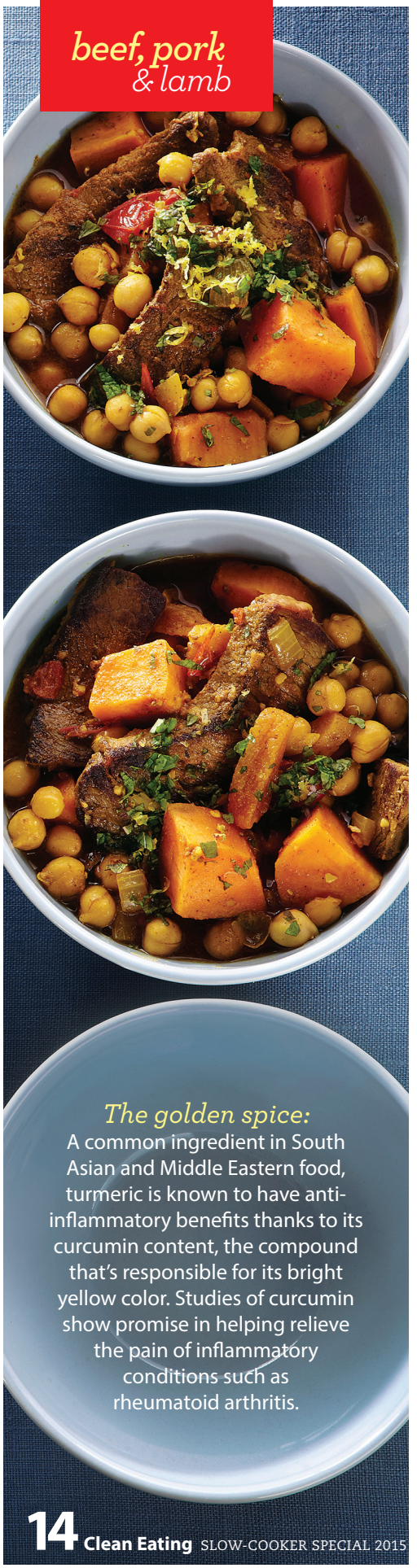


Pineapple Ginger Meatballs

beef, pork & lamb

14 Moroccan Beef, Chickpea & Sweet Potato Stew
14 Mexican Beef Chili with Lime Crema
16 Sloppy Open-Faced Tacos
18 Roast Beef & Leek Sandwiches
20 Hearty Country Soup
22 Brisket Tacos with Tangy Chimichurri Zucchini
24 Pulled Pork Sandwiches
26 Lamb & Mushroom Barley Risotto
27 Pineapple Ginger Meatballs
28 Pork 'n' Beans with Cotija Cheese
30 Pork Tenderloin with Bulgur Risotto & Apple Cider Glaze
32 Hearty Beef Stroganoff
32 Mexican Stuffed Peppers
33 Beef Short Ribs
34 Kale-Stuffed Flank Steak
35 Spicy Shredded Beef Tacos with Pineapple Salsa
36 Beef Carnitas Tacos with Salsa Fresca
37 Sweet & Sour Pork with Bell Peppers & Pineapple
39 Moroccan-Spiced Pot Roast with Leeks & Winter Squash

Slow cooking is a foolproof way to cook up budget-friendly cuts of beef, pork and lamb, yielding juicy, fall-off-the-bone meats every time.



The golden spice:
A common ingredient in South Asian and Middle Eastern food, turmeric is known to have anti-inflammatory benefits thanks to its curcumin content, the compound that's responsible for its bright yellow color. Studies of curcumin show promise in helping relieve the pain of inflammatory conditions such as rheumatoid arthritis.

MOROCCAN BEEF, CHICKPEA & SWEET POTATO STEW

SERVES *6.*
HANDS-ON TIME: *40 MINUTES.*
TOTAL TIME: *4 HOURS, 40 MINUTES (PLUS SOAKING TIME).*

Fragrantly spiced beef with chickpeas and sweet potatoes make for a satisfying, protein-rich meal. Dried apricots add a punch of sweetness to balance the richness of this dish.

INGREDIENTS:

- **2 tbsp olive oil, divided**
- **1 lb sirloin beef, trimmed of fat and cut into ¼-inch-thick strips**
- **3 cloves garlic, minced**
- **1 yellow onion, coarsely chopped**
- **1 tsp each ground turmeric and ground cumin**
- **½ tsp each ground cinnamon and ground black pepper**
- **¼ tsp red pepper flakes**
- **3 cups low-sodium beef broth, divided**
- **2 sweet potatoes, peeled and cut into 1½- to 2-inch chunks**
- **1½ cups jarred or boxed unsalted diced tomatoes, with juices**
- **1¼ cups dried chickpeas, soaked in water for 24 hours (TIP: If you don't have time to soak chickpeas for 24 hours, boil them for 1 hour, until al dente, then drain and set aside.)**
- **⅓ cup sliced dried unsweetened apricots**
- **Sea salt, to taste**
- **Zest of 1 lemon**
- **¼ cup lightly packed finely chopped fresh mint leaves (NOTE: Chop just before serving.)**

INSTRUCTIONS:

ONE: In a large nonstick skillet on medium, heat 1 tbsp oil. Add beef and cook until browned and cooked through, about 3 to 5 minutes. Transfer mixture to a 4- to 6-qt slow cooker.

TWO: Return skillet to medium and heat remaining 1 tbsp oil. Add garlic, onion, turmeric, cumin, cinnamon, black pepper and pepper flakes and cook, stirring constantly, for about 3 minutes. Add 1 cup broth and stir, scraping up browned bits in bottom of skillet with a spoon. Transfer to slow cooker.

THREE: To slow cooker, stir in remaining 2 cups broth, potatoes, tomatoes, chickpeas and apricots; cover and cook on high for about 4 hours. Season with salt.

FOUR: Just before serving, combine zest and mint. Top chili with mint mixture.

TIP: For an added kick, try harissa, a popular North African and Middle Eastern hot sauce and the perfect condiment for this chili.

NUTRIENTS PER SERVING (1½ CUPS): ***CALORIES:*** *385,* ***TOTAL FAT:*** *13 g,* ***SAT. FAT:*** *2 g,* ***MONOUNSATURATED FAT:*** *5 g,* ***POLYUNSATURATED FAT:*** *1 g,* ***CARBS:*** *42 g,* ***FIBER:*** *10 g,* ***SUGARS:*** *12 g,* ***PROTEIN:*** *25 g,* ***SODIUM:*** *154 mg,* ***CHOLESTEROL:*** *37 mg*

MEXICAN BEEF CHILI

with Lime Crema

SERVES *4.*
HANDS-ON TIME: *30 MINUTES.*
TOTAL TIME: *7 HOURS, 20 MINUTES.*

To cut costs without skimping on flavor, we use cheap cuts of stew beef (chuck or round roasts will do) instead of the pricier ground beef normally used in chili. The slow-and-low heat of your slow cooker easily breaks down the tough cuts into tender, melt-in-your-mouth chunks of savory meat.

INGREDIENTS:

- **12 oz beef stew meat, trimmed and cut into 1½- to 2-inch cubes**
- **3 cloves garlic, minced**
- **1 lime, zested and juiced, divided**
- **½ red onion, chopped**
- **½ jalapeño chile pepper, seeded and finely chopped**

- **2 cups boxed or jarred unsalted crushed tomatoes**
- **1 cup BPA-free-canned unsalted black beans, drained and rinsed**
- **1 cup BPA-free-canned unsalted pinto beans, drained and rinsed**
- **2 tbsp raw honey**
- **1 tsp chile powder (preferably ancho chile powder)**
- **¾ tsp sea salt**
- **½ tsp ground cumin**
- **¼ tsp each ground coriander and black pepper**
- **½ cup reduced-fat sour cream or plain Greek yogurt (NOTE: Not nonfat.)**
- **½ cup frozen corn kernels, thawed**
- **¼ cup finely chopped fresh cilantro**

INSTRUCTIONS:

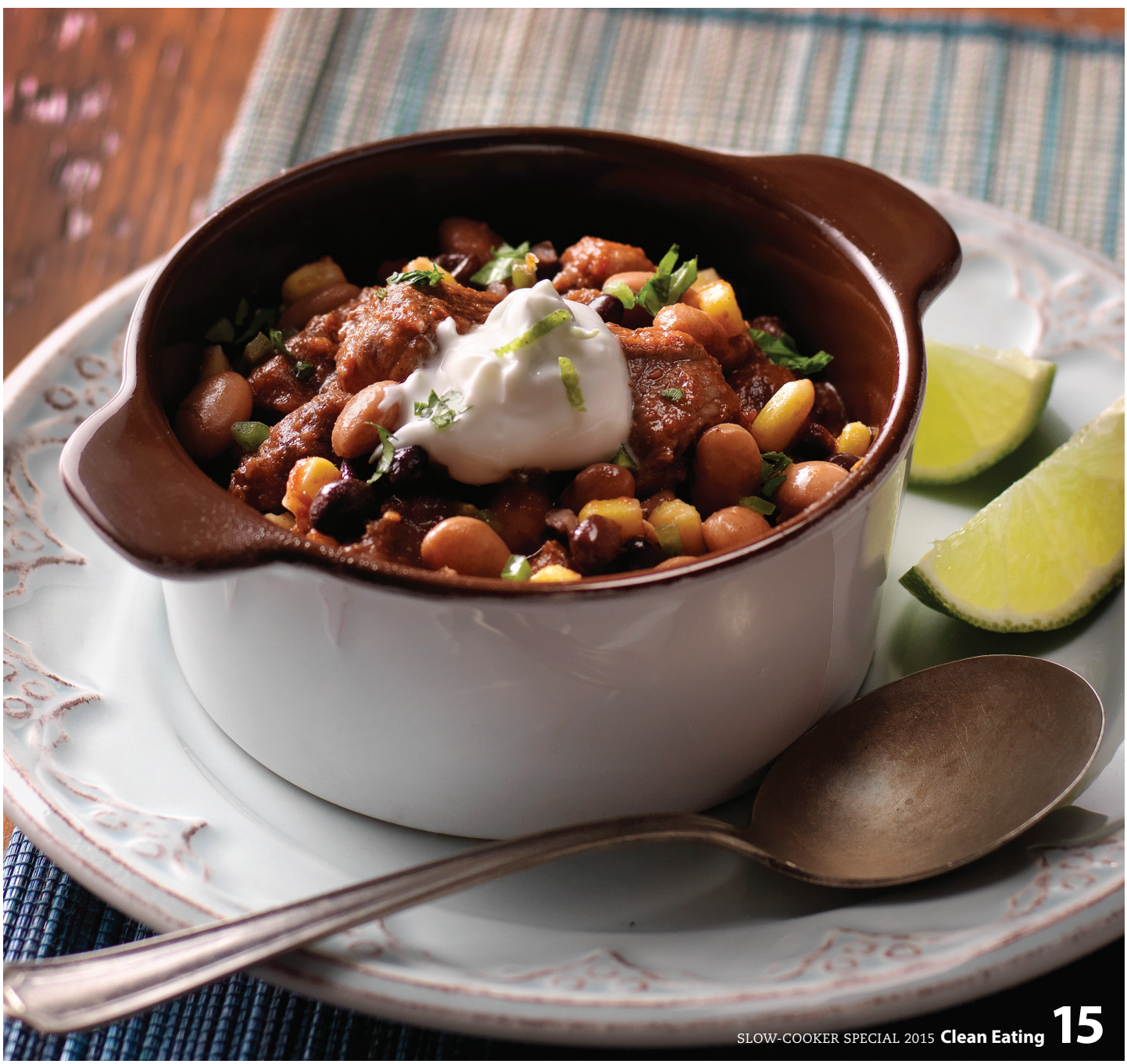
ONE: In a 6-qt slow cooker, combine beef, garlic, lime juice, onion, jalapeño, tomatoes, black beans, pinto beans, honey, chile powder, salt, cumin, coriander and black pepper. Stir well, then cover and cook on low until beef is tender, about 7 hours.

TWO: Prepare lime crema: In a small bowl, combine sour cream and lime zest. Cover and refrigerate until needed.

THREE: Uncover slow cooker and stir in corn and cilantro. Divide among bowls and top with lime crema.

NUTRIENTS PER SERVING

(1 CUP CHILI AND 2 TBSP LIME CREMA):
CALORIES: *375,* ***TOTAL FAT:*** *8 g,* ***SAT. FAT:*** *4 g,* ***MONOUNSATURATED FAT:*** *3 g,* ***POLYUNSATURATED FAT:*** *0 g,* ***CARBS:*** *45 g,* ***FIBER:*** *10 g,* ***SUGARS:*** *13 g,* ***PROTEIN:*** *31 g,* ***SODIUM:*** *514 mg,* ***CHOLESTEROL:*** *66 mg*



SLOPPY OPEN-FACED TACOS

SERVES *4.*
HANDS-ON TIME: *15 MINUTES.*
TOTAL TIME: *2 HOURS, 45 MINUTES.*

This Tex-Mex spin on sloppy joes is sure to become a weeknight family favorite.

INGREDIENTS:

- **1 lb extra-lean ground beef**
- **3 tomatoes, diced**
- **1 cup diced yellow onion**
- **1 poblano pepper, seeded and diced**
- **1 zucchini, diced**
- **1½ tbsp chile powder**
- **1 tbsp ground cumin**
- **¼ cup chopped fresh cilantro**
- **¾ tsp sea salt**
- **8 soft corn tortillas**
- **3 cups shredded romaine lettuce**
- **½ cup sour cream**

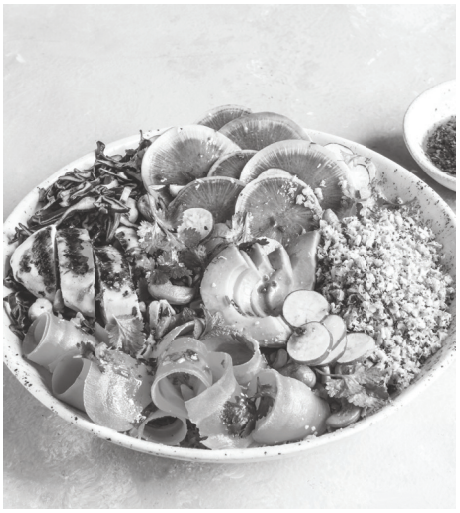
INSTRUCTIONS:

ONE: Mist a large nonstick skillet with cooking spray and heat on medium-high. Add beef and cook, breaking up with a wooden spoon, until browned, about 3 minutes.

TWO: Mist a 3- to 3½-qt slow cooker with cooking spray. Add beef, tomatoes, onion, poblano, zucchini, chile powder and cumin; stir to combine. Cover and cook until onion softens, 2½ hours on high or 5 hours on low.

THREE: Stir in cilantro and salt. Warm tortillas according to package directions. To assemble, top each tortilla with beef mixture, lettuce and sour cream, dividing evenly.

NUTRIENTS PER SERVING (2 TACOS):
CALORIES: *363,* ***TOTAL FAT:*** *10 g,* ***SAT. FAT:*** *4 g,* ***MONOUNSATURATED FAT:*** *3 g,* ***POLYUNSATURATED FAT:*** *2 g,* ***CARBS:*** *41 g,* ***FIBER:*** *8 g,* ***SUGARS:*** *5 g,* ***PROTEIN:*** *29 g,* ***SODIUM:*** *510 mg,* ***CHOLESTEROL:*** *70 mg*



Clean Eating

This page is blank because it contained a full-page advertisement – the content for which was not retained.

To maintain page numbering with the original table of contents, this page has been inserted.

Please continue reading on the next page.

ROAST BEEF & LEEK SANDWICHES

SERVES *8.*
HANDS-ON TIME: *20 MINUTES.*
TOTAL TIME: *5 HOURS, 30 MINUTES.*

These slow-cooked sandwiches will fill your home with savory aromas yet require minimal effort. Just set up your slow cooker first thing in the morning and let it do all the work as you go about your day.

INGREDIENTS:

- **2-lb lean beef pot roast, eye of round roast or other lean beef roast, trimmed**
- **2 cups low-sodium beef broth**
- **3 cloves garlic, minced**
- **4 cups thinly sliced leeks, white and light green parts only, rinsed well**
- **Sea salt and ground black pepper, to taste**
- **8 whole-grain kaiser-style buns, halved and toasted**
- **4 cups baby arugula**

INSTRUCTIONS:

ONE: In a 4- to 6-qt slow cooker, add beef, broth, 1 cup water and garlic. Cover and cook on low for 5 to 6 hours, turning once, until beef is tender and pulls apart easily when tested with a fork. During final 30 minutes of cooking, add leeks, submerging in broth.

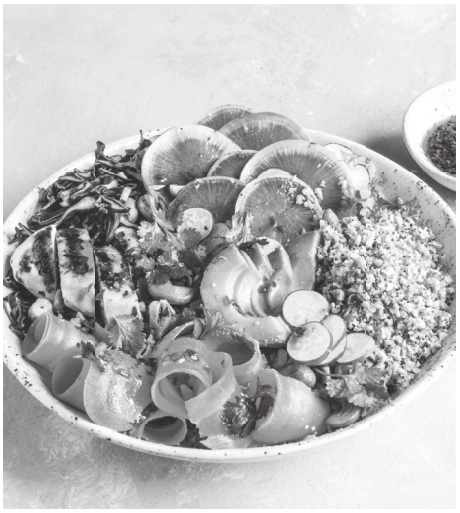
TWO: Remove beef and transfer to a large bowl; let rest until slightly cooled, about 5 minutes. Using 2 forks, shred beef into small pieces. Return beef to slow cooker, stirring to coat in broth. Season with salt and pepper, cover and heat until warmed through.

THREE: With a slotted spoon, divide beef and leek mixture among bun bottoms. Top with arugula, dividing evenly, and sandwich with bun tops. Serve beef broth jus on the side for dipping.

LEFTOVERS TIP: Save any unused portions of beef-leek mixture for tacos, pasta or even scrambled eggs the next day.

NUTRIENTS PER SERVING
(1 SANDWICH WITH ¼ CUP JUS):
CALORIES: *351,* ***TOTAL FAT:*** *7.5 g,* ***SAT. FAT:*** *2 g,* ***MONOUNSATURATED FAT:*** *3 g,* ***POLYUNSATURATED FAT:*** *1 g,* ***CARBS:*** *37 g,* ***FIBER:*** *2 g,* ***SUGARS:*** *3 g,* ***PROTEIN:*** *32 g,* ***SODIUM:*** *416 mg,* ***CHOLESTEROL:*** *73 mg*

The B in beef: A 4-oz serving of lean beef pot roast provides 32% of your daily value (DV) of vitamin B_{12} and 24% of your DV of B_6. Your body requires these water-soluble nutrients to control the levels of homocysteine in the blood, which are associated with a higher risk of heart attack and stroke when elevated.



Clean Eating

This page is blank because it contained a full-page advertisement – the content for which was not retained.

To maintain page numbering with the original table of contents, this page has been inserted.

Please continue reading on the next page.

HEARTY COUNTRY SOUP

SERVES *6.*
HANDS-ON TIME: *20 MINUTES.*
TOTAL TIME: *5 HOURS, 50 MINUTES.*

Loaded with veggies, beef and whole-grain pasta, this nourishing, warming soup is the ultimate chilly-weather meal.

INGREDIENTS:

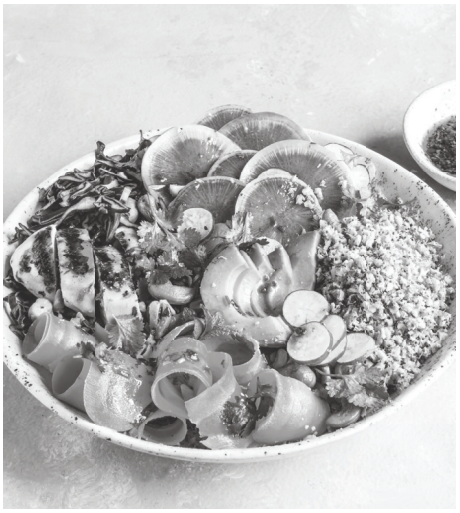
- **2½ tbsp olive oil, divided**
- **12-oz extra-lean chuck roast, cut into bite-size pieces**
- **4 oz fresh green beans, cut into 1-inch pieces**
- **2 green bell peppers, coarsely chopped**
- **10 oz grape tomatoes, halved**
- **3 tbsp unsalted tomato paste**
- **2 tbsp balsamic vinegar**
- **2 cloves garlic, minced**
- **¾ tsp coarsely ground black pepper**
- **2 oz dry whole-grain rotini or elbow macaroni pasta**
- **2 cups coarsely chopped green cabbage**
- **¼ cup chopped fresh flat-leaf parsley**
- **2 tbsp chopped fresh oregano**
- **1 tsp chopped fresh thyme**
- **1¼ tsp sea salt**

INSTRUCTIONS:

ONE: Mist a 3- to 3½-qt slow cooker with cooking spray. In a large nonstick skillet, heat 1 tsp oil on medium-high. Add roast and cook, stirring occasionally, until browned, about 3 minutes. Transfer to slow cooker and add beans, bell peppers, tomatoes, tomato paste, vinegar, garlic, black pepper and 4 cups water; stir to combine. Cover and cook until roast is tender, 5 hours on high or 10 hours on low.

TWO: Stir in pasta, cabbage, parsley, oregano, thyme, salt and remaining oil; cover and cook for 30 more minutes on high.

NUTRIENTS PER SERVING (1 CUP):
CALORIES: *213,* ***TOTAL FAT:*** *9 g,*
SAT. FAT: *2 g,* ***MONOUNSATURATED FAT:*** *5.5 g,*
POLYUNSATURATED FAT: *1 g,* ***CARBS:*** *18 g,*
FIBER: *5 g,* ***SUGARS:*** *5 g,* ***PROTEIN:*** *16 g,*
SODIUM: *465 mg,* ***CHOLESTEROL:*** *25 mg*



Clean Eating

This page is blank because it contained a full-page advertisement – the content for which was not retained.

To maintain page numbering with the original table of contents, this page has been inserted.

Please continue reading on the next page.

BRISKET TACOS

with Tangy Chimichurri Zucchini

***SERVES** 8.*
***HANDS-ON TIME:** 30 MINUTES.*
***TOTAL TIME:** 6 HOURS, 30 MINUTES.*

The rich, deep flavor of braised beef is a perfect match for the subtle, sweet smokiness of ancho chiles. These melt-in-your-mouth tacos serve a crowd and can be made ahead – they're tailor-made for a taco party!

INGREDIENTS:

- **1 tsp grape seed oil**
- **3 lb flat-half beef brisket (TIP: Beef brisket is available whole or cut in half, as a flat cut or point cut. Opt for the flat cut as it has the least amount of fat.)**
- **1 large white onion, halved and sliced into ¼-inch strips**
- **3 large cloves garlic**
- **1½ cups boxed or jarred unsalted chopped or crushed tomatoes (TRY: Pomì Chopped Tomatoes)**
- **2 ancho or guajillo chile peppers, trimmed and seeded**
- **16 6-inch corn tortillas, warmed**

TANGY CHIMICHURRI ZUCCHINI

- **1 zucchini, sliced into ⅛-inch-thick strips**
- **2 cups lightly packed fresh cilantro**
- **1 cup lightly packed fresh parsley**
- **½ cup red wine vinegar**
- **1 clove garlic**
- **1 jalapeño chile pepper, stemmed and seeded**

INSTRUCTIONS:

ONE: Heat a large skillet on high and brush with oil. Add brisket and sear, turning once, until browned, about 10 minutes. (**TIP:** If skillet is too small for the entire brisket, cut brisket in half and sear in 2 batches, using half the oil for each batch.) Transfer brisket to a large plate. Add onion to skillet and sauté, stirring often, until onion releases liquid and begins to soften, about 2 minutes. Add 3 cloves garlic and sauté until fragrant, about 30 seconds.

TWO: To a 5-qt slow cooker, add tomatoes, chile peppers, 1 cup water and onion-garlic mixture. Nestle brisket in center of slow cooker. Cover and cook on high for 6 hours.

THREE: Prepare topping: In a large bowl, add zucchini. To a blender, add cilantro, parsley, vinegar, 1 clove garlic and jalapeño and pulse into a thick sauce. Pour over top of zucchini and toss well to combine. Cover and refrigerate until needed. (**MAKE AHEAD:** Tangy Chimichurri Zucchini can be made up to 2 days in advance.)

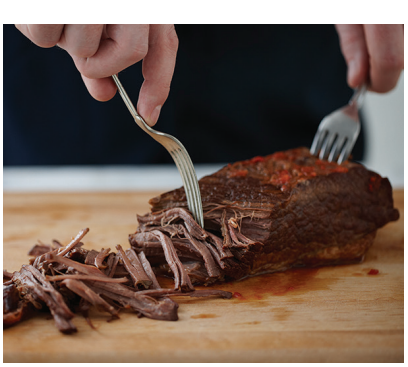
FOUR: Switch slow cooker to warm setting and carefully uncover. Remove brisket and transfer to a cutting board. Using 2 forks, shred brisket by pulling meat across the grain. Return brisket and any accompanying juices to slow cooker and stir to coat. Spoon brisket-onion mixture into tortillas and top with zucchini mixture, dividing evenly.

NUTRIENTS PER SERVING (2 TACOS): ***CALORIES:** 375, **TOTAL FAT:** 9 g, **SAT. FAT:** 3 g, **MONOUNSATURATED FAT:** 3 g, **POLYUNSATURATED FAT:** 1 g, **CARBS:** 31.5 g, **FIBER:** 6 g, **SUGARS:** 3 g, **PROTEIN:** 41 g, **SODIUM:** 148 mg, **CHOLESTEROL:** 70 mg*

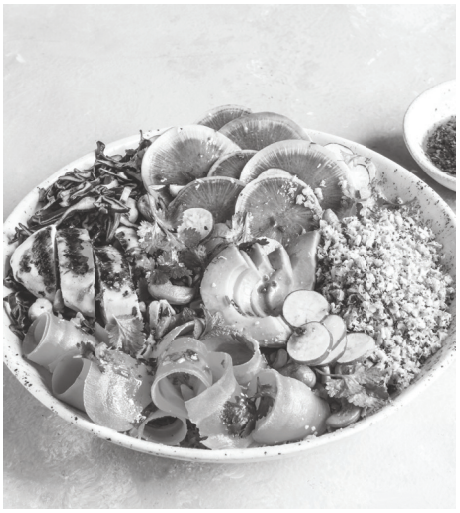
HOW TO SLOW COOK A BRISKET

1. In a large heated skillet, add brisket and sear, turning once, until browned.

2. Nestle brisket in center of slow cooker along with a liquid such as water and/or tomatoes. Cover and cook on high for 6 hours.



3. Gently remove brisket and transfer to a cutting board. Using 2 forks, pull meat across the grain to shred.



Clean Eating

This page is blank because it contained a full-page advertisement – the content for which was not retained.

To maintain page numbering with the original table of contents, this page has been inserted.

Please continue reading on the next page.

