








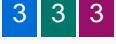





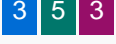












skinnytaste | Cookbook Index





















*SP = Smart Points

Breakfast & Brunch

RECIPE	COOKBOOK	CHAPTER	PG	SP
Banana-Almond Smoothie Bowl 	Skinnytaste Fast and Slow	Healthy Mornings	30	
Breakfast Banana Split 	Skinnytaste Fast and Slow	Healthy Mornings	34	
Brussels Sprout Hash with Bacon and Eggs 	Skinnytaste Fast and Slow	Healthy Mornings	26	
Chunky Loaded Guac Toast 	Skinnytaste Fast and Slow	Healthy Mornings	24	
Cucumber, Tomato, and Lox 	Skinnytaste Fast and Slow	Healthy Mornings	25	
Karina's Special 	Skinnytaste Fast and Slow	Healthy Mornings	24	
Mexican Huevos Shakshukos 	Skinnytaste Fast and Slow	Healthy Mornings	29	
Put an Egg on It! 	Skinnytaste Fast and Slow	Healthy Mornings	23	
Savory Quinoa Breakfast Bowls 	Skinnytaste Fast and Slow	Healthy Mornings	33	
Slow Cooker "Baked" Oatmeal with Coconut, Blueberries, and Bananas (Slow cooker) 	Skinnytaste Fast and Slow	Healthy Mornings	35	
Slow Cooker Chocolate Swirl Banana Bread (Slow cooker) 	Skinnytaste Fast and Slow	Healthy Mornings	36	

RECIPE	COOKBOOK	CHAPTER	PG	SP
South of the Border Huevos Revueltos 	Skinnytaste Fast and Slow	Healthy Mornings	25	
Whole Wheat Crêpes with Strawberry Sauce 	Skinnytaste Fast and Slow	Healthy Mornings	20	

Chicken & Other Poultry

RECIPE	COOKBOOK	CHAPTER	PG	SP
Asiago-Crusted Chicken Breasts 	Skinnytaste Fast and Slow	Poultry Mains	148	
Chicken and Couscous Bowls with Piri Piri 	Skinnytaste Fast and Slow	One-Bowl Meals	78	
Chicken Scaloppine with Broccoli and Melted Mozzarella 	Skinnytaste Fast and Slow	Poultry Mains	152	
Greek Chicken Sheet Pan Dinner 	Skinnytaste Fast and Slow	Poultry Mains	158	
Kale Caesar and Grilled Chicken Bowls 	Skinnytaste Fast and Slow	One-Bowl Meals	77	
Korean-Inspired Chicken Lettuce Wraps 	Skinnytaste Fast and Slow	Poultry Mains	151	
Pizza-Stuffed Chicken Roll-Ups 	Skinnytaste Fast and Slow	Poultry Mains	157	
Pressure Cooker Three-Cup Chicken (Pressure cooker) 	Skinnytaste Fast and Slow	Poultry Mains	160	
Santa Fe Turkey Egg Rolls with Avocado Ranch Sauce 	Skinnytaste Fast and Slow	Poultry Mains	154	
Slow Cooker Adobo Chicken with Sriracha, Ginger, and Scallions (Slow cooker) 	Skinnytaste Fast and Slow	Poultry Mains	163	

