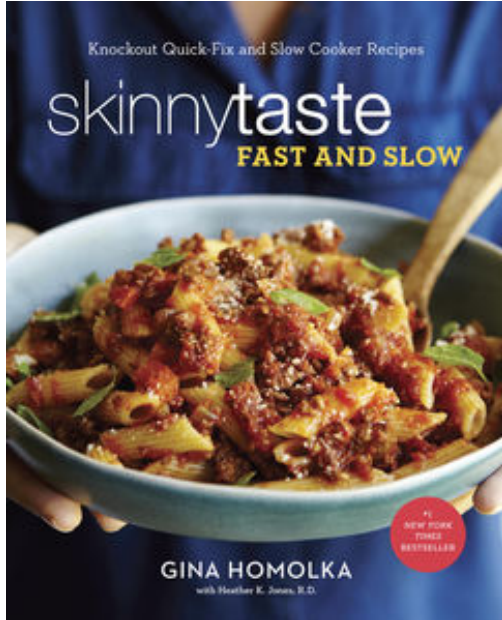


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With *Skinnytaste Fast and Slow*, you can get a nutritious, flavor-packed, figure-friendly meal—complete with a flourless chocolate brownie made in a slow cooker—on the table any night of the week. Gina Homolka, founder of the widely adored blog *Skinnytaste*, shares 140 dishes that come together in a snap—whether in a slow cooker or in the oven or on the stovetop. Favorites include:

Slow Cooker

- Chicken and Dumpling Soup
- Korean-Style Beef Tacos
- Spicy Harissa Lamb Ragu
- Peach-Strawberry Crumble

Under 30 Minutes

- Zucchini Noodles with Shrimp and Feta
- Pizza-Stuffed Chicken Roll-Ups
- Grilled Cheese with Havarti, Brussels Sprouts, and Apple
- Cauliflower “Fried” Rice

Each recipe includes nutritional information, which can help you take steps toward weight and health goals, and many dishes are vegetarian, gluten-free, and freezer-friendly—all called out with helpful icons. Gina’s practical advice for eating well and 120 color photos round out this indispensable cookbook.

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

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