PULLED PORK SANDWICHES

SERVES *10.*
HANDS-ON TIME: *55 MINUTES.*
TOTAL TIME: *5 HOURS, 55 MINUTES.*

Serve up these crowd-pleasing cleaned-up pulled pork sandwiches at your next get-together. Our tangy-sweet coleslaw is the perfect counterpoint to the smoky barbecue sauce.

INGREDIENTS:

- **2 tsp each ancho chile powder (or other mild chile powder) and ground cumin**
- **1 tsp ground black pepper**
- **¾ tsp sea salt, divided**
- **3½-lb bone-in pork shoulder, trimmed**
- **1⅓ cups unsalted tomato sauce**
- **½ tsp potato starch**
- **¾ cup plus 2 tbsp apple cider vinegar, divided**
- **6 tbsp Sucanat (TRY: Wholesome! Organic Sucanat)**
- **1 tbsp Worcestershire sauce**
- **2 tsp each onion powder, mustard powder and paprika**
- **⅛ to ¼ tsp ground cayenne pepper, optional**
- **Zest of 1 lemon**
- **¾ cup plain Greek yogurt**
- **2 tbsp raw honey**
- **1 tbsp poppy seeds**
- **1 large carrot, peeled and shredded (NOTE: Shred using the shredding disk on a food processor or using the large holes on a box grater.)**
- **1 large zucchini, trimmed and shredded**
- **¼ head red cabbage, cored and thinly sliced (about 1½ cups)**
- **10 whole-wheat buns or kaiser rolls**

INSTRUCTIONS:

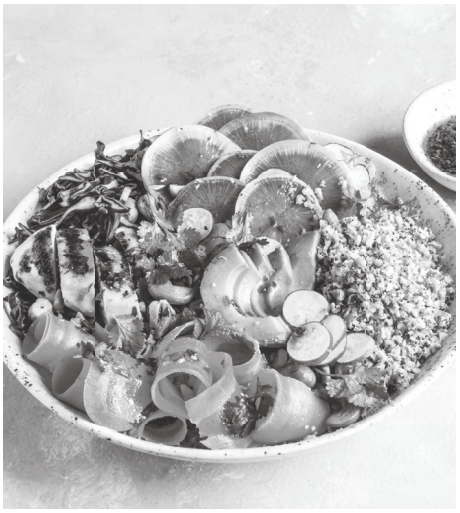
ONE: In a small bowl, combine chile powder, cumin, black pepper and ½ tsp salt. Rub all over pork. Mist a large, heavy skillet with cooking spray and heat on medium-high. Add pork and cook without moving until browned, 2 to 3 minutes. Turn pork and repeat until all sides are browned. Transfer to slow cooker. Add 1 cup water, cover and cook on low for 5 to 7 hours, or until meat easily separates from the bone and internal temperature reaches 145°F on an instant-read thermometer. Let pork rest in slow cooker, uncovered, for 20 minutes.

TWO: While pork rests, prepare sauce: In a small saucepan, whisk tomato sauce and potato starch until smooth. Add ¾ cup vinegar, Sucanat, Worcestershire, onion powder, mustard powder, paprika, cayenne (if using) and remaining ¼ tsp salt; whisk to combine. Turn heat on stove top to high and bring to a simmer, whisking occasionally. Reduce heat to medium-low and simmer, whisking frequently, until flavors blend, about 5 minutes. Remove from heat and cover to keep warm.

THREE: Prepare coleslaw: In a large bowl, stir together lemon zest, yogurt, honey, poppy seeds and remaining 2 tbsp vinegar until combined. Place grated carrot and zucchini on two layers of paper towel (or use a clean kitchen towel) and press down firmly with additional paper towels to absorb as much water as possible. Transfer to bowl with yogurt mixture. Add cabbage and stir until combined.

FOUR: Transfer pork to a work surface and shred pork with 2 forks, discarding any fat. Transfer to a large serving bowl, add about three-quarters of the sauce and toss well with tongs. Add additional sauce, to taste, or reserve for another use. Add ¾ cup pork and about ½ cup coleslaw to each bun.

NUTRIENTS PER SERVING (1 SANDWICH):
CALORIES: *410,* ***TOTAL FAT:*** *12 g,* ***SAT. FAT:*** *4 g,* ***CARBS:*** *40 g,* ***FIBER:*** *5 g,* ***SUGARS:*** *17 g,* ***PROTEIN:*** *32.5 g,* ***SODIUM:*** *551 mg,* ***CHOLESTEROL:*** *77 mg*



Clean Eating

This page is blank because it contained a full-page advertisement – the content for which was not retained.

To maintain page numbering with the original table of contents, this page has been inserted.

Please continue reading on the next page.

LAMB & MUSHROOM BARLEY RISOTTO

SERVES *4.*
HANDS-ON TIME: *15 MINUTES.*
TOTAL TIME: *3 HOURS, 15 MINUTES.*

Rich with tender lamb and meaty mushrooms, our slow-cooker risotto will have you wondering why you ever bothered making finicky stove-top risotto. There's no carefully timed stirring or multiple additions of liquid here – just set the timer and let the slow cooker do the work for you!

INGREDIENTS:

- **1-lb boneless leg of lamb, trimmed and cut into ½-inch pieces**
- **¼ tsp kosher salt**
- **⅛ tsp ground black pepper**
- **1 cup chopped yellow onion**
- **10 oz sliced baby portobello mushrooms**
- **3 cloves garlic, minced**
- **1 tbsp plus 2 tsp minced fresh rosemary, divided**
- **1 cup pearl barley, rinsed**
- **3 cups low-sodium chicken broth**
- **½ cup balsamic vinegar**
- **2 oz Parmesan or Pecorino Romano cheese, grated**
- **2 tsp lemon zest**
- **3 cups baby arugula**

INSTRUCTIONS:

ONE: Season lamb with salt and pepper. Mist a large nonstick skillet with cooking spray and heat on medium. Add lamb

and sear, turning once, for 1 to 2 minutes per side or until just browned. Transfer to a 4-qt slow cooker.

TWO: Return skillet to medium heat. Add onion and mushrooms and sauté, stirring occasionally, until softened, about 5 minutes. Reduce heat to medium-low. Add garlic and 1 tbsp rosemary and cook, stirring, for 1 minute. Add to slow cooker. Stir barley and broth into slow cooker. Cover and cook on high for 3 hours, until barley is tender and liquid is absorbed.

THREE: Meanwhile, in a small saucepan, bring vinegar to a boil on medium-high heat. Boil steadily for 5 minutes, until reduced by about two-thirds. Transfer to a small bowl and set aside at room temperature until ready to serve.

FOUR: Add Parmesan to slow cooker and stir until melted. Stir in remaining 2 tsp rosemary and lemon zest. Fold in arugula until just wilted. Spoon onto dishes and drizzle with balsamic reduction, dividing evenly.

NUTRIENTS PER SERVING (1 CUP):
CALORIES: *458,* ***TOTAL FAT:*** *11 g,* ***SAT. FAT:*** *4 g,* ***MONOUNSATURATED FAT:*** *2 g,* ***POLYUNSATURATED FAT:*** *1 g,* ***CARBS:*** *47 g,* ***FIBER:*** *10 g,* ***SUGARS:*** *9 g,* ***PROTEIN:*** *42 g,* ***SODIUM:*** *499 mg,* ***CHOLESTEROL:*** *93 mg*

Gainful grain: Because of its high concentration of beta-glucan soluble fiber, barley has been shown to slow the absorption of glucose in the blood, thus promoting healthy blood sugar levels and helping to decrease the risk of type 2 diabetes.

PINEAPPLE GINGER MEATBALLS

SERVES *4.*
HANDS-ON TIME: *15 MINUTES.*
TOTAL TIME: *2 HOURS, 45 MINUTES.*

Sweet pineapple plays beautifully with these mouthwatering meatballs, browned to perfection on the outside and tender and meaty inside.

INGREDIENTS:

- **1 lb extra-lean ground beef (or pork, chicken or turkey)**
- **⅓ cup quick-cooking oats**
- **1 jalapeño chile pepper, seeded and finely chopped, optional**
- **4 tsp peeled and grated ginger, divided**
- **2 egg whites**
- **¼ tsp coarsely ground black pepper**
- **¼ tsp sea salt, divided**
- **1 tbsp safflower oil**
- **½ cup finely chopped red onion**
- **1 cup diced fresh pineapple**
- **3 tbsp diced dried unsweetened apricots**
- **1½ tbsp balsamic vinegar**
- **3 packets stevia**
- **2 cups cooked whole-wheat couscous**
- **1 oz slivered unsalted almonds or pine nuts, toasted**
- **¼ cup chopped green onion**
- **2 tbsp chopped fresh cilantro**

INSTRUCTIONS:

ONE: Prepare meatballs: In a medium bowl, combine beef, oats, jalapeño (if using), 1 tbsp ginger, egg whites, black pepper and ⅛ tsp salt. Scoop out 1 tbsp mixture and shape into a ball; transfer to a large plate. Repeat with remaining beef mixture, making about 24 meatballs. In a large nonstick skillet, heat oil on medium-high. Add meatballs and cook until browned, turning frequently, about 5 minutes.

TWO: Mist a 3- to 3½-qt slow cooker with cooking spray. Add red onion to cover bottom, top with meatballs, cover and cook on high for 2 hours or until no longer pink in center.

THREE: In a small bowl, combine pineapple, apricots, vinegar, ¼ cup water, stevia and remaining 1 tsp ginger. Pour over top of meatballs and cook for 15 more minutes.

FOUR: In a large bowl, toss couscous with almonds and green onion. Divide couscous mixture among plates or bowls. Gently stir meatball mixture and spoon over top of couscous. Sprinkle with remaining ⅛ tsp salt and cilantro.

NUTRIENTS PER SERVING
(1 CUP MEATBALL-PINEAPPLE MIXTURE [6 MEATBALLS] AND ½ CUP COUSCOUS MIXTURE):
CALORIES: *381,* ***TOTAL FAT:*** *12 g,* ***SAT. FAT:*** *2 g,* ***MONOUNSATURATED FAT:*** *7 g,* ***POLYUNSATURATED FAT:*** *2 g,* ***CARBS:*** *38 g,* ***FIBER:*** *4 g,* ***SUGARS:*** *10 g,* ***PROTEIN:*** *30 g,* ***SODIUM:*** *220 mg,* ***CHOLESTEROL:*** *60 mg*

Healing root: Ginger is consumed worldwide as a spice and flavoring agent and has a long history of medicinal use for inflammation, rheumatic disorders and gastrointestinal illness.

PORK 'N' BEANS

with Cotija Cheese

***SERVES** 8.*
***HANDS-ON TIME:** 40 MINUTES.*
***TOTAL TIME:** 6 HOURS, 40 MINUTES (PLUS SOAKING TIME).*

We've given a fresh, Mexican twist to the traditional pork 'n' beans that you remember from your childhood. In this recipe, trimmed pork tenderloin lowers the fat while keeping all the hearty, rich flavor.

INGREDIENTS:

- **1 lb dry pinto beans, soaked overnight**
- **1-lb pork tenderloin, trimmed and cut into ½-inch chunks**
- **1 tsp sea salt, divided**
- **½ tsp ground black pepper**
- **1 tbsp safflower oil**
- **1 green bell pepper, finely chopped**
- **1 white onion, finely chopped**
- **3 cloves garlic, finely chopped**
- **2 jalapeño chile peppers, finely chopped**
- **1 tbsp unsalted tomato paste**
- **2 cups boxed or jarred diced unsalted tomatoes**
- **¼ cup crumbled cotija or feta cheese**
- **¼ cup chopped fresh cilantro**
- **2 to 3 limes, cut into wedges**

INSTRUCTIONS:

ONE: Drain and rinse soaked beans and transfer to a 5- to 6-qt slow cooker. Add enough hot water to cover by 1 inch. Cover and cook on high for 2 hours.

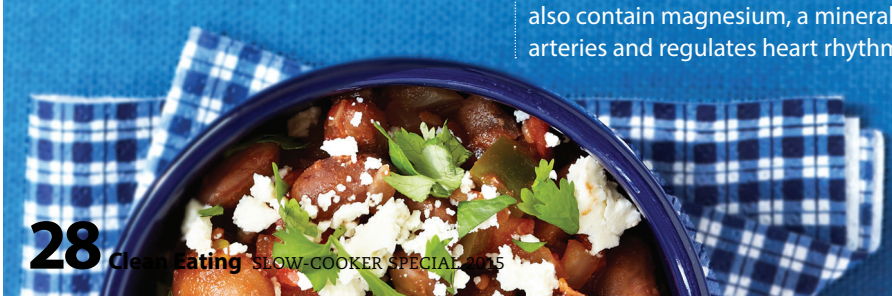
TWO: Add pork and cook for 3 hours on high, checking once or twice to ensure pork-bean mixture is just submerged in liquid; add water as needed so that beans remain submerged. Stir in ¾ tsp salt and black pepper and cook until beans are tender, about 1 hour on high.

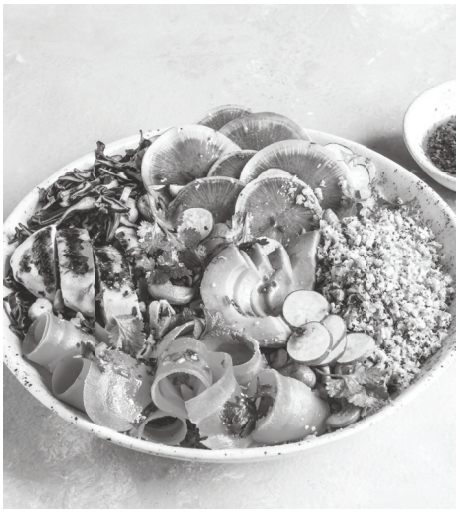
THREE: About 30 minutes before beans are done, heat oil in a large skillet on medium-high. Add bell pepper and onion and cook, stirring occasionally, until tender, about 12 minutes. Add garlic, jalapeños and tomato paste and cook, stirring constantly, for 1 minute. Add tomatoes and simmer until liquid reduces by about three-quarters, 5 to 7 minutes. Stir in remaining ¼ tsp salt.

FOUR: With a large ladle, scoop and discard most of the cooking liquid in slow cooker so that beans are moist but not soupy. Add tomato mixture to bean mixture and stir to combine. Turn off slow cooker (or keep on warm setting for up to 2 hours). Ladle beans into bowls and top with cheese and cilantro. Serve with lime wedges.

NUTRIENTS PER SERVING (1 CUP PORK-BEAN MIXTURE AND ½ TBSP CHEESE):
***CALORIES:** 319, **TOTAL FAT:** 5 g, **SAT. FAT:** 1.5 g, **MONOUNSATURATED FAT:** 2 g, **POLYUNSATURATED FAT:** 1 g, **CARBS:** 43 g, **FIBER:** 14 g, **SUGARS:** 4 g, **PROTEIN:** 25 g, **SODIUM:** 337 mg, **CHOLESTEROL:** 40 mg*

Heart-health heavyweight: Pinto beans are rich in cardiac-friendly fiber, as just 1 cup contains more than 60% of the fiber you need in a day. They also contain magnesium, a mineral that relaxes the body's blood vessels and arteries and regulates heart rhythm.





Clean Eating

This page is blank because it contained a full-page advertisement – the content for which was not retained.

To maintain page numbering with the original table of contents, this page has been inserted.

Please continue reading on the next page.

PORK TENDERLOIN

with Bulgur Risotto & Apple Cider Glaze

***SERVES** 6.*
***HANDS-ON TIME:** 15 MINUTES.*
***TOTAL TIME:** 2 HOURS, 30 MINUTES.*

Cooking pork tenderloin in a moist heat makes it fork-tender. Additionally, the bulgur, which replaces the more traditional rice in this revamped risotto, lends a slightly nutty flavor that complements earthy mushrooms.

INGREDIENTS:

- **⅓ cup mixed dried mushrooms, such as porcini, morel and/or shiitake**
- **2 tbsp olive oil**
- **2 8- to 9-oz pork tenderloins, trimmed**
- **Sea salt and ground black pepper, to taste**
- **2 tsp fennel seeds, crushed**
- **1 cup whole-grain medium bulgur**
- **½ cup leeks, finely chopped, white and light green parts only**
- **1 clove garlic, minced**
- **½ cup apple cider or unsweetened apple juice**
- **1 sprig thyme**
- **1½ cups fresh spinach leaves, chiffonade-cut**
- **¼ cup Parmigiano Reggiano, grated**
- **1 tbsp fresh lemon juice**

INSTRUCTIONS:

ONE: Soak mushrooms in 2 cups hot water for 10 minutes until softened. Drain, reserve soaking liquid, roughly chop mushrooms and set aside.

TWO: Rub oil all over tenderloins, season with salt and pepper and roll in fennel seeds. Heat a nonstick skillet over medium-high heat and sear pork in pan until all sides are golden brown, about 5 minutes. Remove from pan and set aside. Add mushroom-soaking liquid to pan. Scrape any flavorful bits from bottom of pan and pour into slow cooker. Add bulgur, leeks, chopped mushrooms and garlic to slow cooker and stir well. Arrange tenderloins on top of bulgur mixture, bending or cutting in half to fit, if necessary. Cover pot with lid and cook on low for 2 hours or until a meat thermometer inserted into tenderloins registers 145°F.

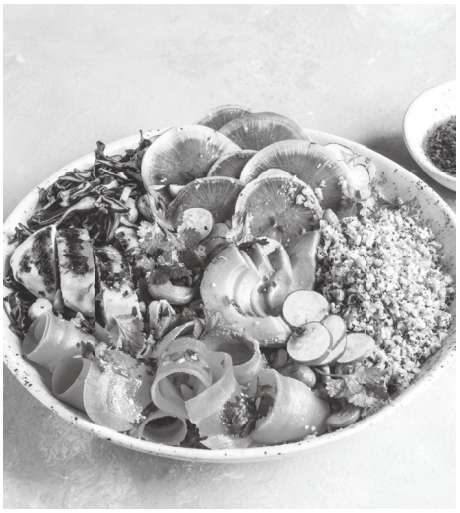
THREE: Make apple cider glaze: Bring cider and thyme to a boil in a small saucepan set over medium-high heat. Gently boil until liquid has reduced to about 2 tbsp. Remove from heat, discard thyme and set aside.

FOUR: Remove tenderloin from slow cooker, cover lightly with foil and let rest for 5 minutes. Meanwhile, add spinach and cheese to bulgur and cover for 2 minutes. Add lemon juice and season with salt and pepper. Thinly slice pork, brush with warm reserved apple cider glaze and serve with bulgur risotto.

NUTRIENTS PER SERVING (3 OZ PORK, 4 OZ BULGUR RISOTTO, 1 TSP GLAZE):
***CALORIES:** 320, **TOTAL FAT:** 11 g, **SAT. FAT:** 3 g, **CARBS:** 26 g, **FIBER:** 6 g, **SUGARS:** 3 g, **PROTEIN:** 29 g, **SODIUM:** 160 mg, **CHOLESTEROL:** 75 mg*

NOTE: Chiffonade, as suggested for the spinach in this recipe, is a technique for cutting herbs and leafy greens into long, thin strips. Achieve it by stacking and rolling leaves, then slicing them into ribbons with a sharp knife.

TIP: If you'd like to add a pleasant crunch and even more texture to this dish – and have yet another twist on risotto for your recipe book – stir in cooked wheat berries at the last minute.



Clean Eating

This page is blank because it contained a full-page advertisement – the content for which was not retained.

To maintain page numbering with the original table of contents, this page has been inserted.

Please continue reading on the next page.

HEARTY BEEF STROGANOFF

SERVES *6.*
HANDS-ON TIME: *20 MINUTES.*
TOTAL TIME: *4 HOURS, 20 MINUTES.*

Our slow-cooker version of this classic Russian dish has all the flavor and velvety texture of the original recipe but with less fuss. Serve over whole-grain broad noodles or brown rice.

INGREDIENTS:

- **1½ lb beef rump roast, trimmed and thinly sliced into 2-inch strips**
- **1½ tsp ground black pepper**
- **½ tsp sea salt**
- **2 tsp safflower oil**
- **1 yellow onion, thinly sliced**
- **2 cloves garlic, minced**
- **½ cup dry white wine**
- **¾ cup low-sodium beef broth, divided**
- **3 tbsp white whole-wheat flour**
- **2 tbsp Worcestershire sauce**
- **8 oz white mushrooms, sliced**
- **2 bay leaves**
- **1 piece star anise**
- **½ cup sour cream (NOTE: Nonfat will not work for this use; TRY: Green Valley Organics Lactose-Free Sour Cream)**

INSTRUCTIONS:

ONE: Season beef with pepper and salt, tossing to coat. Heat a large skillet on medium-high and brush with oil. Working in batches, cook beef, tossing to lightly brown on all sides, 2 to 3 minutes. Transfer to a 5-qt slow cooker. To same pan, add onions and cook, stirring occasionally, until softened, about 3 minutes. Add garlic and cook until fragrant, 30 seconds more. Add onion mixture to slow cooker.

TWO: Reduce heat to medium-low and add wine. Stir to scrape up any browned bits. In a small bowl, combine ¼ cup broth with flour and whisk until no lumps remain. Add to skillet with remaining ½ cup broth and Worcestershire sauce and cook, stirring constantly until slightly thickened, about 1 minute. Add sauce to slow cooker and top with mushrooms. Add bay leaves and star anise. (**TIP:** Make bay leaves and star anise easy to remove by wrapping them in a square of cheesecloth tied with kitchen string. When it's time to remove them, just lift the cheesecloth out of the slow cooker.)

THREE: Cover and cook on high for 4 hours, until beef is fork-tender. To serve, remove bay leaves and star anise and swirl sour cream into the sauce.

NUTRIENTS PER SERVING (1 CUP): ***CALORIES:*** *302,* ***TOTAL FAT:*** *18 g,* ***SAT. FAT:*** *7 g,* ***MONOUNSATURATED FAT:*** *7 g,* ***POLYUNSATURATED FAT:*** *2 g,* ***CARBS:*** *8 g,* ***FIBER:*** *1 g,* ***SUGARS:*** *3 g,* ***PROTEIN:*** *26 g,* ***SODIUM:*** *305 mg,* ***CHOLESTEROL:*** *91 mg*

Beef benefits: Beef is rich in both the minerals zinc and selenium. Zinc plays a role in supporting the immune system while selenium is needed for maintaining a healthy thyroid. We suggest opting for grass-fed beef whenever possible.

MEXICAN STUFFED PEPPERS

SERVES *6.*
HANDS-ON TIME: *25 MINUTES.*
TOTAL TIME: *6 HOURS, 25 MINUTES.*

Sweet bell peppers are tasty little vessels for this Southwest-style stuffing, chock-full of fiber-rich corn, black beans and cilantro. Plus, there's no need to parboil the peppers to give them tenderness, since they'll be slowly simmered all day in a smoky tomato sauce.

INGREDIENTS:

- **1 26-oz carton chopped unsalted tomatoes**
- **1½ cups chopped yellow onion, divided**
- **2 whole plus 3 minced cloves garlic, divided**
- **1 tbsp chile powder, divided**
- **1 tbsp ground cumin, divided**
- **1 tsp dried oregano**
- **½ tsp kosher salt, divided**
- **¼ cup whole plus ½ cup chopped fresh cilantro leaves, divided**
- **1 lb extra-lean ground beef**

- **⅛ tsp ground black pepper**
- **2 cups grated zucchini**
- **1 small jalapeño chile pepper, seeded and minced**
- **½ cup frozen corn kernels**
- **1 15-oz BPA-free can or 1⅔ cups cooked black beans**
- **¾ cup grated Mexican-blend cheese, divided**
- **6 red, green or yellow bell peppers, tops and seeds removed and discarded**

INSTRUCTIONS:

ONE: In a blender, process tomatoes, ½ cup onion, 2 whole cloves garlic, 2 tsp chile powder, 1 tsp cumin, oregano, ¼ tsp salt and ¼ cup whole cilantro until smooth. Pour ½ cup mixture into a 5- to 6-qt slow cooker and set remaining mixture aside.

TWO: In a large bowl, add beef, remaining 1 tsp chile powder, 2 tsp cumin, ¼ tsp salt, black pepper and zucchini. With your hands, mix thoroughly until well combined. Add minced garlic, remaining 1 cup onion, jalapeño, corn, chopped cilantro, beans and ½ cup cheese; mix until well combined.

THREE: Pack beef mixture tightly into peppers, dividing evenly. Arrange peppers, cut side up, in slow cooker. Pour remaining tomato mixture over top. Cover and cook for 6 hours on low. Sprinkle remaining ¼ cup cheese on peppers and cook for 10 more minutes, until cheese melts. Serve peppers with sauce, dividing evenly.

NUTRIENTS PER SERVING
(1 STUFFED PEPPER AND ⅓ CUP TOMATO SAUCE):
CALORIES: *290,* ***TOTAL FAT:*** *7 g,* ***SAT. FAT:*** *3 g,* ***MONOUNSATURATED FAT:*** *1 g,* ***POLYUNSATURATED FAT:*** *1 g,* ***CARBS:*** *32 g,* ***FIBER:*** *11 g,* ***SUGARS:*** *12 g,* ***PROTEIN:*** *27 g,* ***SODIUM:*** *350 mg,* ***CHOLESTEROL:*** *50 mg*

Leave the skin on: Don't peel your zucchini – it's rich in antioxidants lutein and zeaxanthin, plant pigments that contribute to optimal eye health.

BEEF SHORT RIBS

SERVES *8.*
HANDS-ON TIME: *25 MINUTES.*
TOTAL TIME: *6 HOURS, 25 MINUTES.*

These slow-simmered ribs pair nicely with mashed sweet or regular potatoes.

INGREDIENTS:

- **1½ tsp safflower oil**
- **8 large English-style beef short ribs, 4 to 5 oz each**
- **⅛ tsp sea salt**
- **¼ tsp ground black pepper**
- **1 tbsp white whole-wheat flour**
- **2 shallots, peeled and thinly sliced**
- **4 green onions, cut into 1-inch-long pieces**
- **1 1-inch piece ginger, peeled and minced**
- **2 garlic cloves, minced**
- **½ cup sherry**
- **1 cup low-sodium beef broth**
- **½ cup fresh orange juice**
- **⅓ cup reduced-sodium soy sauce**

INSTRUCTIONS:

ONE: In a Dutch oven or large deep skillet on medium-high, heat oil. Sprinkle ribs with salt and pepper and dust all sides with flour. Working in batches, sear ribs on all sides until golden brown, 2 to 3 minutes on each side.

TWO: Transfer ribs to a 5-qt slow cooker. Reduce heat on pan to medium and add shallots and cook, stirring frequently, until shallots have softened and are just starting to turn golden, about 4 minutes. Add onions, ginger and garlic and cook, stirring frequently, until fragrant, about 30 seconds. Add sherry, stirring with a wooden spoon and scraping up browned bits from the bottom of the pan. Add broth, orange juice and soy sauce. Increase heat to medium-high and bring to a boil; boil for 1 minute. Pour sauce over ribs, cover and cook on low for 6 to 7 hours or until meat pulls away easily from bones.