RECIPE	COOKBOOK	CHAPTER	PG	SP
Slow Cooker BBQ Pulled Chicken (Slow cooker) DF GF	Skinnytaste Fast and Slow	Poultry Mains	168	4 4 4
Slow Cooker Buffalo Chicken Lettuce Wraps (Slow cooker) GF	Skinnytaste Fast and Slow	Poultry Mains	172	2 4 2
Slow Cooker Chicken Burrito Bowls (Slow cooker) DF GF Q V	Skinnytaste Fast and Slow	One-Bowl Meals	93	8 9 4
Slow Cooker Chicken Tikka Masala (Slow cooker) DF GF Q	Skinnytaste Fast and Slow	Poultry Mains	161	4 4 4
Slow Cooker Czech Chicken Paprikash (Slow cooker) DF GF	Skinnytaste Fast and Slow	Poultry Mains	171	6 6 6
Slow Cooker Indian Chicken and Peas (Slow cooker) DF GF	Skinnytaste Fast and Slow	Poultry Mains	164	3 4 3
Slow Cooker Maple-Dijon Chicken Drumsticks (Slow cooker) GF	Skinnytaste Fast and Slow	Poultry Mains	167	8 8 8
Slow Cooker Stuffed Turkey Tenderloins with Gravy (Slow cooker) GF	Skinnytaste Fast and Slow	Poultry Mains	174	5 5 5
Slow Cooker Turkey Meatloaf (Slow cooker) DF GF	Skinnytaste Fast and Slow	Poultry Mains	177	6 7 6
Teriyaki Chicken Bowls DF Q	Skinnytaste Fast and Slow	One-Bowl Meals	81	5 5 5

Dessert

RECIPE	COOKBOOK	CHAPTER	PG	SP
Banana Pudding Cups	Skinnytaste Fast and Slow	The Sweeter Side	279	6 6 6
Crustless Slow Cooker Apple Pie à la Mode (Slow cooker) DF GF V	Skinnytaste Fast and Slow	The Sweeter Side	292	7 7 7

RECIPE	COOKBOOK	CHAPTER	PG	SP
Easy No-Cook Mango Fool GF Q V	Skinnytaste Fast and Slow	The Sweeter Side	283	5 5 5
Grilled Piña Colada Delight GF Q V	Skinnytaste Fast and Slow	The Sweeter Side	284	13 13 13
Macerated Berries with Whipped Cream Q V	Skinnytaste Fast and Slow	The Sweeter Side	280	5 5 5
Slow Cooker Blueberry Slump (Slow cooker) GF V	Skinnytaste Fast and Slow	The Sweeter Side	295	6 6 6
Slow Cooker Peach-Strawberry Crumble (Slow cooker) GF Q V	Skinnytaste Fast and Slow	The Sweeter Side	288	8 8 7
Slow Cooker Pumpkin Flan (Slow cooker) GF V	Skinnytaste Fast and Slow	The Sweeter Side	298	7 8 7
Slow Cooker Triple-Almond Flourless Brownies (Slow cooker) V	Skinnytaste Fast and Slow	The Sweeter Side	296	7 7 7
Slow Cooker Vanilla Bean Pear Butter (Slow cooker) GF V	Skinnytaste Fast and Slow	The Sweeter Side	291	1 1 1
Vanilla Bean Cheesecake Shooters DF GF Q V	Skinnytaste Fast and Slow	The Sweeter Side	287	7 7 7

Fish

RECIPE	COOKBOOK	CHAPTER	PG	SP
Baked Fish and Chips DF GF Q	Skinnytaste Fast and Slow	Fish and Seafood Mains	212	7 9 4
Broiled Whole Porgies DF GF Q	Skinnytaste Fast and Slow	Fish and Seafood Mains	219	2 5 2
Roasted Asian Striped Bass GF Q	Skinnytaste Fast and Slow	Fish and Seafood Mains	216	1 3 1