THREE: Transfer ribs to a bowl and keep warm. Skim any fat from the sauce using a spoon. In a small pot, bring sauce to a boil on high, reduce heat and simmer until sauce is thickened and reduced by half, about 5 minutes. To serve, place 1 rib on each of 8 plates and drizzle with ¼ cup of sauce.

NUTRIENTS PER SERVING
(1 RIB AND ¼ CUP OF SAUCE):
CALORIES: *326,* ***TOTAL FAT:*** *27 g,* ***SAT. FAT:*** *11 g,* ***MONOUNSATURATED FAT:*** *12 g,* ***POLYUNSATURATED FAT:*** *2 g,* ***CARBS:*** *5 g,* ***FIBER:*** *1 g,* ***SUGARS:*** *2 g,* ***PROTEIN:*** *15 g,* ***SODIUM:*** *459 mg,* ***CHOLESTEROL:*** *58 mg*

KALE-STUFFED FLANK STEAK

SERVES *6.*
HANDS-ON TIME: *45 MINUTES.*
TOTAL TIME: *3 HOURS, 40 MINUTES.*

Butterflied flank steak rolled around a flavorful kale and feta filling makes an impressive presentation for dinner guests, and only you'll know how easy it was to pull off. Searing the rolls before simmering them in a white wine and tomato sauce ensures a juicy result.

INGREDIENTS:

- **1½ cups finely shredded kale leaves**
- **4 tsp olive oil, divided**
- **¾ cup whole-wheat bread crumbs**
- **¼ cup chopped fresh flat-leaf parsley, plus additional for garnish**
- **1 large egg, beaten**
- **½ cup chopped jarred roasted red peppers (jarred in water)**
- **½ cup crumbled feta cheese**
- **2 tbsp grated Parmesan cheese**
- **1½-lb flank steak, trimmed**
- **½ tsp each sea salt and ground black pepper, divided**
- **1 small yellow onion, thinly sliced**
- **2 cloves garlic, minced**
- **1 cup dry white wine such as Pinot Grigio**
- **1 28-oz BPA-free can unsalted plum tomatoes, blended until smooth**
- **1 tsp dried basil and oregano**

INSTRUCTIONS:

ONE: Prepare stuffing: To a medium bowl, add kale and drizzle with 1 tsp oil. Massage oil into kale. Add bread crumbs and parsley and stir to combine. Add egg and stir until mixture starts to clump together. Add peppers, feta and Parmesan, stirring gently to combine. Set mixture aside.

TWO: Butterfly the steak: Place flank steak on a cutting board so that the meat grain is running lengthwise in front of you. Place one hand on top of the meat

to hold it in place. Using a sharp knife with a long, thin blade, slowly slice the steak parallel to the board, from one side almost all the way to the other, leaving a 1-inch edge at the uncut side. Open flank steak like a book and sprinkle with ¼ tsp each salt and pepper. Evenly distribute stuffing over the flank steak, leaving a 1-inch border all around and packing it down with your hands. Starting from the long side, roll up the flank steak, jelly-roll style. Tuck the ends over and tie up the roast once lengthwise using butcher string. Tie the roast crosswise in 4 places. Sprinkle remaining ¼ tsp each salt and pepper over outside of steak.

THREE: In a large Dutch oven on medium-high, heat remaining 1 tbsp oil. Sear meat, turning occasionally, until browned on all sides, about 8 minutes. To a 5-qt slow cooker, transfer flank steak. To the same pan, reduce heat to medium then add onions and cook, stirring occasionally until softened, 2 to 3 minutes. Add garlic and cook, stirring frequently, until fragrant, about 30 seconds. Add wine, scraping up any browned bits from the bottom of the pan with a wooden spoon. Add puréed tomatoes, basil and oregano and stir to combine. Bring to a boil, reduce heat to low and simmer for 5 minutes. Pour sauce into slow cooker, then cover and cook on low for 3 to 3 ½ hours until tender but not falling apart.

FOUR: Transfer roast from slow cooker to a carving board. Slice into 12 ½-inch-thick slices, removing the butcher twine as you slice. To serve, place ⅓ cup sauce onto each plate and top with 2 slices of roast. Garnish with additional parsley (if using).

NUTRIENTS PER SERVING (2 SLICES ROAST AND ⅓ CUP SAUCE):
CALORIES: *346,* ***TOTAL FAT:*** *15 g,* ***SAT. FAT:*** *6 g,* ***MONOUNSATURATED FAT:*** *7 g,* ***POLYUNSATURATED FAT:*** *1 g,* ***CARBS:*** *19 g,* ***FIBER:*** *4.5 g,* ***SUGARS:*** *5 g,* ***PROTEIN:*** *30.5 g,* ***SODIUM:*** *457 mg,* ***CHOLESTEROL:*** *117 mg*

SPICY SHREDDED BEEF TACOS

with Pineapple Salsa

SERVES *8.*
HANDS-ON TIME: *30 MINUTES.*
TOTAL TIME: *6 HOURS, 30 MINUTES.*

Savory spiced beef is topped with a sweet pineapple salsa in these irresistible, finger-licking-good tacos.

INGREDIENTS:

- **2 lb flank steak, trimmed**
- **½ cup chopped yellow onion**
- **½ cup each chopped red and green bell pepper**
- **2 cloves garlic, peeled**
- **1 small jalapeño chile pepper, seeded and chopped**
- **⅓ cup unsalted jarred or boxed diced tomatoes**
- **1 tbsp chile powder**
- **2 tsp ground cumin**
- **1 tsp dried oregano**
- **½ tsp sea salt**
- **16 6-inch corn or whole-grain tortillas**

SALSA

- **1 small jalapeño chile pepper, seeded and finely chopped**
- **2 cups peeled, cored and diced pineapple**
- **½ cup chopped red onion**
- **½ cup seeded and chopped red bell pepper**
- **½ cup chopped fresh cilantro**
- **2 tbsp fresh lime juice**
- **½ tsp sea salt**

INSTRUCTIONS:

ONE: Arrange steak in the bottom of a 5- to 6-qt slow cooker and top with yellow onion and ½ cup each red and green bell pepper. In a small food processor or blender, process garlic, 1 chopped jalapeño, tomatoes, chile powder, cumin, oregano and ½ tsp salt until smooth. Pour evenly over steak and vegetables. Cover and cook on low for 6 to 8 hours.

TWO: Meanwhile, in a medium bowl, combine all salsa ingredients. Cover and refrigerate.

THREE: Remove steak from slow cooker and transfer to a large cutting board. Using 2 forks, shred steak and return to slow cooker. If needed, cover and cook on high for 10 minutes more to reheat.

FOUR: Heat tortillas according to package directions. Divide beef mixture between tortillas and top with salsa.

NUTRIENTS PER SERVING (2 TACOS):
CALORIES: *321,* ***TOTAL FAT:*** *8 g,* ***SAT. FAT:*** *2.5 g,* ***MONOUNSATURATED FAT:*** *2.5 g,* ***POLYUNSATURATED FAT:*** *1 g,* ***CARBS:*** *35 g,* ***FIBER:*** *5 g,* ***SUGARS:*** *6 g,* ***PROTEIN:*** *29 g,* ***SODIUM:*** *316 mg,* ***CHOLESTEROL:*** *37 mg*

BEEF CARNITAS TACOS

with Salsa Fresca

***SERVES** 8.*
***HANDS-ON TIME:** 30 MINUTES.*
***TOTAL TIME:** 7 HOURS, 30 MINUTES.*

Taco night has never been so tasty! This recipe uses chuck roast, an economical cut of beef made for the slow cooker. Serve with our salsa fresca.

INGREDIENTS:

- **1 tsp each ground cumin, coriander and oregano flakes**
- **2 tsp ground chile powder**
- **½ tsp each sea salt, ground black pepper and smoked paprika**
- **¼ tsp ground cayenne pepper**
- **2-lb boneless blade or chuck roast, trimmed**
- **1 tbsp safflower oil**
- **1 small white onion, finely chopped**
- **2 cloves garlic, minced**
- **1 cup low-sodium beef broth**
- **2 tbsp red wine vinegar**
- **1 tbsp Worcestershire sauce**
- **16 6-inch corn tortillas**
- **3 cups shredded romaine lettuce, optional**
- **8 oz crumbled queso fresca or feta cheese, optional**

SALSA FRESCA

- **4 plum tomatoes, seeded and diced**
- **1 jalapeño chile pepper, seeded and minced, optional**
- **Juice of 1 lime**
- **¼ cup finely chopped red onion**
- **Pinch sea salt**
- **1 tbsp chopped fresh cilantro leaves**

INSTRUCTIONS:

ONE: In a small bowl, combine cumin, coriander, oregano, chile powder, ½ tsp salt, black pepper, paprika and cayenne. Rub spice mixture on all surfaces of roast. In a large heavy-bottomed pan on medium-high, heat oil. Sear meat, turning frequently until browned on all sides, 3 to 4 minutes per side.

TWO: Transfer meat to a 6-qt slow cooker and reduce heat on pan to medium. Add onions and cook, stirring frequently until softened, about 4 minutes. Add garlic and cook, stirring frequently, until fragrant, about 30 seconds. Add broth, vinegar and Worcestershire. Using a wooden spoon, scrape up any browned bits from the bottom of the pan. Bring to a boil, reduce heat to low and simmer for 5 minutes. Pour broth mixture over meat, cover and set to low. Cook for 7 to 8 hours, until the meat is tender enough to pull apart with a fork. Remove meat to a cutting board and shred using 2 forks. Return meat to slow cooker and keep warm.

THREE: Preheat oven to 350°F. Wrap tortillas in foil and bake until softened, about 5 to 7 minutes. Meanwhile, in a small bowl, combine all salsa ingredients. To serve, fill corn tortillas with ¼ cup shredded beef and top with 2 tbsp salsa. If using, top with lettuce and cheese.

NUTRIENTS PER SERVING (2 TACOS): ***CALORIES:*** *353,* ***TOTAL FAT:*** *18 g,* ***SAT. FAT:*** *6.5 g,* ***MONOUNSATURATED FAT:*** *8 g,* ***POLYUNSATURATED FAT:*** *3 g,* ***CARBS:*** *26 g,* ***FIBER:*** *4 g,* ***SUGARS:*** *2 g,* ***PROTEIN:*** *24.5 g,* ***SODIUM:*** *296 mg,* ***CHOLESTEROL:*** *71 mg*

SWEET & SOUR PORK

with Bell Peppers & Pineapple

SERVES *6.*
HANDS-ON TIME: *20 MINUTES.*
TOTAL TIME: *6 HOURS, 20 MINUTES.*

No need to stop for Asian takeout tonight. This dish hits all the sweet, salty and tart notes you'd expect from a decadent stir-fry – you'd never know it came out of your slow cooker! Serve over brown rice.

INGREDIENTS:

- **1½ lb pork tenderloin, trimmed and cut into 1- to 1½-inch chunks**
- **1 white onion, peeled and chopped into 1-inch chunks**
- **2 cloves garlic, thinly sliced**

- **1 small dried hot red chile pepper, whole**
- **½ cup low-sodium chicken broth**
- **¼ cup reduced-sodium soy sauce**
- **¼ cup white vinegar**
- **3 tbsp unsalted tomato paste**
- **3 tbsp Sucanat**
- **2 tbsp organic evaporated cane juice**
- **1 tbsp raw honey (NOTE: We love the depth of flavor you get from combining these three sweeteners, but if you prefer, you can omit organic evaporated cane juice and increase the honey to 2 tbsp. TRY: Wholesome! Organic Raw Honey)**
- **½ tsp ground ginger**
- **¼ cup fresh orange juice**
- **2 tbsp potato flour**
- **1 each large green and red bell pepper, diced**
- **1 cup peeled and diced pineapple**

INSTRUCTIONS:

ONE: To a 5-qt slow cooker, add pork, onion, garlic and chile. In a large bowl, whisk together broth, soy sauce, vinegar, tomato paste, Sucanat, cane juice, honey and ginger until well combined. Pour mixture over pork and gently stir. Cover slow cooker and cook on low for 6 hours.

TWO: In the last 30 minutes of cooking, combine orange juice and potato flour in a small bowl and whisk until no lumps remain. Add to slow cooker along with bell peppers and pineapple, stirring gently. Replace lid, increase heat to high and cook for remaining 30 minutes. Remove and discard chile before serving.

NUTRIENTS PER SERVING (1 CUP): ***CALORIES:*** *248,* ***TOTAL FAT:*** *3 g,* ***SAT. FAT:*** *1 g,* ***CARBS:*** *28 g,* ***FIBER:*** *2 g,* ***SUGARS:*** *21 g,* ***PROTEIN:*** *26.5 g,* ***SODIUM:*** *447 mg,* ***CHOLESTEROL:*** *74 mg*

MOROCCAN-SPICED POT ROAST

with Leeks & Winter Squash

***SERVES** 6.*
***HANDS-ON TIME:** 30 MINUTES.*
***TOTAL TIME:** 8 HOURS, 30 MINUTES.*

A slow-and-low cooking method ensures this extra-lean roast cooks up perfectly tender and moist, while a warm mix of exotic spices and fruity pomegranate imparts a satisfying flavor profile. Customize your meal by substituting the veggies called for here with whatever winter squash or root vegetables you have on hand, such as carrots, parsnips or even cooking pumpkins like the Cinderella, Baby Bear or Sugar Pie varieties.

TIP: This recipe calls for two traditional ingredients of Moroccan cuisine: ras el hanout and pomegranate molasses. If you can't find them in the ethnic section of your grocery store, create your own from ingredients you likely already have on hand.

INGREDIENTS:

- **1½ lb peeled, seeded and diced butternut squash**
- **1 lb peeled, trimmed and diced rutabaga**
- **2 leeks, white and light green parts only, thinly sliced (about 2 cups)**
- **4 tsp ras el hanout (Moroccan spice blend)**
- **1½ tbsp pomegranate molasses**
- **½ tbsp olive oil**
- **3 cloves garlic, finely minced**
- **2½-lb choice bottom round or beef eye of round roast, trimmed**
- **4 sprigs fresh thyme**
- **1 bay leaf**
- **½ cup chopped fresh cilantro, optional**

INSTRUCTIONS:

ONE: In a 5- to 6-qt slow cooker, add squash and rutabaga and scatter leeks over top. Add 1 cup water.

TWO: In a small bowl, combine ras el hanout, pomegranate molasses, oil and garlic; mix to form a paste. Rub mixture over entire roast. Transfer roast to slow cooker and top with thyme and bay leaf. Cover and cook on low for 8 hours.

THREE: Transfer roast to a cutting board, tent loosely with foil and let rest for 10 minutes. Slice against the grain and divide among plates. Spoon squash mixture onto plates, dividing evenly. If desired, drizzle with any accumulated pan juices from slow cooker and sprinkle with cilantro.

NUTRIENTS PER SERVING (3 OZ ROAST AND 1 CUP SQUASH MIXTURE):
***CALORIES:** 363, **TOTAL FAT:** 10 g, **SAT. FAT:** 3 g, **MONOUNSATURATED FAT:** 4.5 g, **POLYUNSATURATED FAT:** 1 g, **CARBS:** 26 g, **FIBER:** 5 g, **SUGARS:** 8 g, **PROTEIN:** 42 g, **SODIUM:** 79 mg, **CHOLESTEROL:** 117 mg*

Homemade ras el hanout:

Combine 1 tsp each ground cumin, ginger, turmeric, salt and cinnamon with ½ tsp each ground coriander, cayenne pepper, allspice, nutmeg and ¼ tsp cloves.

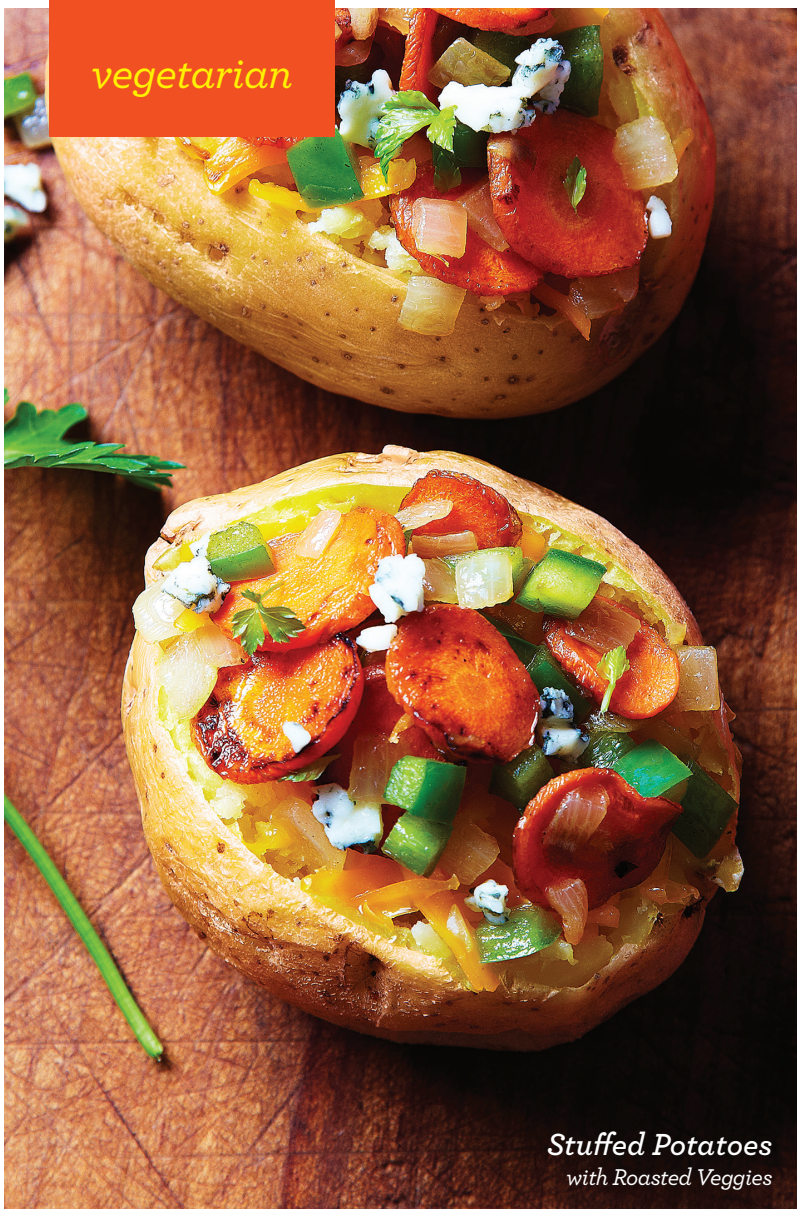
Pomegranate molasses:

In a small saucepan, bring 1 cup pomegranate juice to a boil. Cook for 20 minutes, until reduced to ¼ cup.

HOW TO PROPERLY TRIM A ROAST

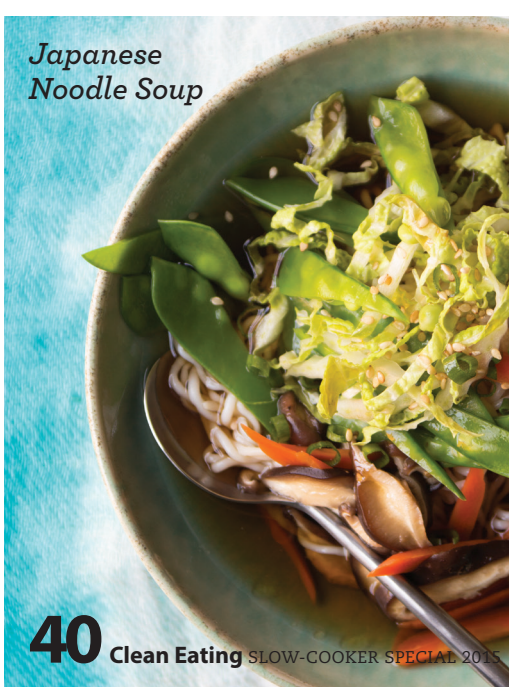
1. Place roast on a cutting board. With a chef's knife, lift and separate one edge of fat from roast.

2. Hold knife parallel to the surface of the roast. Carefully make short, smooth cuts along the edge of the roast, lifting the fat to separate from the roast as you cut.



Stuffed Potatoes
with Roasted Veggies

Slow-Cooked Curried Chickpeas



Japanese Noodle Soup

Orange Beets
with Yogurt Horseradish Sauce

Cheesy Italian Eggplant Casserole

vegetarian

42 Cauliflower & Cardamom Soup with Spiced Chickpeas

43 Cheesy Italian Eggplant Casserole

45 Slow-Cooked Curried Chickpeas

46 Orange Beets with Yogurt Horseradish Sauce

46 Stuffed Potatoes with Roasted Veggies

48 Cheesy Kale & Squash White Lasagna

49 Ratatouille-Topped Pasta with Feta

50 Root Veggie Lentil Soup

51 Japanese Noodle Soup

Even veggie fare gets the low-and-slow treatment for deeply flavorful, satisfying meatless mains and plant-based sides.

CAULIFLOWER & CARDAMOM SOUP

with Spiced Chickpeas

***SERVES** 6.*
***HANDS-ON TIME:** 15 MINUTES.*
***TOTAL TIME:** 3 HOURS, 15 MINUTES.*

Few things can instantly warm you up on a cool day like a comforting bowl of soup. Forget sodium-filled canned varieties and put together our spiced cauliflower soup, enlivened with turmeric, cardamom and saffron, with only 15 minutes of hands-on work.

INGREDIENTS:

- **2 tbsp olive oil**
- **1 cup chopped sweet onion**
- **1½ tsp each ground turmeric and cardamom**
- **Pinch each saffron and red pepper flakes**
- **3 cloves garlic, chopped**
- **1 head cauliflower (about 1½ lbs), roughly chopped**
- **1 tbsp Dijon mustard**
- **3 cups low-sodium vegetable broth**
- **1 tbsp fresh lemon juice**
- **Sea salt and ground black pepper, to taste**

SPICED CHICKPEAS

- **½ cup cooked chickpeas**
- **½ tsp each ground coriander, turmeric and fennel**
- **Pinch red pepper flakes**
- **1 tsp peeled and grated ginger**
- **1 tbsp olive oil**
- **1 tbsp fresh lemon juice**
- **1 tbsp chopped fresh cilantro**
- **Sea salt and ground black pepper, to taste**

INSTRUCTIONS:

ONE: Prepare spiced chickpeas: In a bowl, add all chickpea ingredients and toss to combine. Serve at room temperature or refrigerate, tightly sealed, for up to 3 days. Allow chickpeas to return to room temperature before serving.

TWO: In a skillet on medium, heat oil. Add onion and cook until softened, about 2 minutes. Add turmeric, cardamom, saffron and pepper flakes and stir for 1 minute. Transfer to slow cooker; add garlic, cauliflower, Dijon, broth and 2 cups water. Stir well, cover with lid and cook on low heat for 3 hours.

THREE: Purée soup using an immersion blender (or using an upright blender). Transfer to a large bowl or pot; add lemon juice and season with salt and black pepper. Ladle soup into bowls and garnish with about 3 tbsp spiced chickpeas per bowl. Soup can be tightly sealed and frozen for up to 1 month.

NUTRIENTS PER SERVING
(1 CUP SOUP AND 3 TBSP CHICKPEAS):
***CALORIES:** 160, **TOTAL FAT:** 8 g, **SAT. FAT:** 1.5 g, **CARBS:** 17 g, **FIBER:** 4 g, **SUGARS:** 6 g, **PROTEIN:** 6 g, **SODIUM:** 210 mg, **CHOLESTEROL:** 0 mg*

Powerful pulses: Chickpeas offer impressive amounts of vegetable-based protein, folate and vitamin B_6, a water-soluble nutrient that is not stored in the body and must be consistently replenished each day for good health. The vitamin is vital in the processing of carbohydrates and the breakdown of glycogen, the body's main source of stored energy.

CHEESY ITALIAN EGGPLANT CASSEROLE

SERVES *6.*
HANDS-ON TIME: *20 MINUTES.*
TOTAL TIME: *6 HOURS, 20 MINUTES.*

A quick and easy take on eggplant Parmigiana, our version skips breading and frying the eggplant while still oozing with saucy, cheesy goodness. Try serving alongside simple tossed and steamed veggies topped with shaved Parmesan for a complete meal.

INGREDIENTS:

- **1 oz Parmesan cheese, grated**
- **1 cup reduced-fat or whole-milk ricotta cheese**
- **1 cup reduced-fat or whole-milk cottage cheese**
- **3 cloves garlic, peeled**
- **1 egg**
- **½ cup packed fresh basil leaves, plus additional basil leaves for garnish**
- **¼ tsp ground black pepper**
- **3 cups all-natural jarred marinara sauce**
- **1 large eggplant, trimmed and sliced into ¼-inch rounds**

INSTRUCTIONS:

ONE: In a food processor, process cheeses, garlic, egg, ½ cup basil and pepper until combined and smooth.

TWO: Mist a 5- to 6-qt slow cooker with cooking spray. Spread a thin layer of marinara (about ⅓ cup) over bottom of slow cooker. Arrange one-third of eggplant slices over sauce, overlapping edges. Spread half of cheese mixture over eggplant and then spoon one-third of remaining marinara evenly over top. Repeat with another one-third of eggplant, half of cheese mixture and one-third of sauce, and finish with remaining one-third of eggplant and sauce.

THREE: Cover and cook on low for 6 to 8 hours. (**TIP:** If casserole is still watery, cook on high, uncovered, for an additional 10 minutes.) Garnish with additional basil.

NUTRIENTS PER SERVING (⅙ OF CASSEROLE): ***CALORIES:*** *165,* ***TOTAL FAT:*** *6 g,* ***SAT. FAT:*** *2.5 g,* ***MONOUNSATURATED FAT:*** *1 g,* ***POLYUNSATURATED FAT:*** *0.5 g,* ***CARBS:*** *16 g,* ***FIBER:*** *4 g,* ***SUGARS:*** *10 g,* ***PROTEIN:*** *14 g,* ***SODIUM:*** *451 mg,* ***CHOLESTEROL:*** *53 mg*

Keep the skin on: Eggplant's skin contains a powerful compound called nasunin that works as an antioxidant, protecting both your heart and brain from free-radical damage.

Stacy Jarvis
Senior Art Director

"The blend of chickpeas, rutabaga, greens and fragrant spices makes this dish a super-satisfying and nutritious meatless meal, and it's totally worth the effort of cooking the chickpeas yourself versus using canned. The best part is it's even tastier the next day – lunch made!"

STACY JARVIS: PHOTO BY GREGORY JAMES

SLOW-COOKED CURRIED CHICKPEAS

***SERVES** 8. **HANDS-ON TIME:** 25 MINUTES. **TOTAL TIME:** 5 HOURS, 25 MINUTES.*

Cooking times can be vary quite a bit depending on your crockpot, so give yourself some extra time, if possible. For a side or snack, you can easily prepare the slow-cooked chickpeas separately (through Step 2) and store them in an airtight container in the refrigerator for up to 5 days, enjoying them alongside other entrées throughout the week.

INGREDIENTS:

- **1 lb dried chickpeas, picked over and rinsed (about 2¼ cups)**
- **1 rutabaga (1½ to 2 lb), peeled and cut into ¼-inch dice (4 to 4½ cups)**
- **½ large onion, chopped (about ¾ cup)**
- **3 cloves garlic, chopped**
- **1 bay leaf**
- **5 tsp curry powder**
- **2 tsp mild chile powder**
- **1 lb mustard or collard greens, thick stems removed and leaves chopped (about 8 cups)**
- **1¼ tsp sea salt, divided**
- **Ground black pepper, to taste**
- **1½ cups brown rice**
- **¾ cup jarred water-packed roasted red peppers, patted dry and sliced**
- **1 cup plain Greek yogurt**
- **¼ cup chopped fresh cilantro**
- **Lime wedges, for garnish, optional**

INSTRUCTIONS:

ONE: Place chickpeas in a large saucepan and add water to cover by about 3 inches. Bring to a boil and cook for 5 minutes. Reduce heat to medium and simmer, partially covered, for 1 hour. Stir occasionally and add water, if needed, to keep chickpeas covered. Drain and rinse.

TWO: Place chickpeas, rutabaga, onion, garlic and bay leaf in a 5- to 7-qt slow cooker, then add 5 cups water. Cover with lid and cook on high for 4 to 5 hours or on low for 8 to 10 hours. About 30 to 45 minutes before chickpea mixture is done cooking, add curry and chile powders and stir to combine. Add about half of greens and replace lid for 5 minutes, until wilted. Then add remaining greens and continue cooking for remaining time or until chickpeas are tender. (The finished dish should be slightly soupy; if excess water remains, remove it with a ladle to reach desired consistency.) Stir in 1 tsp salt and black pepper.

THREE: Meanwhile, combine rice, remaining ¼ tsp salt and 3 cups water in a small saucepan and bring to a boil. Reduce heat to low, cover and simmer for 50 minutes. Remove from heat and keep covered for 10 minutes. Serve chickpeas over rice and top with red peppers, yogurt and cilantro. Serve with lime wedges on the side (if using).

NUTRIENTS PER SERVING (1¼ CUPS CHICKPEA MIXTURE, ¾ CUP RICE, 1¾ TBSP RED PEPPERS, 2 TBSP YOGURT):

***CALORIES:** 307, **TOTAL FAT:** 3 g, **SAT. FAT:** 1 g, **CARBS:** 59 g, **FIBER:** 12 g, **SUGAR:** 8 g, **PROTEIN:** 34 g, **SODIUM:** 480 mg, **CHOLESTEROL:** 0 mg*

MAKE AHEAD: The slow-cooked chickpea mixture can be made up to 5 days ahead, cooled completely and refrigerated in an airtight container. To serve, reheat in a saucepan over medium-low or in the microwave.

Plant-based nourishment:

With meals like this, vegetarians don't have to worry about satisfying their nutritional needs. The greens contribute to this dish's stellar nutritional profile, offering well over 300% of your daily value (DV) for vitamins A and C in a single serving! Plus, thanks to the leafy vegetable, our slow-cooker chickpeas can help you build strong bones by delivering 32% of your day's calcium needs.

ORANGE BEETS

with Yogurt Horseradish Sauce

SERVES *6.*
HANDS-ON TIME: *20 MINUTES.*
TOTAL TIME: *3 HOURS, 30 MINUTES.*

Slow-roast beets to perfection in your slow cooker with our simple foil-packet method. Here, we roast them with fragrant garlic and juicy oranges for extra mouthwatering flavor, then serve them with a creamy horseradish sauce.

INGREDIENTS:

- **6 beets, trimmed and scrubbed (NOTE: Do not pat dry.)**
- **½ orange, sliced into wedges**
- **3 cloves garlic**
- **1 tsp olive oil**
- **6 oz plain yogurt**
- **1 tsp jarred prepared horseradish**
- **¼ tsp kosher salt**
- **2 tbsp finely chopped fresh mint**
- **1 oz toasted unsalted walnuts, chopped**

INSTRUCTIONS:

ONE: On a large sheet of foil, add beets, orange and garlic. (**TIP:** Position garlic away from beets to prevent garlic from coloring.) Drizzle with oil. Gather edges of foil together to form a loose packet. Wrap with an additional sheet of foil. Poke a few holes in top of packet.

TWO: Add packet to a 4-qt slow cooker. Cover and cook on high for 3 to 4 hours, until beets are fork-tender. Transfer packet to a plate. With oven mitts, carefully open packet. Let cool for 15 minutes, until just cool enough to handle. Discard orange and reserve garlic.

THREE: Meanwhile, prepare sauce: In a blender or food processor, blend yogurt, horseradish and reserved garlic until smooth. Transfer to a small bowl and stir in salt.

FOUR: With a paring knife, carefully peel away beet skin. Slice beets into ¼-inch rounds. To serve, top with sauce, mint and walnuts.

NUTRIENTS PER SERVING (1 BEET, 2 TBSP SAUCE, 1 TSP MINT, 1 TSP WALNUTS): ***CALORIES:*** *94,* ***TOTAL FAT:*** *4 g,* ***SAT. FAT:*** *1 g,* ***CARBS:*** *15 g,* ***FIBER:*** *3 g,* ***SUGARS:*** *6 g,* ***PROTEIN:*** *5 g,* ***SODIUM:*** *159 mg,* ***CHOLESTEROL:*** *11 mg*

STUFFED POTATOES

with Roasted Veggies

SERVES *4.*
HANDS-ON TIME: *10 MINUTES.*
TOTAL TIME: *3 HOURS, 10 MINUTES.*

These satisfying stuffed potatoes are baked atop aromatic vegetables roasting right in the slow cooker. Just unwrap the potatoes and fluff the flesh, then top with cheddar, blue cheese and veggies.

INGREDIENTS:

- **1 green bell pepper, cut into 1-inch pieces**
- **1 yellow onion, cut into 8 wedges**
- **1 cup frozen corn kernels**
- **1 carrot, peeled and thinly sliced**
- **⅛ tsp ground cayenne pepper**
- **1 tbsp safflower oil**
- **4 6-oz Yukon Gold potatoes, scrubbed**
- **¼ cup chopped fresh flat-leaf parsley**
- **1 clove garlic, minced**
- **¼ tsp each sea salt and coarsely ground black pepper**
- **½ cup shredded sharp cheddar cheese**
- **¼ cup crumbled blue cheese**

INSTRUCTIONS:

ONE: Mist a 6-qt slow cooker with cooking spray. Add bell pepper, onion, corn, carrot, cayenne and oil; stir to combine. Using a fork, pierce each potato in several spots, wrap in foil and place over pepper-corn mixture. Cover and cook until potatoes are tender when

pierced with a fork, 3 hours on high or 6 hours on low.

TWO: Remove potatoes and set aside for 5 to 10 minutes. Add parsley, garlic, salt and black pepper to pepper-corn mixture and stir to combine.

THREE: In a small bowl, add cheddar and blue cheese and toss gently. Remove potatoes from foil and cut each in half lengthwise. (**TIP:** Use a clean towel to prevent fingers from burning, or let potatoes cool for an additional 5 to 10 minutes before handling.) Fluff flesh with a fork, sprinkle with cheese mixture and top with pepper-corn mixture, dividing evenly.

NUTRIENTS PER SERVING
(1 STUFFED POTATO):
CALORIES: *275,* ***TOTAL FAT:*** *7 g,* ***SAT. FAT:*** *2 g,* ***MONOUNSATURATED FAT:*** *3 g,* ***POLYUNSATURATED FAT:*** *1 g,* ***CARBS:*** *45 g,* ***FIBER:*** *5 g,* ***SUGARS:*** *5 g,* ***PROTEIN:*** *10.5 g,* ***SODIUM:*** *230 mg,* ***CHOLESTEROL:*** *7 mg*

Strike gold: Yukon Gold potatoes offer great flavor and moist flesh, which means you'll feel less inclined to pile on fattening condiments. Once considered simply a dietary source of starch, potatoes are now being credited for their bevy of nutrients. Potatoes possess varying quantities of most macronutrients, vitamins and minerals (including fiber, if you consume the skin).

CHEESY KALE & SQUASH WHITE LASAGNA

SERVES *6.*
HANDS-ON TIME: *40 MINUTES.*
TOTAL TIME: *2 HOURS, 30 MINUTES.*

Nutrient powerhouses butternut squash and kale add both color and flavor to this creamy, cheesy slow-cooker lasagna.

INGREDIENTS:

- **1 large egg**
- **1 cup whole-milk ricotta cheese**
- **½ cup grated Parmesan cheese, divided**
- **1 tsp dried oregano**
- **½ tsp each sea salt and ground black pepper**
- **1 cup loosely packed baby spinach leaves, chopped**
- **2 cups loosely packed baby kale leaves, chopped**
- **3 tbsp organic unsalted butter, divided (TRY: Horizon Organic Unsalted Butter)**
- **1 small yellow onion, finely chopped**
- **2 cloves garlic, minced**
- **3 tbsp white whole-wheat flour, divided**
- **1 cup low-sodium vegetable broth**
- **3 to 4 9 x 6-inch fresh whole-grain lasagna sheets or 6 to 8 dry oven-ready whole-grain lasagna noodles (TIP: If using dry oven-ready noodles, soak them in a 9 x 13-inch cake pan filled with hot water for 10 minutes before using.)**
- **1 small (about 1-lb) butternut squash, peeled, seeded and thinly sliced**
- **½ cup whole milk**
- **¼ tsp ground nutmeg**

INSTRUCTIONS:

ONE: In a large bowl, combine egg, ricotta, ¼ cup Parmesan, oregano, salt and pepper. Fold in spinach and kale.

TWO: Prepare sauce: In a large pot on medium, melt 2 tbsp butter. Add onions and cook, stirring occasionally, until translucent, about 4 minutes. Add garlic and cook, stirring constantly until fragrant, about 30 seconds. Add 2 tbsp flour and cook, stirring gently, for 1 minute more, until golden. Slowly add broth, whisking constantly and cook until slightly thickened, about 1 minute more.

THREE: Spread 2 tbsp sauce on the bottom of a 5-qt slow cooker. Top with a layer of pasta. (**NOTE:** You'll need 1 to 1⅓ sheets fresh or 2 to 2½ dried noodles depending on shape of slow cooker, cutting as needed.) Top with one-third of remaining sauce. Spread one-half of cheese mixture followed by one-half of squash. Top with another layer of pasta, one-third of sauce, remaining half of cheese mixture and remaining half of squash. Top with remaining layer of pasta and remaining sauce. Cover and cook on high for 2 hours.

FOUR: In the last 45 minutes of cooking, melt remaining 1 tbsp butter in a small saucepan. Add remaining 1 tbsp flour and cook, stirring constantly, until golden, about 1 minute. Slowly whisk in milk and cook, stirring constantly, until thickened, about 1 minute. Remove from heat and stir in remaining ¼ cup Parmesan and nutmeg. Open lid and pour mixture over lasagna; cover and cook for remaining 30 minutes. Turn slow cooker off and allow to stand for 30 minutes before slicing.

NUTRIENTS PER SERVING (⅙ OF LASAGNA):
CALORIES: *329,* ***TOTAL FAT:*** *16 g,* ***SAT. FAT:*** *9 g,* ***MONOUNSATURATED FAT:*** *5 g,* ***POLYUNSATURATED FAT:*** *1 g,* ***CARBS:*** *31 g,* ***FIBER:*** *5 g,* ***SUGARS:*** *3.5 g,* ***PROTEIN:*** *16 g,* ***SODIUM:*** *364 mg,* ***CHOLESTEROL:*** *109 mg*

RATATOUILLE-TOPPED PASTA

with Feta

***SERVES** 4.*
***HANDS-ON TIME:** 20 MINUTES.*
***TOTAL TIME:** 3 HOURS, 20 MINUTES.*

Tender eggplant, mushrooms and sweet bell pepper are slow simmered in juicy tomatoes for a delicious, savory dish. Paired with whole-grain penne, this stew makes a hearty meal.

INGREDIENTS:

- **12 oz ripe plum tomatoes, sliced crosswise ¼ inch thick**
- **6-oz eggplant, cut into 1-inch pieces**
- **1 green bell pepper, cut in 1-inch pieces**
- **4 oz mushrooms, quartered**
- **1 cup chopped yellow onion**
- **8 cloves garlic, peeled**
- **1½ tsp Worcestershire sauce**
- **⅛ tsp red pepper flakes**
- **12 pitted Kalamata olives, coarsely chopped**
- **¼ cup chopped fresh basil**
- **1 tsp chopped fresh rosemary**
- **⅛ tsp sea salt, or to taste**
- **4 oz whole-grain penne pasta**
- **½ cup crumbled feta cheese**

INSTRUCTIONS:

ONE: Mist a 6-qt slow cooker with cooking spray. Add tomatoes, eggplant, bell pepper, mushrooms, onion, garlic, Worcestershire sauce and pepper flakes. Stir gently, cover and cook until onion softens, 3 hours on high or 6 hours on low.

TWO: Turn off slow cooker; stir in olives, basil, rosemary and salt. Let sit, covered, for 15 minutes.

THREE: Meanwhile, cook pasta according to package directions; drain. Divide pasta among plates and top with tomato-eggplant mixture, dividing evenly. Sprinkle feta over top.

NUTRIENTS PER SERVING (1 CUP TOMATO-EGGPLANT MIXTURE AND ½ CUP PASTA):
***CALORIES:** 240, **TOTAL FAT:** 7 g, **SAT. FAT:** 2 g, **MONOUNSATURATED FAT:** 2 g, **POLYUNSATURATED FAT:** 0.5 g, **CARBS:** 37 g, **FIBER:** 7 g, **SUGARS:** 7 g, **PROTEIN:** 10 g, **SODIUM:** 514 mg, **CHOLESTEROL:** 5 mg*

ROOT VEGGIE LENTIL SOUP

SERVES *4.*
HANDS-ON TIME: *25 MINUTES.*
TOTAL TIME: *6 HOURS, 25 MINUTES.*

Earthy lentils, a staple in many meatless diets, give this simple yet hearty soup a substantial helping of protein and fiber. Unlike larger legumes, there's no need to presoak lentils before adding them – just pick out any pebbles or broken pieces and give them a rinse in a sieve. Sauté the onions and garlic for the soup while you prep the rest of the veggies – then set the slow cooker and go.

INGREDIENTS:

- **1 tbsp olive oil**
- **1 yellow onion, chopped**
- **2 cloves garlic, minced**
- **2 to 3 carrots, peeled and cut into ¼-inch pieces**
- **1 parsnip, peeled and cut into ¼-inch pieces**
- **1 small celery root, peeled and cut into ¼-inch pieces**
- **1¼ cups dried brown lentils, picked over and rinsed**
- **6 cups vegetable broth or water**
- **1 tbsp reduced-sodium tamari**
- **Sea salt and ground black pepper, to taste**
- **Chopped fresh flat-leaf parsley for garnish**

INSTRUCTIONS:

ONE: In a skillet on medium, heat oil. Add onion and garlic, cover and cook until softened, about 5 minutes; transfer to slow cooker.

TWO: Add carrots, parsnip, celery root, lentils, broth, tamari, salt and pepper. Cover and cook on low until lentils and vegetables are tender, 6 to 8 hours. To serve, adjust seasoning to taste, and sprinkle with parsley.

STOVE-TOP METHOD: Heat oil in a 5- to 6-qt pot on medium. Add onion and garlic. Cover and cook for 5 minutes. Add carrots, parsnip, celery root, lentils, broth, tamari, salt and pepper. Reduce heat to low. Cover, and cook, stirring from time to time, until lentils and vegetables are tender, 1 to 1½ hours. Taste and adjust seasonings, if necessary. Sprinkle with parsley.

NUTRIENTS PER SERVING (¼ OF RECIPE): ***CALORIES:*** *332,* ***TOTAL FAT:*** *4 g,* ***SAT. FAT:*** *1 g,* ***MONOUNSATURATED FAT:*** *3 g,* ***POLYUNSATURATED FAT:*** *1 g,* ***CARBS:*** *57 g,* ***FIBER:*** *19 g,* ***SUGARS:*** *11 g,* ***PROTEIN:*** *18 g,* ***SODIUM:*** *504 mg,* ***CHOLESTEROL:*** *0 mg*

JAPANESE NOODLE SOUP

SERVES *4.*
HANDS-ON TIME: *20 MINUTES.*
TOTAL TIME: *5 HOURS, 20 MINUTES.*

You can adapt this light, satisfying soup to your schedule. Done in about 5 hours, it can continue to simmer in the slow cooker up to 4 hours more without turning mushy. The broth just gets richer.

INGREDIENTS:

- **½ head garlic (6 unseparated cloves)**
- **4 green onions, divided**
- **2 5-inch pieces dried kombu or kelp**
- **7 coins sliced fresh ginger (from 2-inch piece)**
- **3 tbsp reduced-sodium tamari**
- **3 tbsp mirin or sake**
- **2 tsp organic evaporated cane juice, optional**
- **2 cups thinly sliced shiitake mushrooms**
- **3 large carrots, thinly sliced**
- **4 cups (8 oz) cooked brown rice vermicelli noodles or udon noodles, or 2 8-oz packages shirataki noodles, rinsed, drained, and snipped into spaghetti-length pieces**
- **2 cups snow peas and/or thinly sliced napa cabbage**
- **4 tsp sesame oil, optional**
- **2 tsp sesame seeds, optional**

INSTRUCTIONS:

ONE: Cut garlic head in half through the middle to expose centers of cloves. Place garlic in slow cooker. Trim white parts from green onions, and add white parts to slow cooker along with kombu and ginger. Finely chop green tops of green onions, and set aside.

TWO: Add tamari, mirin, cane juice (if using), and 8 cups water to slow cooker. Cover, and cook on low for 4 to 8 hours. Strain, and discard solids. Return broth to slow cooker, add mushrooms and carrots, cover, and cook 1 hour more, or until vegetables are tender.

THREE: Divide noodles among 4 large bowls. Top with snow peas, then ladle broth over top. Garnish with chopped green onions and, if using, oil and seeds.

NUTRIENTS PER SERVING (¼ OF RECIPE): ***CALORIES:*** *289,* ***TOTAL FAT:*** *1 g,* ***SAT. FAT:*** *0.5 g,* ***CARBS:*** *62 g,* ***FIBER:*** *7 g,* ***SUGARS:*** *9 g,* ***PROTEIN:*** *8 g,* ***SODIUM:*** *588 mg,* ***CHOLESTEROL:*** *0 mg*

Mexican-Style Chicken Soup

Southern Spicy Pulled Chicken
on a Bed of Polenta

Thai Chicken Tacos

Tuscan Turkey & White Bean Chili

Roasted Whole Chicken Au Jus
with Broccoli & Corn

chicken & turkey

54 Chicken Cacciatore with Spaghetti Squash

55 Roasted Whole Chicken Au Jus with Broccoli & Corn

56 Chicken Pot Pie with Chive Biscuits

58 Sweet & Spiced Pulled Chicken Tacos

58 Turkey & Tomatillo Chili with Chipotle & Cilantro

59 Creamy Lemon Chicken with Potatoes & Artichokes

60 Mango BBQ Chicken Thighs

60 Thai Chicken Tacos

62 Chicken Barley Stew

62 Tuscan Turkey & White Bean Chili

65 Mexican-Style Chicken Soup

66 Cincinnati Chili with Turkey & Pumpkin

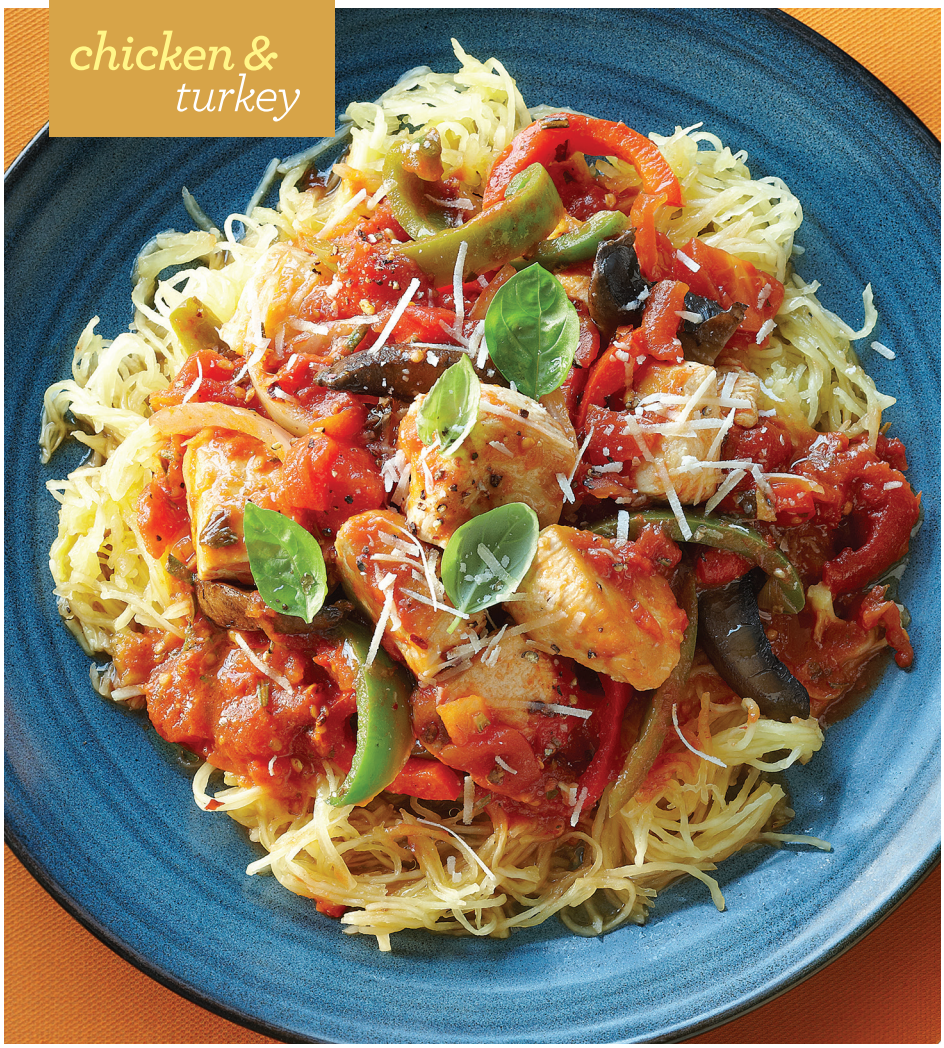
67 Southern Spicy Pulled Chicken on a Bed of Polenta

68 Cajun Jambalaya

68 Chicken Chasseur

69 Sweet & Sticky Chicken Wings

Clean Eating *readers sure love their poultry, so we're giving you 16 fresh and fun new ways to slow cook your favorite protein.*



CHICKEN CACCIATORE

with Spaghetti Squash

SERVES *6.*
HANDS-ON TIME: *20 MINUTES.*
TOTAL TIME: *8 HOURS, 15 MINUTES.*

Let hardy vegetables, tender chicken and aromatic spices mingle all day in your slow cooker and then come home salivating to the delicious smell of this lightened-up Italian classic. The spaghetti squash here replaces traditional noodles and can be made the night before (and refrigerated), or whipped up in under 15 minutes from the time you walk in your door.

INGREDIENTS:

- **1½ lb boneless, skinless chicken breasts, cut into 1-inch pieces**
- **½ tsp kosher salt**
- **¼ tsp ground black pepper**
- **1 tbsp olive oil**
- **1 large yellow onion, sliced**
- **2 cups frozen sliced mixed bell peppers**
- **10 oz sliced baby portobello mushrooms**
- **1 26-oz carton unsalted chopped tomatoes (TRY: Pomì Chopped Tomatoes)**
- **1 cup low-sodium chicken broth**
- **6 tbsp low-sodium tomato paste**
- **¼ cup balsamic vinegar**
- **4 cloves garlic, minced**
- **2 tsp dried oregano**
- **¾ tsp red pepper flakes**
- **2 to 3 sprigs fresh rosemary**
- **6 lb spaghetti squash (2 to 3 large squash), halved lengthwise and seeded**
- **6 tbsp grated Parmesan cheese**
- **¼ cup chopped or whole fresh basil, optional**

INSTRUCTIONS:

ONE: Sprinkle chicken with salt and black pepper. In a large nonstick skillet, heat 1 tsp oil on medium. Add one-third of chicken to skillet in a single layer and cook for 1 to 2 minutes per side, until lightly browned. Transfer to a 4- to 6-qt slow cooker. Working in batches, repeat with remaining 2 tsp oil and chicken.

TWO: To slow cooker, add onion, bell peppers, mushrooms, tomatoes, broth, tomato paste, vinegar, garlic, oregano and pepper flakes. Stir to combine and nestle rosemary on surface. Cover and cook on low for 6 to 8 hours.

THREE: Pierce squash skin with a fork. In a large pot, add 2 inches of water and 1 squash half, skin side up. Cover and boil for 2 minutes. Remove squash and transfer to a clean work surface. Repeat with remaining squash halves, refilling water as needed. With 2 forks, scrape stringy flesh from skin, separating into strands. Divide among dishes.

FOUR: Remove and discard rosemary from chicken mixture. Stir mixture and spoon over top of squash, dividing evenly. Garnish with cheese and basil (if using).

MAKE AHEAD: Prepare Step 3 the night before or up to 2 days before serving. Transfer to a large bowl, cover and refrigerate. Reheat before serving.

NUTRIENTS PER SERVING

(2 CUPS SQUASH, 1 CUP CHICKEN MIXTURE, 1 TBSP PARMESAN):
CALORIES: *374,* ***TOTAL FAT:*** *7 g,* ***SAT. FAT:*** *1 g,* ***MONOUNSATURATED FAT:*** *2 g,* ***POLYUNSATURATED FAT:*** *2 g,* ***CARBS:*** *48 g,* ***FIBER:*** *6 g,* ***SUGARS:*** *11 g,* ***PROTEIN:*** *34 g,* ***SODIUM:*** *361 mg,* ***CHOLESTEROL:*** *66 mg*

Niacin-rich dish: Chicken is an excellent source of vitamin B_3, or niacin, a water-soluble nutrient that plays a role in converting carbohydrates, protein and fat into energy. Niacin is also necessary for maintaining the health of the nervous system.

ROASTED WHOLE CHICKEN AU JUS

with Broccoli & Corn

***SERVES** 6.*
***HANDS-ON TIME:** 25 MINUTES.*
***TOTAL TIME:** 4 HOURS, 25 MINUTES.*

Surprise guests and family members with this ooh-and-ahh-worthy herb-stuffed whole chicken.