RECIPE	COOKBOOK	CHAPTER	PG	SP
Shrimp and Artichoke Quinoa Bowls DF GF Q	Skinnytaste Fast and Slow	One-Bowl Meals	89	6 7 2
Slow Cooker Poached Salmon with Meyer Lemon, Capers, and Parsley (Slow cooker) DF GF	Skinnytaste Fast and Slow	Fish and Seafood Mains	222	0 4 0
Slow Cooker Shrimp à la Criolla (Slow cooker) DF GF Q	Skinnytaste Fast and Slow	Fish and Seafood Mains	220	0 2 0
Spicy Seared Tuna Sushi Bowls DF GF Q	Skinnytaste Fast and Slow	One-Bowl Meals	86	7 9 5
Sweet 'n' Spicy Salmon with Stir-Fried Veggies DF GF Q	Skinnytaste Fast and Slow	Fish and Seafood Mains	211	2 5 2
Veggie-Stuffed Flounder Sheet Pan Dinner GF Q	Skinnytaste Fast and Slow	Fish and Seafood Mains	215	2 4 2
Zesty Lime Shrimp and Avocado Salad DF	Skinnytaste Fast and Slow	Fish and Seafood Mains	208	2 4 2

Lean Meats

RECIPE	COOKBOOK	CHAPTER	PG	SP
Brazilian Black Beans with Collard Greens DF GF Q	Skinnytaste Fast and Slow	Meat Lover Mains	185	7 10 3
Egg Roll Bowls DF GF Q	Skinnytaste Fast and Slow	One-Bowl Meals	85	10 10 10
Fork-and-Knife Cheeseburgers	Skinnytaste Fast and Slow	Meat Lover Mains	181	7 7 7
Grilled Veal Chop Milanese with Arugula Salad DF GF Q	Skinnytaste Fast and Slow	Meat Lover Mains	187	7 7 7
Perfect Medium-Rare Roast Beef in the Slow Cooker (Slow cooker) DF GF	Skinnytaste Fast and Slow	Meat Lover Mains	196	6 6 6
Pork Tenderloin with Potatoes and Caraway Seeds GF Q	Skinnytaste Fast and Slow	Meat Lover Mains	191	6 6 3

RECIPE	COOKBOOK	CHAPTER	PG	SP
Roasted Brussels Bowls with Spicy Sausage DF GF Q	Skinnytaste Fast and Slow	One-Bowl Meals	82	6 6 5
Skillet Pork Chops with Braised Fennel and Shallots Q	Skinnytaste Fast and Slow	Meat Lover Mains	188	5 5 5
Slow Cooker Asian Pork with Mushrooms (Slow cooker) DF GF	Skinnytaste Fast and Slow	Meat Lover Mains	205	6 6 6
Slow Cooker Banh Mi Rice Bowls (Slow cooker) GF	Skinnytaste Fast and Slow	One-Bowl Meals	94	8 7 3
Slow Cooker Brisket with Onions (Slow cooker) DF GF Q	Skinnytaste Fast and Slow	Meat Lover Mains	192	5 5 5
Slow Cooker Carne Desmechada (Slow cooker) DF GF	Skinnytaste Fast and Slow	Meat Lover Mains	195	3 3 3
Slow Cooker Goulash with Sauerkraut (Slow cooker) DF GF	Skinnytaste Fast and Slow	Meat Lover Mains	202	6 6 6
Slow Cooker Osso Buco (Slow cooker) DF GF	Skinnytaste Fast and Slow	Meat Lover Mains	199	4 4 4
Slow Cooker Pernil (Slow cooker) GF	Skinnytaste Fast and Slow	Meat Lover Mains	203	7 7 7
Slow Cooker Stuffed Cabbage Rolls (Slow cooker) DF GF	Skinnytaste Fast and Slow	Meat Lover Mains	200	4 4 3
Steak and Onions GF Q	Skinnytaste Fast and Slow	Meat Lover Mains	182	4 4 4












































Meatless Mains

RECIPE	COOKBOOK	CHAPTER	PG	SP
Baked Eggplant Parmesan Stacks GF Q V	Skinnytaste Fast and Slow	Meatless Mains	237	6 6 6
Baked Pears with Greens, Blue Cheese, and Pecans Q V	Skinnytaste Fast and Slow	Meatless Mains	234	8 8 8