INGREDIENTS:

- **¼ cup finely chopped fresh parsley**
- **1 tbsp chopped fresh sage or 1 tsp dried sage**
- **1½ tsp chopped fresh rosemary**
- **1 tbsp lemon zest**
- **2 cloves garlic, minced**
- **1 tsp coarsely ground black pepper, divided**
- **½ tsp plus ⅛ tsp sea salt, divided**
- **3½- to 4-lb whole chicken, cavity and outer skin rinsed thoroughly, patted dry**
- **½ tsp paprika**
- **2 cups small broccoli florets**
- **2 cups frozen corn kernels, thawed**
- **1 cup diced red bell pepper**
- **1 tbsp extra-virgin olive oil**

INSTRUCTIONS:

ONE: Mist a 6-qt slow cooker with cooking spray. In a small bowl, combine parsley, sage, rosemary, lemon zest, garlic, ½ tsp black pepper and ¼ tsp salt. Loosen chicken skin; spread parsley mixture under skin, being careful not to tear skin. On top of skin, mist chicken with cooking spray and sprinkle with paprika. Place chicken, breast side up, on bottom of slow cooker. Cook on high for 1 hour; reduce heat and cook on low for 3 hours or until internal temperature reaches 165°F in thickest part when tested with an instant-read thermometer. Remove chicken from slow cooker and transfer to a cutting board.

TWO: Carefully pour pan drippings into a 2-cup measure and set aside. Wipe out slow cooker with a damp cloth, then add broccoli, corn, bell pepper and oil and stir to combine. Cover and cook on high for 20 minutes or until broccoli is tender-crisp. Stir in ¼ tsp salt and remaining ½ tsp black pepper.

THREE: Meanwhile, use a spoon to skim fat from reserved pan drippings. To a large skillet on medium-high, add pan drippings and bring to a boil; continue boiling for 4 to 5 minutes or until reduced to about ¾ cup. Stir in remaining ⅛ tsp salt. Serve chicken with pan-dripping reduction and broccoli-corn mixture.

NUTRIENTS PER SERVING

(3½ OZ CHICKEN, 2 TBSP PAN-DRIPPING REDUCTION, ⅔ CUP BROCCOLI-CORN MIXTURE):
***CALORIES:** 274, **TOTAL FAT:** 11 g, **SAT. FAT:** 2 g, **MONOUNSATURATED FAT:** 5 g, **POLYUNSATURATED FAT:** 2 g, **CARBS:** 14 g, **FIBER:** 3 g, **SUGARS:** 3 g, **PROTEIN:** 31.5 g, **SODIUM:** 302 mg, **CHOLESTEROL:** 88 mg*

Super side: With this meal, the side dish takes center stage when it comes to your well-being! Corn is a unique grain, as it's a source of a variety of carotenoids, while broccoli offers a huge health bang for your caloric buck. The cruciferous vegetable supports cardiovascular health, boosts the immune system and may help build bone density.

CHICKEN POT PIE

with Chive Biscuits

***SERVES** 8.*
***HANDS-ON TIME:** 35 MINUTES.*
***TOTAL TIME:** 4 HOURS, 35 MINUTES.*

Rich and satisfying classic chicken pot pie filling is topped with quick homemade biscuits in this family favorite.

INGREDIENTS:

- **4 6-oz boneless, skinless chicken breasts**
- **1 tsp ground black pepper**
- **½ tsp each sea salt and dried thyme**
- **4 small redskin potatoes, scrubbed and finely chopped**
- **2 carrots, peeled and diced**
- **2 stalks celery, thinly sliced**
- **2 tbsp organic unsalted butter**
- **2 leeks, halved lengthwise and thinly sliced (white and light green parts only) (TIP: To clean leeks, slice lengthwise and rinse the dirt out under warm running water, separating the segments to allow the water through.)**
- **2 tbsp white whole-wheat flour**
- **1 cup low-sodium chicken broth**
- **1 cup frozen peas, thawed**
- **½ cup whole milk**
- **1 tbsp potato starch**
- **1 tsp fresh thyme leaves**

BISCUITS

- **1½ cups white whole-wheat flour, plus additional for dusting**
- **2 tsp baking powder**
- **¼ tsp sea salt**
- **¼ cup organic unsalted butter, well chilled**
- **½ cup whole milk**
- **2 tbsp chopped fresh chives**

INSTRUCTIONS:

ONE: To a 5-qt slow cooker, add chicken and season with pepper, ½ tsp salt and dried thyme. Add potatoes, carrots and celery.

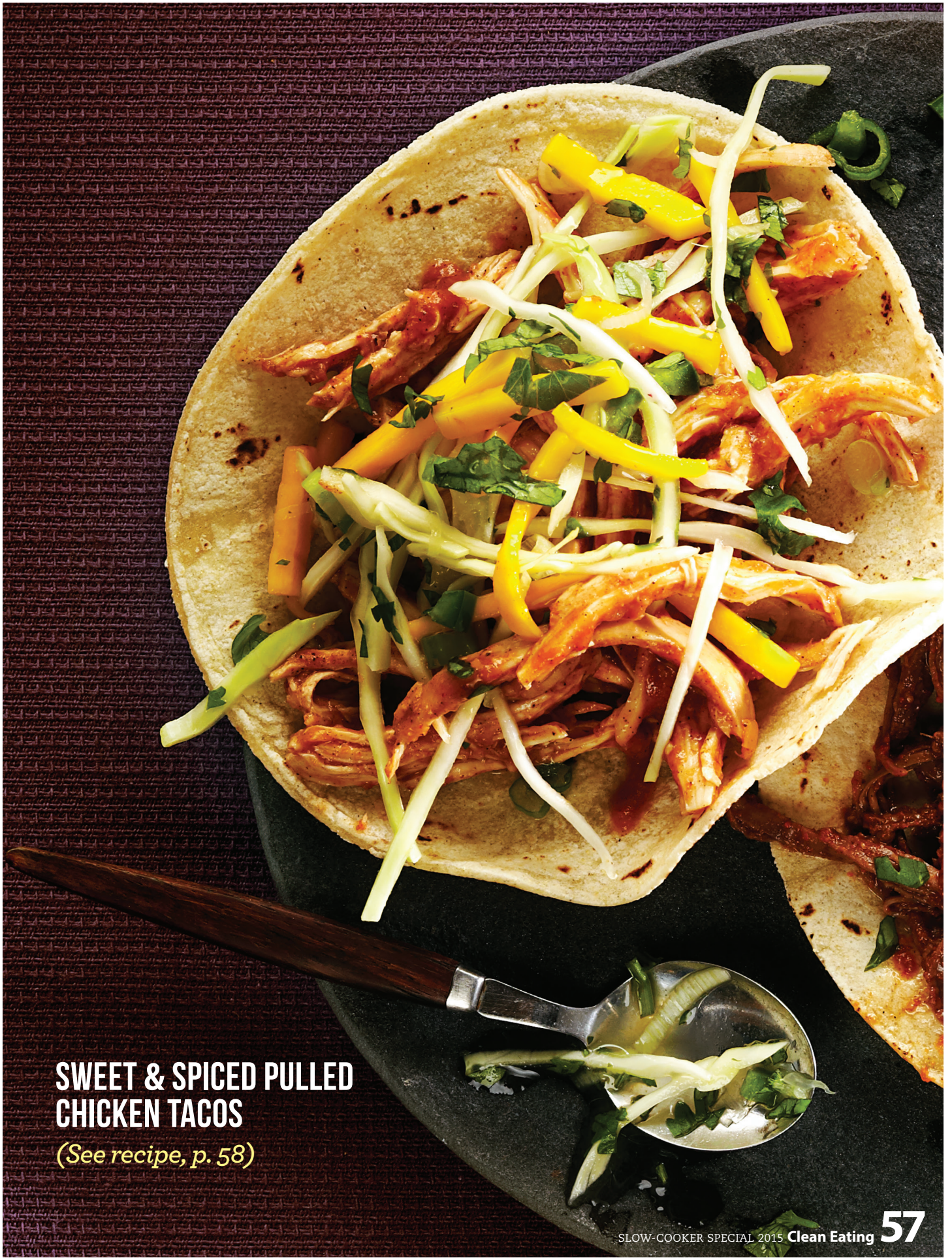
TWO: Prepare sauce: In a large saucepan on medium-high, melt 2 tbsp butter. Add leeks and cook, stirring constantly until slightly softened, about 1 minute. Add 2 tbsp flour and cook, stirring constantly until golden, about 1 minute. Whisk in broth and cook, stirring constantly until slightly thickened, about 1 minute more. Add sauce to slow cooker, stirring to evenly distribute. Cover and cook on low for 3½ to 4½ hours, or until potatoes are tender and chicken is no longer pink inside. (**NOTE:** Check chicken and potatoes after 3½ hours; if chicken is still pink inside, cook for 1 more hour.)

THREE: Remove chicken and transfer to a cutting board; shred using 2 forks. Return chicken to slow cooker and add peas. In a small bowl, whisk together ½ cup milk and potato starch until no lumps remain. Add to slow cooker and stir to distribute evenly. Replace lid and continue cooking for an additional 30 minutes.

FOUR: Just after adding milk mixture to slow cooker, prepare biscuits: Preheat oven to 400°F. Line a baking sheet with parchment paper. In a food processor, pulse 1½ cups flour, baking powder and ¼ tsp salt until well combined. Add ¼ cup chilled butter and pulse until a fine crumb is formed, about 10 pulses. Through the feed tube of processor, stream in ½ cup milk and process until a ball of dough forms. Turn dough out onto a lightly floured surface and knead until no longer sticky; knead in chives. Press dough into an oval shape about the same size as the surface of your slow-cooker lid, about ¼-inch thick. Cut dough into 8 equal parts and place on prepared baking sheet. Bake until golden, 15 to 18 minutes. Top each serving of chicken mixture with 1 biscuit. Garnish with fresh thyme.

NUTRIENTS PER SERVING

(1 CUP CHICKEN MIXTURE AND 1 BISCUIT):
***CALORIES:** 387, **TOTAL FAT:** 13 g, **SAT. FAT:** 7 g, **MONOUNSATURATED FAT:** 3 g, **POLYUNSATURATED FAT:** 1 g, **CARBS:** 40 g, **FIBER:** 6 g, **SUGARS:** 5 g, **PROTEIN:** 27 g, **SODIUM:** 434 mg, **CHOLESTEROL:** 88 mg*



SWEET & SPICED PULLED CHICKEN TACOS

(See recipe, p. 58)

SWEET & SPICED PULLED CHICKEN TACOS

SERVES *8.*
HANDS-ON TIME: *40 MINUTES.*
TOTAL TIME: *6 HOURS, 40 MINUTES.*

Sweet mango is combined with aromatic spices to infuse chicken with maximum flavor. Topped with a crunchy cabbage and mango slaw, these tacos are a showstopping dish.

INGREDIENTS:

- **16 6-inch corn or whole-grain tortillas, or 8 whole-grain buns**

CHICKEN

- **1½ lb boneless, skinless chicken breasts**
- **1 mango, peeled, pitted and diced**
- **1 large yellow onion, chopped**
- **8 cloves garlic, minced**
- **2 cups unsalted boxed or jarred diced tomatoes**
- **1 cup low-sodium chicken broth**
- **¼ cup apple cider vinegar**
- **1½ tbsp raw honey**
- **2 tsp each ground cumin, coriander and smoked paprika**
- **½ tsp each ground cayenne pepper, allspice, cinnamon and black pepper**

SLAW

- **1 mango, peeled, pitted and sliced into 1-inch-long matchsticks**
- **1 small jalapeño chile pepper, seeded and finely chopped**
- **3 cups shredded green cabbage**
- **½ cup chopped fresh cilantro leaves**
- **¼ cup chopped scallions**
- **2 tbsp fresh lime juice**
- **1 tbsp apple cider vinegar**
- **¼ tsp sea salt**

INSTRUCTIONS:

ONE: Prepare chicken: Arrange chicken in a 4- to 6-qt slow cooker and top with diced mango, onion and garlic. Add remaining chicken ingredients and stir to combine. Cover and cook on low for 6 to 8 hours.

TWO: Meanwhile, prepare slaw: In a medium bowl, add all slaw ingredients and stir to combine.

THREE: Using tongs, remove chicken from slow cooker and set aside on a plate. With an immersion blender, purée sauce in slow cooker until smooth. (Alternatively, transfer sauce to an upright blender or food processor, purée and then return to slow cooker.) Shred chicken with 2 forks and return to slow cooker, stirring into sauce. If needed, cover and cook on high for 10 minutes more to reheat.

FOUR: Heat tortillas according to package directions. Using a slotted spoon, divide chicken mixture evenly among tortillas and top with slaw.

NUTRIENTS PER SERVING (2 TACOS):
CALORIES: *300,* ***TOTAL FAT:*** *3 g,*
SAT. FAT: *0.5 g,* ***CARBS:*** *45 g,* ***FIBER:*** *6 g,*
SUGARS: *14 g,* ***PROTEIN:*** *25 g,* ***SODIUM:*** *222 mg,*
CHOLESTEROL: *49 mg*

TURKEY & TOMATILLO CHILI

with Chipotle & Cilantro

SERVES *6 TO 8.*
HANDS-ON TIME: *15 MINUTES.*
TOTAL TIME: *4 HOURS, 30 MINUTES.*

Every clean eater should have a tried-and-true chili recipe in his or her culinary arsenal. We've added chipotle peppers and tomatillos for a fresh take on the old family favorite. With just 15 minutes of advance prep, you can leave the kitchen for the afternoon and return to a delicious home-cooked meal. This chili can be made ahead and stored in a resealable container in the freezer for up to 1 month.

INGREDIENTS:

- **3 small dried chipotle peppers**
- **2 tsp olive oil**
- **2 lb extra-lean ground turkey breast**
- **1 cup sweet onion, diced**
- **4 cloves garlic**
- **1½ lb fresh tomatillos, husk discarded and skin rinsed**
- **1 bay leaf**
- **1 tsp ground cumin**
- **1 cup fresh cilantro leaves, roughly chopped**
- **4 cups cooked or BPA-free-canned cannellini beans**
- **1 cup fresh or frozen corn kernels**
- **Sea salt and ground black pepper, to taste**
- **1 cup cheddar cheese, grated, or 1 cup sour cream, for garnish, optional**

INSTRUCTIONS:

ONE: Soak chipotle peppers in ½ cup boiling water until softened, about 15 minutes. Cut chipotle peppers in half and remove and discard seeds and stems. Reserve soaking liquid, roughly chop chipotle peppers and set aside.

TWO: Meanwhile, in a nonstick pan, heat oil on medium-high. Add turkey and onion and cook, stirring with a wooden spoon, until all meat is broken into small pieces and cooked through, about 5 minutes. Drain and discard fat and transfer turkey mixture to slow cooker.

THREE: Blend garlic, chopped chipotle peppers and ¼ cup reserved soaking water in a blender until finely chopped. Add tomatillos and remaining soaking water and blend until smooth. Pour into slow cooker, add bay leaf and cumin and stir until thoroughly combined. Cover slow cooker and cook on low heat for 4 hours.

FOUR: Fifteen minutes before serving, place cilantro and ½ cup cold water in blender and purée until finely chopped. Stir into chili mixture. Add beans and corn, cover slow cooker and continue to cook for another 15 minutes. Season with salt and black pepper. Serve chili garnished with grated cheese or sour cream (if using).

NUTRIENTS PER SERVING (1½ CUPS):
CALORIES: *310,* ***TOTAL FAT:*** *4 g,* ***SAT. FAT:*** *0 g,* ***CARBS:*** *32 g,* ***FIBER:*** *7 g,* ***SUGARS:*** *7 g,* ***PROTEIN:*** *35 g,* ***SODIUM:*** *260 mg,* ***CHOLESTEROL:*** *55 mg*

CREAMY LEMON CHICKEN

with Potatoes & Artichokes

SERVES *6.*
HANDS-ON TIME: *20 MINUTES.*
TOTAL TIME: *6 HOURS, 50 MINUTES.*

Greek yogurt stands in for heavy cream to give this dish a rich and velvety texture. With a side of potatoes, artichokes and sweet bell pepper that's cooked along with the chicken, this dish will quickly become a family favorite in your home.

INGREDIENTS:

- **6 small redskin potatoes (each about 4½ oz), scrubbed and quartered**
- **1 large red bell pepper, thinly sliced**
- **6 5-oz boneless, skinless chicken breasts**
- **½ tsp each sea salt and ground black pepper**
- **1 tbsp olive oil**
- **3 cloves garlic, minced**
- **2 cups low-sodium chicken broth**
- **¼ cup fresh lemon juice**
- **¼ cup reduced-fat or whole-milk plain Greek yogurt**
- **2 tbsp arrowroot starch**
- **12 oz frozen artichokes, thawed**
- **3 tbsp chopped fresh dill, plus additional for garnish**

INSTRUCTIONS:

ONE: In a 5- to 6-qt slow cooker, spread potatoes along bottom. Lay bell pepper over top.

TWO: Season chicken with salt and black pepper. In a large skillet on medium-high, heat oil. Add chicken and cook for about 6 minutes, turning halfway, until lightly browned. Arrange chicken over potatoes and bell peppers. Reduce skillet heat to medium-low and add garlic; cook for 1 minute, until fragrant. Sprinkle over chicken. Pour broth into slow cooker. Cover and cook on low for 6 to 7 hours.

THREE: Remove chicken from slow cooker and set aside on a plate. Ladle ¼ cup liquid from slow cooker into a small bowl. To a small bowl, add lemon juice, yogurt and arrowroot and whisk until smooth. Stir yogurt mixture into slow cooker. Stir in artichokes and 3 tbsp dill. Return chicken to slow cooker, nestling on top of vegetable mixture. Turn heat to high, then cover and cook for 30 to 45 minutes, until artichokes are tender and sauce is thickened. Garnish with additional dill.

NUTRIENTS PER SERVING
(1 CHICKEN BREAST AND 1½ CUPS VEGETABLES):
CALORIES: *341,* ***TOTAL FAT:*** *5 g,* ***SAT. FAT:*** *1 g,* ***MONOUNSATURATED FAT:*** *2.5 g,* ***POLYUNSATURATED FAT:*** *1 g,* ***CARBS:*** *31g,* ***FIBER:*** *6 g,* ***PROTEIN:*** *38 g,* ***SUGARS:*** *6 g,* ***SODIUM:*** *327 mg,* ***CHOLESTEROL:*** *82 mg*

MANGO BBQ CHICKEN THIGHS

SERVES *8.*
HANDS-ON TIME: *35 MINUTES.*
TOTAL TIME: *6 HOURS, 50 MINUTES.*

A South Asian delight, mango chicken is an unexpected crockpot recipe your friends and family won't ever suspect slow cooked all day while you binge-watched Netflix. Try serving it over brown rice or your favorite ancient grain.

INGREDIENTS:

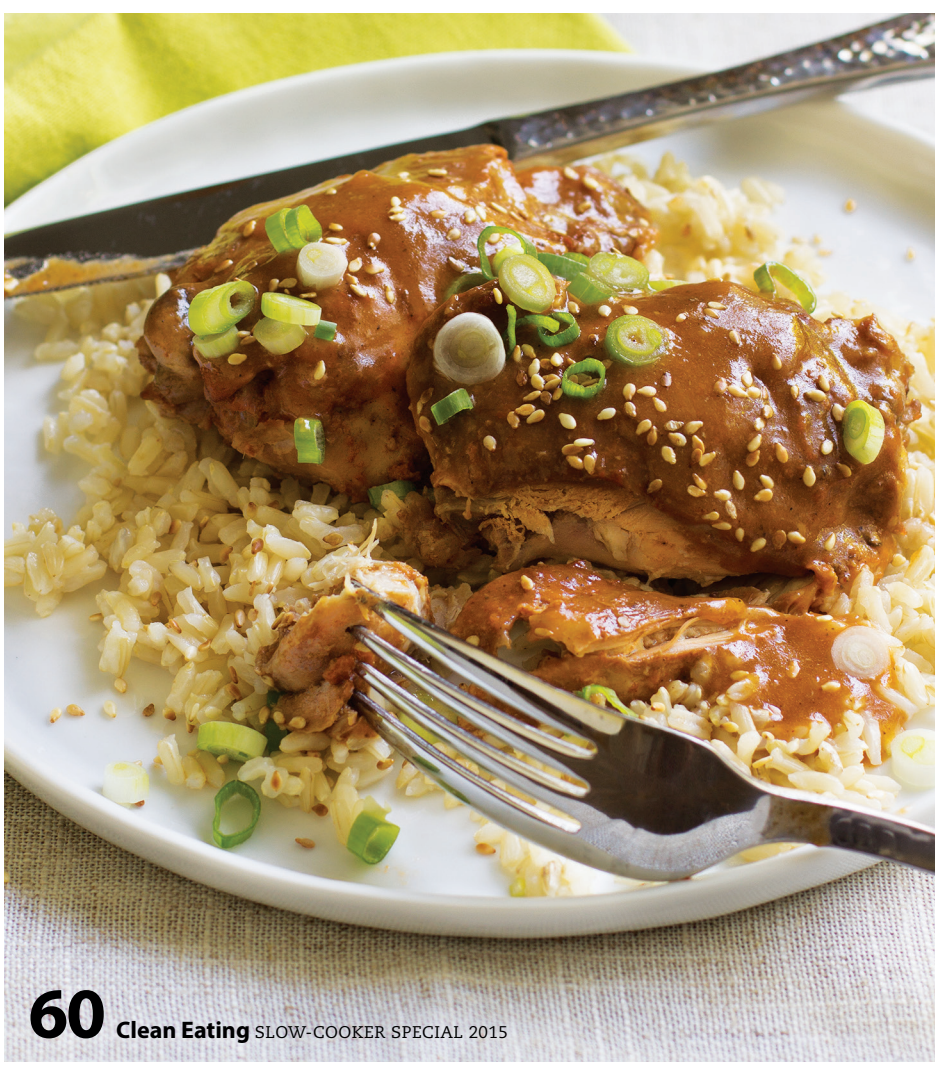
- **2 tsp safflower or sunflower oil**
- **1 small yellow onion, finely chopped**
- **2 cloves garlic, minced**
- **2 tsp peeled and minced ginger**
- **1 cup fresh or frozen mango chunks (1-inch chunks), thawed if frozen**
- **½ cup boxed, jarred or BPA-free-canned unsalted crushed tomatoes**
- **¼ cup all-natural ketchup (TRY: Tessemae's All Natural Ketchup)**
- **¼ cup Sucanat**
- **¼ cup red wine vinegar**
- **¼ cup fresh orange juice**
- **2 tbsp fresh lime juice**
- **1 tbsp Worcestershire sauce**
- **½ tsp each ground allspice, cumin and smoked paprika**
- **¼ tsp each salt and ground black pepper**
- **16 bone-in, skinless chicken thighs, (about 5 to 6 lb) (NOTE: You may have to purchase skin-on chicken thighs and remove the skin before cooking.)**
- **¼ cup potato starch**
- **2 tbsp chopped green onions, optional**
- **1 tbsp toasted sesame seeds, optional**

INSTRUCTIONS:

ONE: In medium saucepan on medium-high, heat oil. Add yellow onion and cook, stirring frequently, until softened and translucent, about 4 minutes. Add garlic and ginger and cook, stirring constantly, until fragrant, about 45 seconds. Add mango and cook, stirring occasionally, until mango softens slightly, about 4 minutes. Add tomatoes, ketchup, Sucanat, vinegar, orange juice, lime juice, Worcestershire sauce, allspice, cumin, paprika, salt and pepper. Bring to a boil, reduce heat and simmer until slightly thickened, about 5 minutes. Using an immersion blender (or transfer to an upright blender), blend sauce until completely smooth. Remove from heat and cool to room temperature.

TWO: In the bottom of a 4-qt slow cooker, place chicken thighs. Pour sauce over top, tossing to coat. Cover and cook on low for 6 hours. In a small bowl, whisk together ¼ cup cold water and potato starch, stirring until no lumps remain. Add mixture to slow cooker and stir to combine. Increase heat to high and simmer 10 to 15 minutes longer, allowing sauce to thicken slightly. Serve thighs with sauce over top. If using, sprinkle with green onion and sesame seeds.

NUTRIENTS PER SERVING
(2 THIGHS WITH SAUCE)
CALORIES: *334,* ***TOTAL FAT:*** *10 g,* ***SAT. FAT:*** *2 g,* ***MONOUNSATURATED FAT:*** *3 g,* ***POLYUNSATURATED FAT:*** *3 g,* ***CARBS:*** *19 g,* ***FIBER:*** *1 g,* ***SUGARS:*** *11.5 g,* ***PROTEIN:*** *41 g,* ***SODIUM:*** *316 mg,* ***CHOLESTEROL:*** *192 mg*



THAI CHICKEN TACOS

SERVES *4.*
HANDS-ON TIME: *20 MINUTES.*
TOTAL TIME: *6 HOURS, 20 MINUTES.*

Warm corn tortillas envelop tender shreds of nutty chicken in this unexpected slow-cooker creation. A tangy fresh mint and cucumber topping brings the Thai-Mexican mingling together for an exotic, spicy meal.

INGREDIENTS:

- **4 5-oz boneless, skinless chicken breasts**

- **1 cup low-sodium chicken broth**
- **2 cloves garlic**
- **2 tbsp fresh lime juice, divided**
- **2 tbsp creamy all-natural unsalted peanut butter (TRY: MaraNatha Organic Creamy & Roasted Peanut Butter - No Salt Added)**
- **1 tbsp reduced-sodium soy sauce**
- **½ tsp ground ginger**
- **1 tbsp red curry paste**
- **3 packets stevia, divided**
- **1½ tbsp coconut flour**
- **8 6-inch corn tortillas**
- **1 Roma tomato, seeded and chopped**
- **1 cucumber, seeded and chopped**
- **½ cup chopped red onion**
- **¼ cup chopped fresh mint**
- **1 tbsp rice vinegar**
- **2 cups shredded red cabbage**

INSTRUCTIONS:

ONE: In a 4- to 6-qt slow cooker, place chicken. In a blender, combine broth, garlic, 1 tbsp lime juice, peanut butter, soy sauce, ginger, curry paste and 2 packets stevia; blend until smooth. Pour over top of chicken and stir gently to coat. Cover and cook on low for 6 to 7 hours, until chicken is tender.

TWO: Stir and increase heat to high. With a slotted spoon, remove chicken and transfer to a cutting board; set aside until cool enough to handle. Remove ½ cup broth mixture from slow cooker and transfer to a small bowl. Add coconut flour to bowl and stir to form a smooth paste. Return broth-flour mixture to slow cooker and whisk until smooth; cover.

THREE: Preheat oven to 350°F. Arrange tortillas in 2 equal stacks and wrap each stack in foil. Transfer to a baking sheet and bake for 15 to 20 minutes, until heated through.

FOUR: Using 2 forks, shred chicken and return to slow cooker; stir to coat. Cook for 10 minutes, until heated through.

FIVE: Meanwhile, in a medium bowl, combine tomato, cucumber, onion and mint. Add vinegar, remaining 1 tbsp lime juice and 1 packet stevia; mix thoroughly. To assemble, spoon cabbage, chicken and tomato-cucumber mixture into center of each tortilla, dividing evenly.