RECIPE	COOKBOOK	CHAPTER	PG	SP
Coconut Veggie Curry GF Q V	Skinnytaste Fast and Slow	Meatless Mains	241	9 9 9
Dad's Peppers and Egg Sandwiches GF Q V	Skinnytaste Fast and Slow	Meatless Mains	242	5 6 5
Easiest One-Pot Pasta and Broccoli GF Q V	Skinnytaste Fast and Slow	Meatless Mains	238	8 8 8
Greek Panzanella Salad Q V	Skinnytaste Fast and Slow	Meatless Mains	233	10 9 9
Grilled Cheese with Havarti, Brussels Sprouts, and Apple GF Q V	Skinnytaste Fast and Slow	Meatless Mains	229	11 10 10
Grilled Vegetable Caprese Salad DF GF	Skinnytaste Fast and Slow	Meatless Mains	226	9 9 9
Salad Pizza Q V	Skinnytaste Fast and Slow	Meatless Mains	230	9 9 9
Slow Cooker Chana Masala (Slow cooker) GF V	Skinnytaste Fast and Slow	Meatless Mains	248	1 7 1
Slow Cooker Loaded "Baked" Sweet Potatoes (Slow cooker) Q V	Skinnytaste Fast and Slow	Meatless Mains	246	9 11 4
Sunny-Side-Up Egg and Avocado Rice Bowls GF Q	Skinnytaste Fast and Slow	One-Bowl Meals	90	7 9 2
Zucchini "Meatballs" DF Q V	Skinnytaste Fast and Slow	Meatless Mains	245	5 5 5

Pasta & Zoodles

RECIPE	COOKBOOK	CHAPTER	PG	SP
Butternut Squash Noodles with Pancetta and Poached Egg (Spiralizer) GF Q	Skinnytaste Fast and Slow	Zoodles, Squashta, Pasta, and Sauce	109	8 10 8

RECIPE	COOKBOOK	CHAPTER	PG	SP
Chicken and Zucchini Noodles with Black Bean Sauce (Spiralizer) 	Skinnytaste Fast and Slow	Zoodles, Squashta, Pasta, and Sauce	102	  
Cold Peanut-Sesame Chicken and Spiralized Cucumber Noodle Salad (Spiralizer) 	Skinnytaste Fast and Slow	Zoodles, Squashta, Pasta, and Sauce	101	  
Shrimp and Summer Squash Noodles Baked in Foil (Spiralizer) 	Skinnytaste Fast and Slow	Zoodles, Squashta, Pasta, and Sauce	106	  
Slow Cooker Beef Ragu with Pappardelle (Slow cooker) 	Skinnytaste Fast and Slow	Zoodles, Squashta, Pasta, and Sauce	123	  
Slow Cooker Bolognese Sauce (Slow cooker) 	Skinnytaste Fast and Slow	Zoodles, Squashta, Pasta, and Sauce	120	  
Slow Cooker Chicken Cacciatore (Slow cooker) 	Skinnytaste Fast and Slow	Zoodles, Squashta, Pasta, and Sauce	112	  
Slow Cooker Hamburger Stroganoff (Slow cooker)	Skinnytaste Fast and Slow	Zoodles, Squashta, Pasta, and Sauce	119	  
Slow Cooker Italian Turkey-Zucchini Meatballs (Slow cooker) 	Skinnytaste Fast and Slow	Zoodles, Squashta, Pasta, and Sauce	116	  
Slow Cooker Pollo in Potacchio (Slow cooker) 	Skinnytaste Fast and Slow	Zoodles, Squashta, Pasta, and Sauce	115	  
Slow Cooker Spicy Harissa Lamb Ragu with Penne (Slow cooker) 	Skinnytaste Fast and Slow	Zoodles, Squashta, Pasta, and Sauce	111	  
Spiralized Beet Salad with Seared Scallops and Orange (Spiralizer) 	Skinnytaste Fast and Slow	Zoodles, Squashta, Pasta, and Sauce	110	  