NUTRIENTS PER SERVING (2 TACOS):
CALORIES: *397,* ***TOTAL FAT:*** *8 g,* ***SAT. FAT:*** *2 g,* ***MONOUNSATURATED FAT:*** *1 g,* ***POLYUNSATURATED FAT:*** *1 g,* ***CARBS:*** *39 g,* ***FIBER:*** *7 g,* ***SUGARS:*** *5 g,* ***PROTEIN:*** *42 g,* ***SODIUM:*** *375 mg,* ***CHOLESTEROL:*** *82 mg*

A grain-free thickener: Coconut flour is our thickener of choice for these toothsome tacos, rather than the standard flour or cornstarch. This grain-free flour is high in fiber and protein, plus it's gluten-free!

CHICKEN BARLEY STEW

SERVES *8.*
HANDS-ON TIME: *20 MINUTES.*
TOTAL TIME: *4 HOURS, 20 MINUTES.*

With hearty veggies like potatoes and carrots, this comforting, herby stew will keep you satisfied for hours.

INGREDIENTS:

- **4 cups low-sodium chicken broth**
- **1 tbsp garlic, minced**
- **1 tsp each sea salt and ground black pepper**
- **1½ tsp fresh thyme leaves**
- **2 bay leaves**
- **12 oz boneless, skinless chicken breast, cubed**
- **½ cup cooked black-eyed peas**
- **½ cup barley, rinsed**
- **1 sweet onion, cubed**
- **1¼ lb yellow-fleshed or new potatoes, peeled and cubed**
- **3 large carrots, peeled and cut into ½-inch slices**
- **2 tsp each chopped fresh basil, cilantro and dill**
- **8 tbsp sour cream, optional**

INSTRUCTIONS:

Fill a slow cooker with broth, 1 cup water, garlic, salt, pepper, thyme and bay leaves. Add chicken, peas and barley, then layer onion, potatoes and carrots over top. Do not stir. Cover and cook on low overnight, or for at least 4 to 6 hours, until chicken is cooked through and barley is tender. Remove bay leaves and stir in basil, cilantro and dill. Top each serving with 1 tbsp sour cream (if using).

NUTRIENTS PER SERVING (1 CUP):
CALORIES: *230,* ***TOTAL FAT:*** *2.5 g,* ***SAT. FAT:*** *0.5 g,* ***CARBS:*** *3 g,* ***FIBER:*** *5 g,* ***SUGARS:*** *4 g,* ***PROTEIN:*** *21 g,* ***SODIUM:*** *240 mg,* ***CHOLESTEROL:*** *40 mg*

TUSCAN TURKEY & WHITE BEAN CHILI

SERVES *6.*
HANDS-ON TIME: *50 MINUTES.*
TOTAL TIME: *3 HOURS, 50 MINUTES (PLUS SOAKING TIME).*

This satisfying chili boasts classic flavors such as thyme, oregano and basil. Grilled corn lends the dish a modern flair, but frozen corn kernels work just as well if you want to save time.

INGREDIENTS:

- **1 tbsp olive oil**
- **1½ lb ground turkey breast**
- **4 cloves garlic, coarsely chopped**
- **1 yellow onion, coarsely chopped**
- **12 mini redskin potatoes, scrubbed and halved**
- **5 sprigs fresh thyme**
- **1 red bell pepper, coarsely chopped**
- **2 cups low-sodium chicken or vegetable broth**
- **1¼ cups dried navy beans, soaked in water for 24 hours (TIP: If you don't have time to soak beans for 24 hours, boil them for 1 hour, until al dente, then drain and set aside.)**
- **1 cup tomato purée (passata)**
- **1½ tsp Italian seasoning**
- **¼ tsp each dried oregano, red pepper flakes and ground black pepper**
- **3 cobs corn or 2 cups frozen and thawed corn kernels**
- **¼ cup thinly sliced fresh basil leaves**
- **3 tbsp freshly grated Parmesan cheese, optional**

INSTRUCTIONS:

ONE: In a large skillet on medium, heat oil. Add turkey and cook, stirring frequently, until beginning to brown, about 10 minutes. Add garlic and onion, stir and cook for 5 minutes, until softened.

TWO: Transfer mixture to a 4- to 6-qt slow cooker. Add potatoes, thyme, bell pepper, broth, beans, tomato purée, Italian seasoning, oregano, pepper flakes and black pepper; stir. Cover and cook on high for about 3 hours, until potatoes are tender.

THREE: Meanwhile, if using corn cobs, heat indoor grill or grill pan on medium and lightly char corn all over, about 10 minutes. When cool enough to handle, shave kernels from cob. Set aside. Just before serving, stir corn into stew and remove and discard thyme sprigs. Garnish with basil and cheese (if using).

NUTRIENTS PER SERVING (1½ CUPS):
CALORIES: *420,* ***TOTAL FAT:*** *5 g,* ***SAT. FAT:*** *1 g,* ***MONOUNSATURATED FAT:*** *2 g,* ***POLYUNSATURATED FAT:*** *1 g,* ***CARBS:*** *53 g,* ***FIBER:*** *14 g,* ***SUGARS:*** *7 g,* ***PROTEIN:*** *41 g,* ***SODIUM:*** *110 mg,* ***CHOLESTEROL:*** *55 mg*

Fight free radicals:
This dish is packed with more than 60% of your daily value (DV) of vitamin C per serving. The water-soluble vitamin also functions as an antioxidant, helping protect the body's cells from free-radical damage.

STACY JARVIS PHOTO BY GREGORY JAMES

MEXICAN-STYLE CHICKEN SOUP

***SERVES** 4. **HANDS-ON TIME:** 15 MINUTES.*
***TOTAL TIME:** 3 HOURS, 15 MINUTES.*

Just 15 minutes of hands-on time is all it takes to prep this subtly spicy and exotic south-of-the-border soup.

INGREDIENTS:

- **10 oz grape tomatoes, halved**
- **1 each green and red bell pepper, chopped**
- **1 cup diced yellow onion**
- **1 zucchini or yellow summer squash, thinly sliced**
- **2 cloves garlic, minced**
- **1 lb boneless, skinless chicken breasts (2 8-oz breasts)**
- **1 tbsp chile powder**
- **2 tsp ground cumin**
- **1 tsp dried oregano**
- **½ cup chopped fresh cilantro, plus additional for garnish**
- **1½ tbsp fresh lime juice plus additional lime wedges for garnish, optional**
- **2 tbsp extra-virgin olive oil**
- **½ tsp sea salt**
- **2 cups cooked brown rice**
- **½ cup sour cream, optional**

INSTRUCTIONS:

ONE: Mist a 3- to 3½-qt slow cooker with cooking spray. Add tomatoes, bell peppers, onion, squash, garlic and ¼ cup water; stir gently. Arrange chicken on top and mist with cooking spray.

TWO: In a small bowl, combine chile powder, cumin and oregano. Sprinkle evenly over top of contents of slow cooker. Cover and cook until chicken is no longer pink in center, 3 hours on high or 6 hours on low.

THREE: Turn off slow cooker. Remove chicken and transfer to a cutting board. Stir cilantro, lime juice, oil and salt into tomato-pepper mixture. Pull chicken apart into large pieces, or shred coarsely with 2 forks. Return chicken to slow cooker, gently stir and let mixture sit, uncovered, for 15 minutes, until thickened slightly. Divide rice among shallow soup bowls and spoon tomato-chicken mixture over top, dividing evenly. If desired, top with additional cilantro. If using, serve with sour cream and lime wedges.

NUTRIENTS PER SERVING
(1¼ CUPS TOMATO-CHICKEN MIXTURE AND ½ CUP RICE):
***CALORIES:** 366, **TOTAL FAT:** 10.5 g, **SAT. FAT:** 2 g, **MONOUNSATURATED FAT:** 6 g, **POLYUNSATURATED FAT:** 2 g, **CARBS:** 36.5 g, **FIBER:** 6 g, **SUGARS:** 7 g, **PROTEIN:** 32 g, **SODIUM:** 354 mg, **CHOLESTEROL:** 66 mg*

Stacy Jarvis
Senior Art Director

"Infused with chile, cumin and oregano, this mouthwatering soup fills your kitchen with its fragrant aroma. I love how it packs in veggies, protein and whole grains – it's a full meal in a bowl!"

CINCINNATI CHILI

with Turkey & Pumpkin

***SERVES** 8.*
***HANDS-ON TIME:** 20 MINUTES.*
***TOTAL TIME:** 8 HOURS, 15 MINUTES.*

Cincinnati chili is a bit thinner and sweeter than Southwestern-style chili, and is typically served over spaghetti. While it's not a traditional ingredient, we added pumpkin for a creamy, hearty dish.

INGREDIENTS:

- **1 cup chopped yellow onion**
- **1 lb extra-lean ground turkey**
- **4 cloves garlic, minced**
- **2 tbsp chile powder**
- **2 tsp dried oregano**
- **1½ tsp ground cinnamon**
- **¼ tsp ground allspice**
- **1 tbsp natural unsweetened cocoa powder**
- **2 cups jarred low-sodium tomato sauce**
- **2 cups low-sodium beef broth**
- **1 cup unsweetened pumpkin purée or cooked and puréed Cinderella, Baby Bear or Sugar Pie pumpkin**
- **1 15-oz BPA-free can or 1¾ cups cooked kidney beans (TRY: Eden Foods Organic Kidney Beans)**
- **2 tbsp apple cider vinegar**
- **1 tbsp raw honey**
- **14 oz whole-wheat spaghetti**
- **4 oz shredded cheddar cheese**

INSTRUCTIONS:

ONE: Mist a large nonstick skillet with cooking spray and heat on medium. Add onion and cook until just softened, about 3 minutes. Add turkey and cook, breaking up with a wooden spoon, until browned, about 5 minutes. Stir in garlic, chile powder, oregano, cinnamon and allspice and cook, stirring, for 1 minute. Transfer mixture to a 4- to 6-qt slow cooker.

TWO: To slow cooker, add cocoa powder, tomato sauce, broth, pumpkin, beans, vinegar and honey. Stir well and cook on low for 6 to 8 hours.

THREE: To serve, cook spaghetti according to package directions; divide among plates. Top with chili and cheese, dividing evenly.

TIP: For a smaller household, make 7 oz spaghetti and top with half of chili; freeze remaining chili in an airtight container for up to 3 months.

NUTRIENTS PER SERVING
(1 CUP PASTA-CHILI MIXTURE AND ½ OZ CHEESE):
***CALORIES:** 375, **TOTAL FAT:** 4 g, **SAT FAT:** 1 g, **CARBS:** 59 g, **FIBER:** 12 g, **SUGARS:** 9 g, **PROTEIN:** 30 g, **SODIUM:** 187 mg, **CHOLESTEROL:** 25 mg*

Muscle up on iron: Fiber-rich kidney beans are also a source of iron. Along with assisting in the transportation of oxygen in the blood, iron aids in muscle contraction and helps improve muscle endurance during exercise.

SOUTHERN SPICY PULLED CHICKEN

on a Bed of Polenta

***SERVES** 4.*
***HANDS-ON TIME:** 40 MINUTES.*
***TOTAL TIME:** 4 HOURS, 15 MINUTES.*

Take a trip to New Orleans with this satisfying Southern comfort meal without all the calories. Plan your prep time so that the polenta will be done just as the slow-cooker mixture is finishing up.

INGREDIENTS:

- **1 lb boneless, skinless chicken breasts**
- **1 cup BPA-free-canned black beans, drained and rinsed**
- **1 cup all-natural salsa**
- **1 cup low-sodium chicken broth**
- **½ cup unsalted tomato sauce**
- **1 tsp olive oil**
- **1 jalapeño chile pepper, seeded and minced**
- **1 clove garlic, minced**
- **1 cup medium-grind organic yellow cornmeal (TRY: Bob's Red Mill Medium Grind Cornmeal)**
- **½ cup shredded cheddar cheese**
- **½ tsp ground black pepper**
- **½ cup loosely packed chopped fresh cilantro leaves**
- **1 lime, cut into wedges**

INSTRUCTIONS:

ONE: To a 5- or 6-quart slow cooker, add chicken, beans, salsa, broth and tomato sauce. Stir to combine. Cover and cook on high for 4 hours or on low for 6 to 8 hours.

TWO: About 40 minutes before end of cooking time, prepare polenta: In a medium saucepan on medium, heat oil. Add jalapeño and garlic and sauté for 1 minute. Add 3 cups water. Increase heat to high and bring to a boil. In a medium bowl, combine cornmeal and 1 cup water. Pour cornmeal mixture slowly into boiling water in saucepan, stirring constantly to prevent lumps. Reduce heat to medium and simmer, uncovered, for 15 to 20 minutes, stirring often, until polenta thickens. Add cheese and black pepper, stirring to melt cheese.

THREE: Remove chicken from slow cooker and place on a cutting board. Using 2 forks, shred chicken into bite-size pieces; return to slow cooker and stir in cilantro.

FOUR: Divide polenta among bowls and top with chicken-bean mixture. Serve with lime wedges.

NUTRIENTS PER SERVING

(1 CUP CHICKEN MIXTURE AND ¾ CUP POLENTA):
***CALORIES:** 417, **TOTAL FAT:** 11 g, **SAT. FAT:** 4 g, **MONOUNSATURATED FAT:** 3.5 g, **POLYUNSATURATED FAT:** 1.5 g, **CARBS:** 43 g, **FIBER:** 8 g, **SUGARS:** 2.5 g, **PROTEIN:** 31 g, **SODIUM:** 474 mg, **CHOLESTEROL:** 80 mg*

CAJUN JAMBALAYA

SERVES *8.*
HANDS-ON TIME: *25 MINUTES.*
TOTAL TIME: *3 HOURS, 10 MINUTES.*

Jambalaya is a reader favorite and is among the most popular recipes on **cleaneating.com**. This version is packed with chicken, shrimp and rice to fuel busy days and satisfy hungry mouths.

INGREDIENTS:

- **2 tsp smoked paprika**
- **1 tsp each dried thyme, oregano and black pepper**
- **½ tsp sea salt**
- **1 tbsp organic unsalted butter**
- **1 small yellow onion, diced**
- **2 stalks celery, diced**
- **1 each green and red bell pepper, finely chopped**
- **2 cloves garlic, minced**
- **1½ cups brown rice**
- **1 28-oz BPA-free can unsalted diced tomatoes**
- **2 cups low-sodium chicken broth**
- **2 tbsp hot sauce**
- **1 lb boneless, skinless chicken breast, cut into 1-inch pieces**
- **1 lb large shrimp, peeled (thawed if frozen), with or without tails**

INSTRUCTIONS:

ONE: In a bowl, combine paprika, thyme, oregano, black pepper and salt; set aside.

TWO: In the bottom of a slow cooker on high, heat butter. When butter melts, add onion and cook, stirring frequently until softened, about 6 to 8 minutes. Add celery, bell peppers and garlic and cook, stirring frequently, until vegetables are slightly softened, about 8 minutes longer. Add rice and stir to combine. Add tomatoes, broth and hot sauce. Cover and cook on low for 2 hours.

THREE: Meanwhile, toss half of spice mixture over chicken. Add chicken to slow cooker, then cover and cook until chicken is no longer pink inside and rice is tender, about 1½ to 2 hours longer. Toss remaining half of spice mixture with shrimp and add to the slow cooker. Cover and cook, stirring occasionally, until shrimp is cooked though, about 8 minutes longer.

NUTRIENTS PER SERVING (1½ CUPS): ***CALORIES:*** *307,* ***TOTAL FAT:*** *5 g,* ***SAT. FAT:*** *2 g,* ***MONOUNSATURATED FAT:*** *1 g,* ***POLYUNSATURATED FAT:*** *1 g,* ***CARBS:*** *37 g,* ***FIBER:*** *4 g,* ***SUGARS:*** *5 g,* ***PROTEIN:*** *28 g,* ***SODIUM:*** *371 mg,* ***CHOLESTEROL:*** *125 mg*

CHICKEN CHASSEUR

SERVES *4.*
HANDS-ON TIME: *20 MINUTES.*
TOTAL TIME: *3 HOURS, 20 MINUTES.*

A traditional French dish, chicken chasseur, or hunter-style chicken, is a one-pot meal where chicken is combined with mushrooms and white wine. Our recipe, made in the slow cooker, uses both cremini and wild mushrooms for an extra-intense flavor.

INGREDIENTS:

- **1 oz dried mixed wild mushrooms (TIP: A mix of morels, chanterelles, oyster and porcini would work well here.)**
- **8 bone-in, skinless chicken thighs (about 2 lb)**
- **1½ tsp ground black pepper**
- **¼ tsp sea salt**
- **8 oz cremini mushrooms, quartered**
- **20 pearl onions, peeled (TIP: To peel pearl onions easily, drop them into a pot of boiling water for 5 minutes, then drain and allow to cool slightly. Simply squeeze them between your fingers to pop them out of their skins.)**
- **2 cloves garlic, thinly sliced**
- **1 cup low-sodium chicken broth**
- **½ cup dry white wine**
- **3 tbsp white whole-wheat flour (TRY: King Arthur Unbleached White Whole Wheat Flour)**
- **1 tbsp potato starch**
- **¼ cup chopped fresh flat-leaf parsley**

INSTRUCTIONS:

ONE: In a medium heat-proof bowl, pour ¼ cup boiling water over dried mushrooms. Let stand for 5 minutes. Season chicken with pepper and salt and place in a 5-qt slow cooker. To slow cooker, add cremini mushrooms, onions, garlic, broth and dried mushrooms (along with soaking liquid). In a small bowl, whisk together wine and flour until no lumps remain. Add wine-flour mixture to slow cooker and stir; cover and cook on high for 3 hours.

TWO: In the last 30 minutes of cooking, transfer ¼ cup sauce from slow cooker to a heat-proof bowl and whisk in potato starch. Add mixture back into slow cooker, replace lid, and continue cooking for remaining 30 minutes. Sprinkle with parsley.

NUTRIENTS PER SERVING
(2 CHICKEN THIGHS AND ½ CUP SAUCE):
CALORIES: *284,* ***TOTAL FAT:*** *6.5 g,* ***SAT. FAT:*** *2 g,* ***MONOUNSATURATED FAT:*** *2 g,* ***POLYUNSATURATED FAT:*** *1.5 g,* ***CARBS:*** *18 g,* ***FIBER:*** *3 g,* ***SUGARS:*** *2 g,* ***PROTEIN:*** *35 g,* ***SODIUM:*** *297 mg,* ***CHOLESTEROL:*** *144 mg*

SWEET & STICKY CHICKEN WINGS

SERVES *8.*
HANDS-ON TIME: *20 MINUTES.*
TOTAL TIME: *3 HOURS, 30 MINUTES.*

Of all the things you didn't think you could make in your crockpot, chicken wings likely take the cake. Enjoy these saucy wings with a side of crunchy crudités or sweet potato fries.

INGREDIENTS:

- **16 chicken wings, split (32 pieces)**
- **⅛ tsp sea salt**
- **½ tsp ground black pepper**
- **⅓ cup reduced-sodium soy sauce**
- **⅓ cup fig balsamic vinegar (or regular balsamic)**
- **⅓ cup raw honey**
- **¼ cup low-sodium chicken broth**
- **1 tbsp fresh lime juice, plus additional lime wedges for serving (optional)**
- **3 cloves garlic, minced**
- **1½ tsp Sriracha sauce**
- **1 tsp ground coriander**
- **3 tbsp potato starch**
- **¼ cup fresh cilantro leaves, for garnish**

INSTRUCTIONS:

ONE: To a 4- or 5-qt slow cooker, add chicken wings and toss with salt and pepper. In a medium bowl, combine soy sauce, vinegar, honey, broth, lime juice, garlic, Sriracha and coriander. Pour sauce over wings and toss to coat. Cover and cook on low for 3 to 4 hours, until chicken is no longer pink and pulls easily from the bone.

TWO: In a small bowl, whisk ¼ cup cold water and starch until smooth; stir into slow cooker. Increase heat to high and cook for 10 to 15 minutes more, until mixture is thickened and coats the wings. Garnish with cilantro leaves and serve with lime wedges (if using).

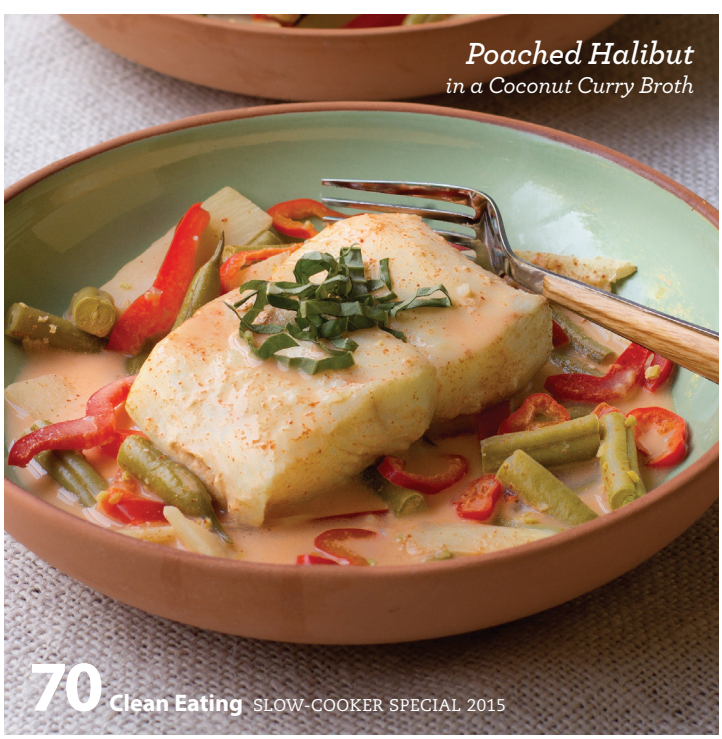
PREFER YOUR WINGS ON THE CRISPY SIDE? Line an extra-large baking sheet with foil after cooking. Preheat broiler to high. Place wings on sheet in a single layer; broil, turning once until crispy, about 4 to 5 minutes.

NUTRIENTS PER SERVING (4 WINGS):
CALORIES: *265,* ***TOTAL FAT:*** *13 g,* ***SAT. FAT:*** *4 g,* ***MONOUNSATURATED FAT:*** *6 g,* ***POLYUNSATURATED FAT:*** *3 g,* ***CARBS:*** *19 g,* ***FIBER:*** *0 g,* ***SUGARS:*** *13 g,* ***PROTEIN:*** *18.5 g,* ***SODIUM:*** *517 mg,* ***CHOLESTEROL:*** *109 mg*

Shrimp & Vegetable Paella
with Saffron

Spicy Seafood Stew

Farro, Shrimp & Tomato Risotto



Poached Halibut
in a Coconut Curry Broth

seafood

72 Farro, Shrimp & Tomato Risotto

72 Spicy Seafood Stew

73 Creamy Dijon Halibut with Spinach Lemon Bulgur

74 Shrimp & Vegetable Paella with Saffron

76 Poached Halibut in a Coconut Curry Broth

76 Citrus-Glazed Salmon with Lentils & Golden Beets

Crab, clams, cod, scallops, shrimp, halibut and salmon shine bright and pack a nutritious punch in these stunning seafood dishes.

FARRO, SHRIMP & TOMATO RISOTTO

SERVES *6.*
HANDS-ON TIME: *15 MINUTES.*
TOTAL TIME: *2 HOURS, 45 MINUTES.*

Nutty, chewy farro is a great stand-in for Arborio rice in this tomato-based risotto dish with fennel and leeks.

INGREDIENTS:

- **28 oz BPA-free-canned, jarred or boxed unsalted diced tomatoes with juices (TRY: Eden Foods Organic Diced Tomatoes)**
- **2 large leeks, thinly sliced (white and light green parts only) (TIP: To clean leeks, slice lengthwise and rinse the dirt out under warm running water, separating the segments to allow the water through.)**
- **1 large bulb fennel, cored and thinly sliced**
- **2 cups farro, rinsed**
- **1½ cups low-sodium chicken broth**
- **2 tbsp unsalted tomato paste**
- **1 lb medium shrimp, peeled and deveined, thawed if frozen**
- **2 tbsp chopped fresh flat-leaf parsley leaves**

INSTRUCTIONS:

ONE: To a 5-qt slow cooker, add tomatoes, leeks, fennel, farro, broth, tomato paste and 1½ cups water; stir to break up tomato paste. Cover and cook on high for 2 hours, opening lid to stir gently about every 30 minutes.

TWO: Remove lid, add shrimp and stir to combine. Replace lid and continue cooking for an additional 30 minutes, until shrimp are pink and opaque throughout, stirring once after 15 minutes of cooking. Divide among bowls and garnish with parsley.

NUTRIENTS PER SERVING (2 CUPS):
CALORIES: *370,* ***TOTAL FAT:*** *2 g,*
SAT. FAT: *0.5 g,* ***CARBS:*** *63 g,* ***FIBER:*** *10 g,*
SUGARS: *8.5 g,* ***PROTEIN:*** *25 g,*
SODIUM: *151 mg,* ***CHOLESTEROL:*** *106 mg*

SPICY SEAFOOD STEW

SERVES *8.*
HANDS-ON TIME: *25 MINUTES.*
TOTAL TIME: *3 HOURS, 5 MINUTES.*

This medley of clams, crab, cod and scallops is slow simmered in a spicy broth and white wine sauce. For a heartier meal, try pairing this stew with whole-grain crusty bread, baguette or garlic crostini to soak up every drop.

INGREDIENTS:

- **1 tbsp organic unsalted butter**
- **1 yellow onion, thinly sliced**
- **2 cloves garlic, minced**
- **2 stalks celery, chopped**
- **1 bulb fennel, cored and thinly sliced**
- **1 red chile pepper, seeded and thinly sliced**
- **1 tsp each dried oregano, thyme and basil**
- **½ tsp ground cayenne pepper**
- **1 cup dry white wine**
- **1 28-oz BPA-free can diced tomatoes, with juices**
- **2 cups low-sodium chicken broth**
- **1 cup clam juice**
- **1 lb littleneck clams, scrubbed**
- **1 lb frozen cooked crab claws**
- **1 lb cod, cut into 1-inch chunks**
- **½ lb sea scallops**
- **2 tbsp chopped fresh flat-leaf parsley, optional**

INSTRUCTIONS:

ONE: In a 5-qt slow cooker on high, melt butter. Add onions and cook, stirring occasionally until onions soften slightly, about 6 to 8 minutes. Add garlic and cook until fragrant, about 2 minutes. Add celery, fennel, chile, oregano, thyme, basil and cayenne; stir to combine. Add wine, tomatoes, broth and clam juice. Cover and cook on high for 2 hours.

TWO: Meanwhile, soak clams in cold water for 20 minutes.

THREE: Using a slotted spoon, transfer clams to slow cooker; discard water. Cover and cook until clams are open, about 20 to 25 minutes. Discard any unopened clams. Add crab claws, cover and cook until heated through, about 10 minutes. Add cod and scallops. Cover and cook until fish is firm and opaque and flakes easily, about 10 minutes longer. Sprinkle with parsley (if using).

NUTRIENTS PER SERVING (⅛ OF RECIPE):
CALORIES: *171,* ***TOTAL FAT:*** *3 g,* ***SAT. FAT:*** *1 g,*
CARBS: *12 g,* ***FIBER:*** *2 g,* ***SUGARS:*** *6 g,*
PROTEIN: *23 g,* ***SODIUM:*** *595 mg,*
CHOLESTEROL: *53 mg*

CREAMY DIJON HALIBUT

with Spinach Lemon Bulgur

SERVES *4.*
HANDS-ON TIME: *15 MINUTES.*
TOTAL TIME: *1 HOUR, 30 MINUTES.*

Spice-rubbed halibut is smothered in a sour cream and Dijon sauce for a truly crave-worthy dish – plus it only takes 15 minutes of work to put together this complete meal.

INGREDIENTS:

- **1 yellow onion, thinly sliced**
- **2 tsp chopped fresh thyme**
- **1 tsp chopped fresh rosemary**
- **½ tsp each garlic powder and coarsely ground black pepper**
- **½ tsp sea salt, divided**
- **4 4-oz boneless, skinless halibut fillets, rinsed and patted dry (or other lean, thick white fish fillets)**
- **½ cup sour cream**
- **1 tbsp extra-virgin olive oil**
- **2 tsp coarse-grain Dijon mustard**
- **½ tsp Worcestershire sauce**
- **2 cups cooked bulgur**
- **2 packed cups baby spinach, coarsely chopped**
- **1 clove garlic, minced**
- **1 tsp lemon zest**
- **2 tomatoes, cut into wedges**
- **1 lemon, quartered, optional**

INSTRUCTIONS:

ONE: Mist a 3- to 3½-qt slow cooker with cooking spray; arrange onion along bottom. In a small bowl, combine thyme, rosemary, garlic powder, pepper and ¼ tsp salt. Sprinkle mixture on both sides of halibut fillets. Place halibut over top of onions, cover and cook until opaque in center, 1 hour, 15 minutes on high or 2 hours, 30 minutes on low.

TWO: Meanwhile, in a small bowl, whisk sour cream, oil, Dijon and Worcestershire sauce; refrigerate until needed.

THREE: In a medium bowl, toss bulgur, spinach, garlic, lemon zest and remaining ¼ tsp salt until combined; divide among plates. With a slotted spoon, remove halibut fillets from slow cooker, discarding onions. Place halibut alongside bulgur mixture and top with sour cream mixture, dividing evenly. Serve with tomato and lemon wedges (if using).

NUTRIENTS PER SERVING (1 HALIBUT FILLET AND ¼ OF SAUCE AND BULGUR)
CALORIES: *363,* ***TOTAL FAT:*** *10 g,* ***SAT. FAT:*** *4 g,* ***MONOUNSATURATED FAT:*** *3 g,* ***CARBS:*** *41 g,* ***FIBER:*** *8 g,* ***SUGARS:*** *5 g,* ***PROTEIN:*** *29 g,* ***SODIUM:*** *510 mg,* ***CHOLESTEROL:*** *70 g*

The beauty of bulgur: Bulgur is what's left after whole-wheat kernels have been boiled, dried and cracked into pieces. This cereal grain is high in fiber and protein and low in fat and calories – in fact, ½ cup bulgur has fewer calories, less fat and more than twice the fiber of brown rice.

SHRIMP & VEGETABLE PAELLA *with Saffron*

***SERVES** 6. **HANDS-ON TIME:** 20 MINUTES.*
***TOTAL TIME:** 4 HOURS, 10 MINUTES.*

Impress your family and friends with this colorful, veggie-packed dish – they'll never know it took only 20 minutes of work!

INGREDIENTS:

- **2 tsp olive oil**
- **1 cup chopped yellow onion**
- **3 cloves garlic, minced**
- **4 zucchini and/or yellow summer squash, trimmed and finely chopped**
- **2 plum tomatoes, seeded and diced**
- **4 cups reduced-sodium vegetable or chicken broth**
- **1½ cups short-grain brown rice, rinsed**
- **1 bay leaf**
- **1 tsp dried oregano**
- **½ tsp each sea salt, ground black pepper and smoked paprika**
- **¼ tsp crushed saffron threads, optional (TIP: You can purchase whole threads and crush them yourself.)**
- **¼ tsp ground turmeric**
- **1 lb small shrimp, peeled, deveined and tails removed**
- **1½ cups frozen peas**

INSTRUCTIONS:

ONE: In a medium skillet on medium, heat oil. Add onion and sauté for about 5 minutes, stirring frequently, until softened. Add garlic and sauté 1 minute more. Transfer to a 5- to 6-qt slow cooker along with zucchini, tomatoes, broth and rice. Stir in bay leaf, oregano, salt, pepper, paprika, saffron (if using) and turmeric. Cover and cook on high for 3½ to 4 hours, until rice is tender.

TWO: Remove bay leaf. Gently stir in shrimp and peas. Cover and continue to cook on high for 20 to 30 minutes, until shrimp are opaque throughout.

NUTRIENTS PER SERVING
(1½ CUPS): ***CALORIES:** 346, **TOTAL FAT:** 5 g, **SAT. FAT:** 1 g, **MONOUNSATURATED FAT:** 2 g, **POLYUNSATURATED FAT:** 1.5 g, **CARBS:** 56 g, **FIBER:** 7 g, **SUGARS:** 5 g, **PROTEIN:** 23 g, **SODIUM:** 380 mg, **CHOLESTEROL:** 115 mg*

Keep your energy up: This Spanish-inspired dish contains 33% of your daily value (DV) of iron, a mineral that plays a key role in delivering oxygen to your body's cells.

"The only thing better than paella for a weeknight dinner is a paella I made in my slow cooker and was waiting for me after a busy day at the office. I also love that this dish contains turmeric, an anti-inflammatory superfood that's been on my radar lately!"

Alaina Greenberg
Senior Graphic Designer

ALAINA GREENBERG PHOTO BY HARRIS GREENBERG

POACHED HALIBUT

in a Coconut Curry Broth

SERVES *4.*
HANDS-ON TIME: *15 MINUTES.*
TOTAL TIME: *2 HOURS, 45 MINUTES.*

This Thai-style coconut red curry is packed with veggies like green beans and bell peppers. Serve on its own, as shown here, or over brown rice.

INGREDIENTS:

- **1 13.5-oz BPA-free can unsweetened coconut milk (TRY: Native Forest Coconut Milk)**
- **1 cup low-sodium chicken broth**
- **2 tbsp fresh lime juice, plus additional lime wedges for serving, optional**
- **1½ tbsp red curry paste**
- **1 tbsp fish sauce**
- **1 tbsp organic evaporated cane juice**
- **2 cloves garlic, minced**
- **2 tsp peeled and minced ginger**
- **1 red bell pepper, sliced then cut into 2-inch-long pieces**
- **1 red chile, seeded and thinly sliced**
- **2 cups chopped green beans (ideally Chinese long beans) (1-inch pieces)**
- **1 cup BPA-free-canned bamboo shoots, drained**
- **4 6-oz skinless halibut fillets**
- **6 large basil leaves (ideally Thai basil), plus additional chopped basil for garnish**

INSTRUCTIONS:

ONE: In a 5-qt slow cooker, combine coconut milk, broth, lime juice, curry paste, fish sauce, cane juice, garlic and ginger; whisk until combined. Add bell pepper, chile, beans and bamboo and stir to combine. Cover and cook on high for 1½ to 2 hours or until beans and bell pepper are tender.

TWO: To slow cooker, add halibut and basil leaves; cover and continue to cook until fish is opaque and flakes easily but still firm, about 30 to 40 minutes longer. To serve, place ½ cup broth in each of 4 shallow bowls and top with 1 piece fish. Sprinkle with chopped basil and serve with lime wedges alongside (if using).

NUTRIENTS PER SERVING
(1 HALIBUT FILLET AND ½ CUP BROTH):
CALORIES: *418,* ***TOTAL FAT:*** *24 g,* ***SAT. FAT:*** *19 g,* ***MONOUNSATURATED FAT:*** *2 g,* ***POLYUNSATURATED FAT:*** *1 g,* ***CARBS:*** *17 g,* ***FIBER:*** *1 g,* ***SUGARS:*** *6 g,* ***PROTEIN:*** *38 g,* ***SODIUM:*** *597 mg,* ***CHOLESTEROL:*** *83 mg*

CITRUS-GLAZED SALMON

with Lentils & Golden Beets

SERVES *6.*
HANDS-ON TIME: *25 MINUTES.*
TOTAL TIME: *6 HOURS.*

This is an ideal way to prepare salmon – cooked slowly surrounded by a moist heat. Lentils and beets can be left to cook all day, while the salmon takes only 25 "walk away" minutes once you get home. Use a large 5- to 7-quart slow cooker to accommodate all six portions of salmon. Smaller 2½- to 3-quart slow cookers can be used but will only accommodate four fillets. If you'd still like to prepare the entire six-fillet recipe in a smaller cooker, try layering the pieces of salmon on top of one another between parchment paper and extend the cooking time by about 7 minutes, until fish is opaque in center.

INGREDIENTS:

- **2¼ cups low-sodium chicken broth**
- **¾ cup French (aka du Puy) lentils**
- **½ cup carrots, finely chopped**
- **¼ cup red onion, finely chopped**
- **¼ cup celery, finely chopped**
- **1 bay leaf**
- **1 lb small golden beets, scrubbed and trimmed**
- **1 tbsp olive oil**
- **Sea salt and ground black pepper, to taste**
- **1 lemon, zested and juiced, divided**
- **1 orange, zested and juiced**
- **1 tbsp raw honey**
- **6 4- to 5-oz wild salmon fillets**
- **2 tbsp fresh flat-leaf parsley, chopped**

SHOPPING TIP: Try to choose salmon fillets that are uniform in thickness to ensure even cooking, or use a whole side of salmon if your slow cooker is large enough to accommodate it.

INSTRUCTIONS:

ONE: Combine first 6 ingredients together in slow cooker and stir. Drizzle beets with oil and season with salt and pepper. Wrap beets tightly in foil or parchment paper and place on top

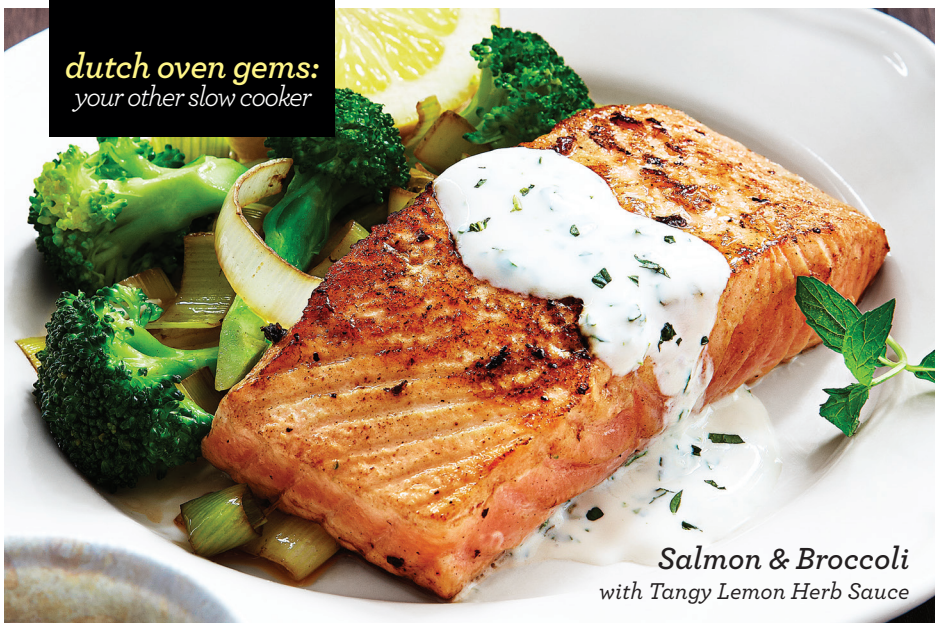
of lentil mixture in slow cooker. Cover and cook on low for 5 to 5½ hours, until lentils are tender and beets can be easily pierced with a knife.

TWO: Meanwhile, set aside 1 tsp lemon juice for lentils. In a small saucepan set over high heat, bring remaining lemon juice and zest, orange juice and zest, and honey to a boil. Reduce heat to medium and simmer until juice has thickened and is reduced to about 2 tbsp.

THREE: Remove beets from wrapping and let rest until cool enough to handle. Peel beets by slipping off and discarding skins, slice beets into wedges and keep warm. Place 1 sheet parchment over lentil mixture in slow cooker. Season salmon with salt and pepper, brush tops with citrus glaze and arrange salmon on parchment, skin side down. Place lid on slow cooker and continue to cook on low for 25 minutes or until salmon is opaque in center. Remove salmon by lifting out parchment. Remove bay leaf, stir reserved 1 tsp lemon juice and parsley into lentil mixture and season with salt and pepper. To serve, place a mound of lentils and beets in center of plate with 1 salmon fillet over top.

NUTRIENTS PER SERVING (1 SALMON FILLET, 3½ OZ LENTILS, 2 OZ BEETS, 1 TSP GLAZE):
CALORIES: *330,* ***TOTAL FAT:*** *11 g,* ***SAT. FAT:*** *1.5 g,* ***CARBS:*** *29 g,* ***FIBER:*** *6 g,* ***SUGARS:*** *11 g,* ***PROTEIN:*** *31 g,* ***SODIUM:*** *190 mg,* ***CHOLESTEROL:*** *60 mg*

Love those lentils: French lentils, also known as du Puy lentils, are small green-blue gems bursting with thiamin (vitamin B_1), iron and folate, among other health-promoting nutrients. In the body, thiamin helps convert carbohydrates into energy; iron assists in the production of the protein myoglobin, which supplies oxygen to muscles; and folate is essential for DNA synthesis.



Salmon & Broccoli
with Tangy Lemon Herb Sauce

Braised Beef
with Caramelized Onions & Greens Chiffonade

Five-Spice Bison
with Peppers & Peas

Quick-Braised Kale
with Goji Berries & Cashews

dutch oven gems:
your other slow cooker

80 Braised Beef with Caramelized Onions & Greens Chiffonade

82 Five-Spice Bison with Peppers & Peas

83 Skillet Chicken with Tomatoes, Fennel & Fresh Thyme

85 Cabbage & Parsnips with Tarragon Confetti

86 Salmon & Broccoli with Tangy Lemon Herb Sauce

87 Quick-Braised Kale with Goji Berries & Cashews

Don't overlook your Dutch oven or braiser when you're craving a slow-simmered, warming meal. These recipes turn humble ingredients into succulent dishes using just a pot and a slow cooking method.

BRAISED BEEF

with Caramelized Onions & Greens Chiffonade

***SERVES** 4.*
***HANDS-ON TIME:** 30 MINUTES.*
***TOTAL TIME:** 2 HOURS, 30 MINUTES.*

Turnips stand in as a less-starchy substitute for potatoes in this classic dish, while caramelized onions add a rich depth of flavor with the help of a little healthy fat. And don't be afraid to tweak the dish to your liking: If you'd prefer a more stew-like meal, add more broth. In search of a flavorful gravy? Simply reduce the cooking liquid and serve over top!

INGREDIENTS:

- **1 lb lean beef stew meat**
- **¼ tsp sea salt, plus additional, to taste**
- **½ tsp ground black pepper, plus additional, to taste**
- **1 tbsp olive oil**
- **1 yellow onion, thinly sliced**
- **3½ cups low-sodium beef broth, divided**
- **4 carrots, peeled and halved (if small) or sliced ½ inch thick on the diagonal**
- **1 large turnip, cubed**
- **5 cloves garlic, chopped**
- **1 large rosemary sprig**
- **1 small bunch turnip greens**
- **Chopped fresh flat-leaf parsley for garnish**

TIP: If you have a hard time finding turnip greens, substitute chard.

INSTRUCTIONS:

ONE: Pat beef dry with paper towel and season with salt and pepper. In a large Dutch oven or heavy pot, heat oil on medium-high. Working in batches, sear beef in pot, browning well on all sides, for about 8 minutes. (**NOTE:** By working in batches, you'll avoid overcrowding.) Transfer to a plate and cover to keep warm.

TWO: Reduce heat to low, add onion to pot and cook for 15 to 20 minutes, until caramelized and golden, stirring occasionally. Stir in ½ cup broth and increase heat to bring to a boil, scraping browned bits from bottom of pot with a wooden spoon.

THREE: Stir in carrots, turnip, garlic, rosemary, beef and remaining 3 cups broth. Return to a boil; reduce heat to low and simmer, partially covered, for 2 hours, until beef is very tender.

FOUR: About 5 minutes before beef is done, prepare greens chiffonade: Wash greens well and remove and discard stems. Stack greens and thinly slice crosswise into strips, about ¼ inch thick.

FIVE: Remove rosemary and discard. Stir in greens and season with additional salt and pepper. Garnish with parsley.

NUTRIENTS PER SERVING (3 OZ BEEF AND 2 CUPS VEGETABLE-BROTH MIXTURE): ***CALORIES:*** *310,* ***TOTAL FAT:*** *12 g,* ***SAT. FAT:*** *3.5 g,* ***MONOUNSATURATED FAT:*** *6 g,* ***POLYUNSATURATED FAT:*** *1 g,* ***CARBS:*** *19 g,* ***FIBER:*** *5 g,* ***SUGARS:*** *8 g,* ***PROTEIN:*** *32 g,* ***SODIUM:*** *370 mg,* ***CHOLESTEROL:*** *65 mg*

A cancer-fighting food:

Turnips and turnip greens contain isothiocyanates, phytochemicals found in cruciferous veggies (others include broccoli, cauliflower, kale and radish) that are responsible for the flavor of these familial foods and have also been found to have cancer risk–reducing effects.

HOW TO PREP OUR BRAISED BEEF

1. Working in batches, sear beef in hot oil in a large Dutch oven on medium-high heat, browning well on all sides, 8 minutes. Transfer to a plate and cover to keep warm.

2. Reduce heat to low, add onion to pot and cook for 15 to 20 minutes, until caramelized and golden, stirring occasionally.

3. Stir in ½ cup broth and increase heat to bring to a boil, scraping browned bits from bottom of pot with a wooden spoon.

4. Stir in carrots, turnip, garlic, rosemary, beef and remaining 3 cups broth. Return to a boil; reduce heat to low and simmer, partially covered, for 2 hours, until beef is very tender.

FIVE-SPICE BISON

with Peppers & Peas

***SERVES** 4.*
***HANDS-ON TIME:** 15 MINUTES.*
***TOTAL TIME:** 35 MINUTES.*

Thanks to its low heat, longer cooking time and added liquid, braising is the cooking method of choice to soften lean, low-fat cuts of bison. If bison (often labeled as buffalo) is a bit out of your budget or unavailable in your area, simply substitute with lean beef instead.

INGREDIENTS:

- **1 tbsp peanut or olive oil**
- **1 lb lean bison (round, top loin or flank)**
- **1 yellow onion, thinly sliced**
- **4 cloves garlic, minced**
- **1 tbsp Chinese five-spice powder**
- **2 tbsp peeled and grated ginger**
- **¼ tsp ground white pepper**
- **1 cup low-sodium beef broth, divided**
- **1 tbsp reduced-sodium tamari**
- **2 large carrots, peeled and julienned**
- **1 large red bell pepper, cut lengthwise into thin strips**
- **2 cups sugar snap peas or snow peas, cut lengthwise into ¼-inch strips**

INSTRUCTIONS:

ONE: In a large Dutch oven, heat oil on medium-high. Pat bison dry with paper towel, add to pot and sear on both sides until lightly browned, 3 to 4 minutes per side. Transfer bison to a plate and cover to keep warm.

TWO: Add onion to pot and reduce heat to medium. Cook onion for 3 to 4 minutes, until softened and lightly browned, stirring. Add garlic, five-spice powder, ginger and white pepper; stir to combine and cook for 1 minute, stirring.

THREE: Add ⅓ cup broth and cook for 1 minute, scraping up browned bits from bottom of pot with a wooden spoon. Stir in tamari, carrots and remaining ⅔ cup broth. Return bison to pot; cover, reduce heat to low and cook for 20 minutes, until bison is tender when pierced with a fork.

FOUR: Remove from heat and transfer bison to a cutting board to rest for 3 to 5 minutes; then cut into thin slices on a diagonal. Meanwhile, add bell pepper and peas to pot, return to low heat and cook for 2 minutes, until bell pepper is just tender. To serve, divide bison among plates and top with pan sauce and vegetables, or serve vegetables alongside.

NUTRIENTS PER SERVING (3 OZ BISON, 1½ CUPS VEGETABLES, ¼ CUP PAN SAUCE): ***CALORIES:*** *240,* ***TOTAL FAT:*** *7 g,* ***SAT. FAT:*** *1.5 g,* ***MONOUNSATURATED FAT:*** *4 g,* ***POLYUNSATURATED FAT:*** *1 g,* ***CARBS:*** *15 g,* ***FIBER:*** *3.5 g,* ***SUGARS:*** *6 g,* ***PROTEIN:*** *28 g,* ***SODIUM:*** *252 mg,* ***CHOLESTEROL:*** *81 mg*

SKILLET CHICKEN

with Tomatoes, Fennel & Fresh Thyme

SERVES *4.*
HANDS-ON TIME: *10 MINUTES.*
TOTAL TIME: *25 MINUTES.*

If your family's main complaint about boneless, skinless chicken breast is that it's dry, then braising may be your answer! The slow-and-low technique keeps meat moist.

INGREDIENTS:

- **4 4-oz boneless, skinless chicken breasts**
- **Pinch sea salt**
- **½ tsp ground black pepper**
- **1 tbsp olive oil**
- **1 yellow onion, diced**
- **4 large cloves garlic, minced**
- **¼ tsp red pepper flakes, plus additional to taste**
- **1 large fennel root, cored and thinly sliced**
- **2 cups sliced cremini mushrooms**
- **1¾ cups boxed or jarred unsalted crushed tomatoes**
- **2 tsp dried oregano**
- **2 large sprigs fresh thyme**
- **¼ cup pitted and chopped Kalamata olives, optional**
- **Fresh oregano leaves and chopped fresh flat-leaf parsley for garnish, optional**

INSTRUCTIONS:

ONE: Pat chicken dry with paper towel and season with salt and black pepper. In a large braiser or heavy skillet, heat oil on medium-high. Add chicken and sear for 2 minutes per side, until lightly browned. Transfer to a plate and keep warm.

TWO: Reduce heat to medium, add onion and cook, stirring, until softened, about 3 minutes. Add garlic and pepper flakes and cook for 1 minute, stirring. Stir in fennel, mushrooms, tomatoes, oregano and thyme. Return chicken to braiser, spooning vegetables and sauce over top. Cover and simmer for 12 to 15 minutes, until chicken's juices run clear and no pink remains. Remove and discard thyme.

THREE: Divide mixture among plates, dividing evenly. If using, top with olives, oregano and parsley.

NUTRIENTS PER SERVING (1 CHICKEN BREAST AND 1¼ CUP VEGETABLE SAUCE): ***CALORIES:*** *260,* ***TOTAL FAT:*** *9 g,* ***SAT. FAT:*** *1.5 g,* ***MONOUNSATURATED FAT:*** *5 g,* ***POLYUNSATURATED FAT:*** *1 g,* ***CARBS:*** *20 g,* ***FIBER:*** *5 g,* ***SUGARS:*** *3 g,* ***PROTEIN:*** *27 g,* ***SODIUM:*** *380 mg,* ***CHOLESTEROL:*** *65 mg*

Keep it covered: Make sure ingredients are partially – one-quarter to one-third – submerged in cooking liquid, and use a tight-fitting lid to concentrate flavors and keep liquid from cooking off.

CABBAGE & PARSNIPS

with Tarragon Confetti

SERVES *6.*
HANDS-ON TIME: *15 MINUTES.*
TOTAL TIME: *40 MINUTES.*

Those who tend to shy away from cooked cabbage may become converts thanks to braising, as it brings out the crucifer's natural sweetness. Couple that with this flavorful sauce, which gets richness and depth from searing an onion in coconut oil, and you've got a side that'll take center stage.

INGREDIENTS:

- **2 tbsp coconut oil**
- **1 small yellow onion, thinly sliced**
- **1 small head green cabbage**
- **4 cloves garlic, chopped**
- **1½ cups low-sodium vegetable or chicken broth, divided**
- **½ cup apple cider vinegar**
- **4 small parsnips, chopped into ½-inch pieces**
- **Ground black pepper, to taste**
- **1 small bunch fresh tarragon, divided**
- **2 Granny Smith apples, cored and chopped**
- **¼ cup dried black currants**

INSTRUCTIONS:

ONE: In a large sauté pan or Dutch oven, heat oil on medium. Add onion and cook for 7 to 8 minutes, stirring, until onion turns golden brown and begins to caramelize.

TWO: Meanwhile, cut cabbage into 8 thin wedges, leaving core of each as intact as possible to hold cabbage together. Set aside.

THREE: Add garlic to pan with onion and cook for 1 minute, stirring. Stir in ½ cup broth. Increase heat to bring to a boil and cook for 1 minute, stirring frequently and scraping browned bits from bottom of pan with a wooden spoon. Stir in ½ cup broth, vinegar, parsnips and cabbage. Season with pepper and add 1 whole tarragon sprig. Reduce heat to medium-low, cover with a tight-fitting lid and simmer for 10 minutes, until cabbage is just tender.

FOUR: Stir and add remaining ½ cup broth. Stir in apples and currants, cover and cook for an additional 10 to 15 minutes, until vegetables are very tender. Strip leaves from remaining tarragon sprigs and finely chop leaves. Remove and discard whole tarragon sprig from pan. Sprinkle cabbage mixture with chopped tarragon.

NUTRIENTS PER SERVING (2 CUPS):
CALORIES: *200,* ***TOTAL FAT:*** *5 g,* ***SAT. FAT:*** *4 g,* ***CARBS:*** *39 g,* ***FIBER:*** *9 g,* ***SUGARS:*** *18 g,* ***PROTEIN:*** *4 g,* ***SODIUM:*** *50 mg,* ***CHOLESTEROL:*** *0 mg*

Braisin' veggies: Root vegetables, winter squash, cabbage and other brawny vegetables are ideal candidates for braising. Add asparagus, green beans, delicate leafy greens and other less-hardy selections near the end of cooking.

Alicia Rewega
Editor in Chief

"This was such a brilliant use of cabbage. We just loved how tender and rich the cabbage became after simmering with the onions, apple cider vinegar, parsnips, apples and tarragon for 35 minutes. It was a perfect amalgam of flavors and a side we'll make often!"

ALICIA REWEGA PHOTO BY PAUL LUCETA

SALMON & BROCCOLI

with Tangy Lemon Herb Sauce

***SERVES** 4.*
***HANDS-ON TIME:** 10 MINUTES.*
***TOTAL TIME:** 25 MINUTES.*

This super-fast fish dish is ideal for entertaining: The colorful combination and silky sauce will wow guests yet won't relegate you to the kitchen, thanks to minimal hands-on time.

INGREDIENTS:

- **2 8-oz thick-cut boneless, skinless wild salmon fillets**
- **¼ tsp ground black pepper, plus additional, to taste**
- **1 tbsp olive oil**
- **1 cup low-sodium fish or vegetable broth, divided**
- **1 leek, thinly sliced crosswise, white and pale green parts only**
- **1 head broccoli, cut into thin spears**
- **Juice of 1 lemon, divided**
- **6 oz plain Greek yogurt**
- **2 tbsp finely chopped fresh tarragon**
- **2 tbsp finely chopped fresh mint leaves**
- **Sea salt, to taste**

INSTRUCTIONS:

ONE: Preheat oven to 350°F.

TWO: Pat salmon dry with paper towel and season with pepper. In a large braiser or ovenproof sauté pan, heat oil on medium-high. Add salmon and sear for 3 minutes per side, until lightly golden. Transfer salmon to a plate and keep warm.

THREE: Reduce heat to medium and add ¼ cup broth to pan. Add leek and cook for 2 minutes, stirring, until liquid evaporates and leeks soften. Add remaining ¾ cup broth and broccoli; mix well.

FOUR: Return salmon to center of braiser, nestling between leeks and broccoli. Drizzle half of lemon juice over salmon; cover and transfer pan to oven. Cook for 12 to 14 minutes, until salmon and broccoli are tender. Remove from oven and, using a slotted spoon, transfer salmon and vegetables to a platter; cover with foil to keep warm. Reserve ½ cup pan juices.

FIVE: Prepare lemon-herb sauce: In a small bowl, combine yogurt, tarragon, mint, remaining half of lemon juice and reserved ½ cup pan juices; mix well. (Add more lemon juice or pan juices as needed to reach desired consistency.) Season with salt and additional pepper.

SIX: To serve, halve salmon fillets and plate each with lemon-herb sauce and leek-broccoli mixture.

NUTRIENTS PER SERVING (½ SALMON FILLET, 1½ CUPS VEGETABLES, ¼ CUP SAUCE):
***CALORIES:** 300, **TOTAL FAT:** 12 g, **SAT. FAT:** 2.5 g, **MONOUNSATURATED FAT:** 5 g, **POLYUNSATURATED FAT:** 3 g, **CARBS:** 17 g, **FIBER:** 5 g, **SUGARS:** 4 g, **PROTEIN:** 32 g, **SODIUM:** 190 mg, **CHOLESTEROL:** 60 mg*

Sear it first: When braising, cook foods quickly in a small amount of hot fat before adding liquid, developing a flavorful exterior with an appealing color.

QUICK-BRAISED KALE

with Goji Berries & Cashews

***SERVES** 4.*
***HANDS-ON TIME:** 5 MINUTES.*
***TOTAL TIME:** 10 MINUTES.*

Quick-braising can be an ideal method for cooking cool-weather greens, but make sure to select sturdy varieties such as kale, collards and escarole. Here, fiber-rich kale is simmered with broth and caramelized shallots.

INGREDIENTS:

- **2 tbsp coconut oil**
- **2 shallots, finely chopped**
- **1 large bunch kale, leaves chopped into small pieces, tough stems discarded**
- **⅓ cup low-sodium vegetable or chicken broth**
- **¼ cup unsweetened dried goji berries**
- **Ground white pepper, to taste**
- **¼ cup chopped unsalted cashews, toasted**

TIP: Unsweetened dried cranberries can be substituted for the goji berries in equal amounts.

INSTRUCTIONS:

ONE: In a large heavy pot, heat oil on medium. Add shallots and sauté for 1 to 2 minutes, until just softened. Add kale and stir until coated in oil. Add broth, reduce heat to low, cover and cook for 5 minutes, until kale is tender but still bright green.

TWO: Add berries and stir to coat. Season with pepper. Divide mixture evenly among plates and sprinkle with cashews.

NUTRIENTS PER SERVING (1½ CUPS):
***CALORIES:** 180, **TOTAL FAT:** 11 g, **SAT. FAT:** 7 g, **MONOUNSATURATED FAT:** 3 g, **POLYUNSATURATED FAT:** 1 g, **CARBS:** 17 g, **FIBER:** 2 g, **SUGARS:** 4 g, **PROTEIN:** 5 g, **SODIUM:** 55 mg, **CHOLESTEROL:** 0 mg*

Nutmeg-Infused Pumpkin Bread

Chocolate Pudding Cake

Pumpkin Spice Cake
with Caramel Sauce

Stuffed Apples
Au Jus

Carrot Cake
with Cream Cheese
Honey Drizzle

breakfasts & desserts

90 Fudgy Chocolate Brownie with Sweet Cherry Sauce

91 Espresso Coffee Cake

91 Pear & Maple French Toast Casserole

92 Nutmeg-Infused Pumpkin Bread

93 Pumpkin Spice Cake with Caramel Sauce

93 Pumpkin Pie Breakfast Sorghum

94 Carrot Cake with Cream Cheese Honey Drizzle

95 Chocolate Pudding Cake

96 Stuffed Apples Au Jus

Never feel guilty about indulging in a clean treat made with wholesome ingredients. Use your slow cooker to whip up these luscious desserts and sweet-savory morning meals that are mouthwatering, decadent and scrumptious.

FUDGY CHOCOLATE BROWNIE
with Sweet Cherry Sauce

***SERVES** 6.*
***HANDS-ON TIME:** 30 MINUTES.*
***TOTAL TIME:** 2 HOURS, 20 MINUTES.*

The slow cooker makes this moist chocolate brownie a cinch to prepare. For the topping, dark sweet cherries are simmered with maple sugar to yield a glossy crimson sauce. If you're trying to avoid caffeine, omit the espresso powder.

INGREDIENTS:

- **1 cup white whole-wheat flour, sifted**
- **6 tbsp unsweetened cocoa powder, sifted**
- **2 tsp instant espresso powder, optional**
- **¾ cup plus 1 tbsp maple sugar, divided**
- **2 tsp baking powder**
- **½ tsp sea salt, divided**
- **½ cup 2% or whole milk**
- **3 tbsp plus 1½ tsp grape seed or safflower oil**
- **2 tsp pure vanilla extract, divided**
- **1½ cups frozen dark sweet pitted cherries, divided**
- **1 tsp arrowroot flour**

INSTRUCTIONS:

ONE: Mist a 1½-quart baking dish with cooking spray. (**NOTE:** Baking dish should be able to fit inside your slow-cooker insert.) In a medium bowl, whisk together flour, cocoa, espresso (if using), all but 2 tbsp maple sugar, baking powder and ¼ tsp salt until well combined.

TWO: In a second medium bowl, stir together milk, ½ cup water, oil and 1 tsp vanilla. Pour milk mixture into flour mixture and stir until a smooth batter forms. Pour into baking dish. Place dish inside slow cooker; cover and cook on high until top of brownie is completely set and a toothpick comes out clean, 2 to 2½ hours.

THREE: Meanwhile, in a medium saucepan, add 1 cup cherries plus ½ cup water, remaining 2 tbsp maple sugar and remaining ¼ tsp salt. Bring to a boil on high and cook, mashing with a potato masher or wooden spoon, until most of the cherries have broken down, about 7 minutes.

FOUR: In a small bowl, whisk together arrowroot and 1 tsp water until well combined. Stir arrowroot mixture, remaining ½ cup cherries and 1 tsp vanilla into sauce; boil until thickened, about 2 minutes. Serve in ramekins and top each portion with cherry sauce.

NUTRIENTS PER SERVING
(⅙ OF CAKE AND 2½ TBSP SAUCE):
***CALORIES:** 257, **TOTAL FAT:** 8 g, **SAT. FAT:** 1 g, **MONOUNSATURATED FAT:** 1.5 g, **POLYUNSATURATED FAT:** 5 g, **CARBS:** 43 g, **FIBER:** 5 g, **PROTEIN:** 5 g, **SUGARS:** 21 g, **SODIUM:** 174 mg, **CHOLESTEROL:** 2 mg*

ESPRESSO COFFEE CAKE

SERVES *12.*
HANDS-ON TIME: *20 MINUTES.*
TOTAL TIME: *3 HOURS, 20 MINUTES.*

Bananas are the secret ingredient that help keep this coffee cake so deliciously moist. Always go for bananas that are well ripened for a more flavorful cake.

INGREDIENTS:

- **2 bananas, mashed**
- **1 large egg**
- **½ cup organic evaporated cane juice**
- **¼ cup organic unsalted butter, melted**
- **1 tsp pure vanilla extract**
- **½ cup full-fat sour cream**
- **¼ cup freshly brewed espresso**
- **2 cups white whole-wheat flour**
- **1 tsp baking soda**
- **1 tsp baking powder**
- **1 tsp ground cinnamon**
- **¼ tsp sea salt**
- **2 tbsp finely chopped unsalted walnuts**

INSTRUCTIONS:

ONE: Mist a 5-qt slow cooker with cooking spray. In a large bowl, with a handheld electric mixer on low, beat together bananas, egg, cane juice, butter and vanilla. Add sour cream and espresso and beat on low until well combined.

TWO: In a medium bowl, mix together flour, baking soda, baking powder, cinnamon and salt. Add flour mixture to banana mixture and beat on low until just combined. Spread batter into slow cooker. Top with walnuts. Cover and cook on low for 3 to 4 hours until a knife inserted into center comes out clean.

NUTRIENTS PER SERVING (½ OF CAKE):
CALORIES: *179,* ***TOTAL FAT:*** *7 g,* ***SAT. FAT:*** *4 g,* ***MONOUNSATURATED FAT:*** *2 g,* ***POLYUNSATURATED FAT:*** *1 g,* ***CARBS:*** *25 g,* ***FIBER:*** *3 g,* ***SUGARS:*** *11 g,* ***PROTEIN:*** *4 g,* ***SODIUM:*** *186 mg,* ***CHOLESTEROL:*** *30 mg*

PEAR & MAPLE FRENCH TOAST CASSEROLE

SERVES *8.*
HANDS-ON TIME: *20 MINUTES.*
TOTAL TIME: *4 HOURS, 20 MINUTES.*

Hosting a brunch? Try popping this cardamom- and cinnamon-spiced whole-grain casserole into the slow cooker when you get out of bed – by the time you get dressed and tidy up, it'll be ready!

INGREDIENTS:

- **8 cups day-old whole-grain bread cubes (about 1 lb)**
- **1 tbsp unsalted organic butter**
- **1 tbsp organic evaporated cane juice**
- **2 pears, cored and cut into ½-inch cubes, plus additional grated pear for garnish**
- **2 tsp ground cardamom**
- **1 tsp ground cinnamon**
- **¼ cup unsweetened raisins**
- **¼ cup chopped unsalted pecans**
- **4 large eggs**
- **2 cups whole milk**
- **¼ cup pure maple syrup**
- **½ tsp pure vanilla extract**
- **½ cup plain Greek yogurt, optional**

INSTRUCTIONS:

ONE: To a 6-qt slow cooker, add bread cubes. In a medium saucepan on medium, melt butter. When butter foams, add cane juice and stir until melted, about 45 seconds. Add pears and cook, stirring until pears are softened slightly, 2 to 3 minutes. Add cardamom, cinnamon, raisins and pecans, stirring to combine. Transfer pear mixture to slow cooker and combine with bread cubes.

TWO: In a medium bowl, whisk eggs until combined. Add milk, maple syrup and vanilla, whisking to combine. Pour egg mixture evenly over bread cubes, tossing to coat evenly. Cover and cook on low for 4 hours, until a knife inserted in the center comes out clean. Dollop each serving with yogurt (if using) and sprinkle with grated pear.

NUTRIENTS PER SERVING (1 CUP):
CALORIES: *348,* ***TOTAL FAT:*** *11 g,* ***SAT. FAT:*** *4 g,* ***MONOUNSATURATED FAT:*** *4 g,* ***POLYUNSATURATED FAT:*** *3 g,* ***CARBS:*** *50 g,* ***FIBER:*** *7 g,* ***SUGARS:*** *22 g,* ***PROTEIN:*** *14 g,* ***SODIUM:*** *299 mg,* ***CHOLESTEROL:*** *103 mg*

NUTMEG-INFUSED PUMPKIN BREAD

SERVES *16.*
HANDS-ON TIME: *20 MINUTES.*
TOTAL TIME: *3 HOURS, 5 MINUTES.*

This versatile sweet bread can multitask as a quick breakfast, an on-the-go snack or a lightly sweet dessert.

INGREDIENTS:

- **¾ cup unsweetened apple juice**
- **½ cup dried unsweetened cranberries**
- **1¾ cups white whole-wheat flour**
- **½ cup maple flakes**
- **2 tsp baking powder**
- **1 tsp ground nutmeg**
- **¼ tsp baking soda**
- **¼ tsp ground allspice and sea salt**
- **4 egg whites**
- **1 cup unsweetened pumpkin purée (OPTION: If you don't have pumpkin on hand, substitute with 1 cup cooked and puréed sweet potato.)**
- **½ cup plain Greek yogurt**
- **¼ cup safflower oil**
- **1 tbsp pure vanilla extract**
- **2 oz unsalted pecan pieces, toasted**

INSTRUCTIONS:

ONE: Lightly mist an 8½ x 4½-inch nonstick loaf pan with cooking spray; set aside.

TWO: In a small saucepan, combine apple juice and cranberries. Place on high heat and bring to a boil; remove from heat and let sit for 10 minutes to cool slightly.

THREE: In a large bowl, whisk flour, maple flakes, baking powder, nutmeg, baking soda, allspice and salt until combined; set aside.

FOUR: In a medium bowl, stir cranberry mixture, egg whites, pumpkin, yogurt, oil and vanilla until well combined. Add cranberry-pumpkin mixture and pecans to flour mixture and stir until just moistened but no flour is visible; don't over-mix. Spoon into pan, gently smoothing top with back of spoon or a rubber spatula.

FIVE: Place a rack in the bottom of a 6-qt slow cooker to elevate pan from bottom; place pan on top. (Alternatively, form 3 or 4 12-inch pieces of foil into balls and place in bottom of slow cooker to elevate pan.) Cover and cook on high for 2 hours, 45 minutes or until a toothpick inserted in the center comes out clean. Transfer pan to a cooling rack and let cool for 10 minutes. Loosen bread from pan by running a spatula around inside edges. Invert onto cooling rack and let cool completely. Slice into 16 pieces.

NUTRIENTS PER SERVING (½-INCH SLICE): ***CALORIES:*** *159,* ***TOTAL FAT:*** *6.5 g,* ***SAT. FAT:*** *1 g,* ***MONOUNSATURATED FAT:*** *2.5 g,* ***POLYUNSATURATED FAT:*** *1 g,* ***CARBS:*** *21 g,* ***FIBER:*** *3 g,* ***SUGARS:*** *8 g,* ***PROTEIN:*** *4 g,* ***SODIUM:*** *70 mg,* ***CHOLESTEROL:*** *0 mg*

Mega minerals: The potassium found in pumpkins aids in balancing fluid levels in the body and is necessary for energy production. But a pumpkin's health benefits don't end there: This gourd also contains a good dose of magnesium, which promotes a healthy immune system, contributes to bone strength and helps maintain normal heart function.

PUMPKIN SPICE CAKE

with Caramel Sauce

SERVES *12.*
HANDS-ON TIME: *20 MINUTES.*
TOTAL TIME: *3 HOURS, 50 MINUTES.*

If you love the rich, warming spices of fall like cinnamon, nutmeg and allspice, then this cake is for you. An easy caramel sauce elevates this dessert and adds a wow factor.

INGREDIENTS:

- **2½ cups white whole-wheat flour**
- **½ cup whole-wheat flour**
- **½ tsp sea salt**
- **1½ tsp baking soda**
- **1½ tsp baking powder**
- **2 tsp ground cinnamon**
- **½ tsp each ground nutmeg, allspice, ginger and mace**
- **¾ cup safflower oil**
- **¾ cup organic evaporated cane juice**
- **1 large egg**
- **1½ cups unsweetened pumpkin purée**
- **½ cup unsweetened applesauce**

SAUCE

- **⅓ cup Sucanat**
- **1 tbsp unsalted organic butter**
- **½ cup 35% cream**

INSTRUCTIONS:

ONE: In a large bowl, combine flours, salt, baking soda, baking powder, cinnamon, nutmeg, allspice, ginger and mace. In a separate large bowl, using a handheld electric mixer on medium, beat oil with cane juice for 2 minutes. Beat in egg. Add pumpkin and applesauce and stir to combine. Add in dry ingredients in 2 additions, mixing with a wooden spoon between additions.

TWO: Mist a 5-qt slow cooker with cooking spray. Spread batter evenly inside. Cover and cook on low until a knife inserted in center comes out clean, about 3½ hours. Cut into 12 slices.

THREE: Prepare sauce: In a small saucepan on medium-high, bring Sucanat and ¼ cup water to a boil for 2 minutes. Add butter. When butter is melted, reduce heat to medium-low and add cream. Simmer until sauce has thickened and coats the back of a spoon, about 1½ minutes. Drizzle sauce over cake slices. (**NOTE:** This sauce is best when made right before serving.)

NUTRIENTS PER SERVING
(½ OF CAKE AND 1 TBSP SAUCE):
CALORIES: *353,* ***TOTAL FAT:*** *19 g,* ***SAT. FAT:*** *4 g,* ***MONOUNSATURATED FAT:*** *4 g,* ***POLYUNSATURATED FAT:*** *11 g,* ***CARBS:*** *40 g,* ***FIBER:*** *5 g,* ***SUGARS:*** *20 g,* ***PROTEIN:*** *5 g,* ***SODIUM:*** *321 mg,* ***CHOLESTEROL:*** *32 mg*

PUMPKIN PIE BREAKFAST SORGHUM

SERVES *4.*
HANDS-ON TIME: *10 MINUTES.*
TOTAL TIME: *8 HOURS, 10 MINUTES.*

Wake up to a heavenly scented, hearty breakfast. This pumpkin-infused whole-grain bowl conveniently cooks for 8 hours, so you can prep it the night before, then wake up to a ready-made breakie.

INGREDIENTS:

- **1 cup sorghum, rinsed (TRY: Bob's Red Mill Gluten-Free Whole-Grain Sorghum)**
- **1 cup unsweetened almond milk**
- **¾ cup unsweetened pumpkin purée**
- **2 tbsp pure maple syrup**
- **1 tbsp pumpkin pie spice (TRY: Simply Organic Pumpkin Pie Spice)**
- **1 tsp pure vanilla extract**

INSTRUCTIONS:

In a 3- to 4-quart slow cooker, combine all ingredients and 2 cups water. Stir well. Cover and cook on low for 8 hours, until sorghum is tender and liquid is absorbed.

NOTE: This dish can be refrigerated in a covered container and individual servings can be scooped out and reheated. To reheat, transfer to a small saucepan, add a splash of almond milk or water and cook over medium until heated through.

NUTRIENTS PER SERVING (1 HEAPING CUP):
CALORIES: *221,* ***TOTAL FAT:*** *3 g,* ***SAT. FAT:*** *0 g,* ***CARBS:*** *47 g,* ***FIBER:*** *5 g,* ***SUGARS:*** *10 g,* ***PROTEIN:*** *6.5 g,* ***SODIUM:*** *52 mg,* ***CHOLESTEROL:*** *0 mg*

CARROT CAKE

with Cream Cheese Honey Drizzle

***SERVES** 10.*
***HANDS-ON TIME:** 20 MINUTES.*
***TOTAL TIME:** 3 HOURS.*

This carrot cake is delicious served warm, right from the slow cooker. But if you'd like to save some for later enjoyment, our cake can be wrapped tightly and refrigerated for 3 to 4 days or frozen for up to 1 month.

INGREDIENTS:

- **1¼ cups all-purpose spelt flour**
- **⅓ cup unsweetened shredded coconut**
- **1½ tsp ground cinnamon**
- **1½ tsp baking powder**
- **1 tsp baking soda**
- **¼ tsp sea salt**
- **½ cup unsweetened raisins**
- **1 large egg white**
- **1 tsp flaxseeds, ground, mixed with 2 tsp water**
- **½ cup raw honey**
- **⅓ cup unsweetened applesauce**
- **¼ cup buttermilk (or plain low-fat or whole-milk yogurt)**
- **2 tbsp olive oil**
- **1 tsp pure vanilla extract**
- **4 oz carrot, peeled and finely shredded (about ½ cup packed)**
- **⅓ cup Cream Cheese Honey Drizzle (see recipe, right)**

INSTRUCTIONS:

ONE: Cut parchment to fit bottom and sides of stoneware insert or ceramic dish of a 4- to 6-qt slow cooker. Spray insert or dish with cooking spray and line with prepared parchment. If using a larger 5- to 7-qt slow cooker, select a foil or glass baking pan that easily fits inside stoneware insert. Mist baking pan with cooking spray and similarly line with parchment.

TWO: Place flour, coconut, cinnamon, baking powder, baking soda and salt in a bowl and whisk lightly to combine. Stir in raisins.

THREE: In a separate large bowl, combine egg white and flax-water mixture and whisk until bubbles form. Add honey, applesauce, buttermilk, oil and vanilla and whisk until well blended. Stir in dry ingredients, until just mixed. Fold in carrot and pour mixture into prepared stoneware dish or baking pan. Cover entire top of slow cooker with 3 layers of paper towel and secure with lid. This will catch the extra condensation in the slow cooker and prevent the cake from getting too moist. Cover and cook on low for 2 to 2½ hours, or until a knife inserted in center of cake comes out dry. Remove stoneware dish or baking pan from heat and place on a cooling rack until cool.

FOUR: Slice cake into 10 pieces, and serve warm or at room temperature with Cream Cheese Honey Drizzle.

CREAM CHEESE HONEY DRIZZLE

***MAKES** ⅓ CUP ICING.*

Our drizzle icing can be prepared ahead of time and kept chilled in an airtight container for up to 3 days.

INGREDIENTS:

- **¼ cup cream cheese**
- **1 tbsp raw honey**
- **1 lemon, finely zested and juiced, divided**

INSTRUCTIONS:

In a small saucepan on low, heat cream cheese until slightly warm. Remove from heat and use a spatula to stir in honey until smooth. Add pinch lemon zest and 2 tsp lemon juice and continue to stir. Slowly add 2 tbsp water, a bit at a time, until mixture is consistency of thick cream. Taste topping and add more zest and juice, to taste.

NUTRIENTS PER SERVING (⅒ OF CAKE WITH ICING): ***CALORIES:** 190, **TOTAL FAT:** 5 g, **SAT. FAT:** 2 g, **CARBS:** 35 g, **FIBER:** 2 g, **SUGARS:** 17 g, **PROTEIN:** 4 g, **SODIUM:** 210 mg, **CHOLESTEROL:** 5 mg*

CHOCOLATE PUDDING CAKE

SERVES *10.*
HANDS-ON TIME: *20 MINUTES.*
TOTAL TIME: *4 HOURS, 20 MINUTES.*

A cross between ooey-gooey pudding and a moist chocolate cake, this dessert will crush your sweet tooth every time. Garnish with berries of your choice for a pop of color and fresh flavor.

INGREDIENTS:

- **1½ cups white whole-wheat flour**
- **¾ cup organic evaporated cane juice, divided**
- **½ cup unsweetened cocoa powder, divided**
- **2 tsp baking powder**
- **Pinch sea salt**
- **1 cup whole milk**
- **¼ cup organic unsalted butter, melted and cooled**
- **1 tsp pure vanilla extract**
- **4 oz 85% dark chocolate, chopped**

INSTRUCTIONS:

ONE: Mist a 3-qt slow cooker with cooking spray. In a large bowl, whisk flour, ½ cup cane juice, ¼ cup cocoa powder, baking powder and salt. In a separate bowl, combine milk, butter and vanilla. Stir milk mixture into flour mixture (it will be very thick). Fold in dark chocolate. Spread batter in slow cooker.

TWO: Mix together remaining ¼ cup each cane juice and cocoa powder and sprinkle over batter. Pour 1 cup boiling water over top. Cover and cook on high for 3 to 4 hours, until cake springs back at the edge of the liner but is still soft in the middle. Scoop warm cake and sauce into bowls.

NUTRIENTS PER SERVING (1/10 OF CAKE):
CALORIES: *249,* ***TOTAL FAT:*** *11 g,* ***SAT. FAT:*** *6.5 g,* ***MONOUNSATURATED FAT:*** *3 g,* ***POLYUNSATURATED FAT:*** *0.5 g,* ***CARBS:*** *34 g,* ***FIBER:*** *5 g,* ***SUGARS:*** *19 g,* ***PROTEIN:*** *5 g,* ***SODIUM:*** *99 mg,* ***CHOLESTEROL:*** *15 mg*

Laura Schober
Associate Editor & Research Chief

"This dessert is a hit with my friends and family and a chocolate lover's dream. It's so sinfully delicious, you'd never guess it was made with *Clean Eating*–approved ingredients."

LAURA SCHOBER PHOTO PIERRE GAUTREAU PHOTOGRAPHY

STUFFED APPLES AU JUS

SERVES *6.*
HANDS-ON TIME: *20 MINUTES.*
TOTAL TIME: *2 HOURS, 20 MINUTES.*

In this good-for-you dessert, slow-cooked apples are packed with a buttery oat crumble then finished with a maple cider sauce.

INGREDIENTS:

- **¼ cup old-fashioned oats**
- **2 tbsp white whole-wheat flour**
- **2 tbsp cold unsalted organic butter, cut into 3 or 4 pieces**
- **2 tbsp maple sugar**
- **2 tbsp chopped dried unsweetened apricot**
- **2 tbsp slivered unsalted almonds**
- **½ tsp each ground cinnamon and ginger**
- **6 red apples (such as Gala or Honeycrisp)**
- **½ cup raw apple cider or unsweetened apple juice**
- **2 tbsp pure maple syrup**
- **6 tbsp plain Greek yogurt, optional**

INSTRUCTIONS:

ONE: In a medium bowl, combine oats and flour. Using a pastry blender, cut in butter until it resembles small peas. Add maple sugar, apricot, almonds, cinnamon and ginger, and stir. Set aside.

TWO: Using a paring knife or melon baller, remove the core from apples, leaving bottom intact. Divide oat mixture evenly into centers of apples, packing stuffing tightly. To a 5-qt slow cooker, add apples. Pour apple cider around apples and drizzle with maple syrup. Cover and cook on low for 2 to 3 hours or until apples are tender when pierced with a knife. Serve warm, drizzle with sauce and dollop with yogurt (if using).

NUTRIENTS PER SERVING (1 STUFFED APPLE): ***CALORIES:*** *208,* ***TOTAL FAT:*** *6 g,* ***SAT. FAT:*** *3 g,* ***MONOUNSATURATED FAT:*** *2 g,* ***POLYUNSATURATED FAT:*** *1 g,* ***CARBS:*** *41 g,* ***FIBER:*** *6 g,* ***SUGARS:*** *27 g,* ***PROTEIN:*** *2 g,* ***SODIUM:*** *5 mg,* ***CHOLESTEROL:*** *10 mg*