RECIPE	COOKBOOK	CHAPTER	PG	SP
Zoodles with Shrimp and Feta (Spiralizer) DF Q	Skinnytaste Fast and Slow	Zoodles, Squashta, Pasta, and Sauce	105	4 5 4

Salads

RECIPE	COOKBOOK	CHAPTER	PG	SP
Spiralized Lemon-Basil Zucchini Mason Jar Salads (Spiralizer) DF GF	Skinnytaste Fast and Slow	Zoodles, Squashta, Pasta, and Sauce	98	3 6 3

Sides

RECIPE	COOKBOOK	CHAPTER	PG	SP
Baked Sweet Plantains with Cheese DF GF Q V	Skinnytaste Fast and Slow	On the Side	259	4 4 1
Braised Red Cabbage with Vinegar GF Q V	Skinnytaste Fast and Slow	On the Side	265	0 0 0
Burnt Broccoli GF Q V	Skinnytaste Fast and Slow	On the Side	255	3 3 3
Cauliflower "Fried Rice" GF Q V	Skinnytaste Fast and Slow	On the Side	260	2 3 1
Creamy Slow Cooker Buttermilk Mashed Potatoes (Slow cooker) DF GF Q V	Skinnytaste Fast and Slow	On the Side	273	5 5 2
Italian House Salad with Dijon Vinaigrette GF V	Skinnytaste Fast and Slow	On the Side	252	2 4 2
Pineapple Jicama Slaw GF Q V	Skinnytaste Fast and Slow	On the Side	269	0 0 0
Roasted Acorn Squash with Parmesan GF Q V	Skinnytaste Fast and Slow	On the Side	263	2 2 2

RECIPE	COOKBOOK	CHAPTER	PG	SP
Sesame Roasted Cabbage Steaks 	Skinnytaste Fast and Slow	On the Side	270	
Slow Cooker Sausage-Herb Stuffing (Slow cooker) 	Skinnytaste Fast and Slow	On the Side	274	
Spaghetti Squash with Garlic and Oil 	Skinnytaste Fast and Slow	On the Side	266	
Whipped Parmesan Cauliflower Puree 	Skinnytaste Fast and Slow	On the Side	264	
Zucchini Wedges with Lemon and Fresh Oregano 	Skinnytaste Fast and Slow	On the Side	256	




















Soups & Chilis

RECIPE	COOKBOOK	CHAPTER	PG	SP
Beef Stock in the Slow Cooker (Slow cooker) 	Skinnytaste Fast and Slow	Chilis, Soups, and Stews	73	
Cream of Zucchini Soup 	Skinnytaste Fast and Slow	Chilis, Soups, and Stews	43	
Dad's Cauliflower Soup 	Skinnytaste Fast and Slow	Chilis, Soups, and Stews	40	
Drunken Seafood Stew 	Skinnytaste Fast and Slow	Chilis, Soups, and Stews	48	
Pasta e Fagioli 	Skinnytaste Fast and Slow	Chilis, Soups, and Stews	47	
Pressure Cooker Chicken Soup for My Soul 	Skinnytaste Fast and Slow	Chilis, Soups, and Stews	44	
Roasted Chicken Stock in the Slow Cooker (Slow cooker) 	Skinnytaste Fast and Slow	Chilis, Soups, and Stews	72	
Roasted Pepper and Orzo Soup 	Skinnytaste Fast and Slow	Chilis, Soups, and Stews	45	

RECIPE	COOKBOOK	CHAPTER	PG	SP
Slow Cooker Beef and Two-Bean Chili (Slow cooker) DF GF	Skinnytaste Fast and Slow	Chilis, Soups, and Stews	66	5 9 5
Slow Cooker Beef Stew with Sweet Potatoes (Slow cooker) GF	Skinnytaste Fast and Slow	Chilis, Soups, and Stews	69	6 7 5
Slow Cooker Butternut-Apple Soup with Crispy Leeks (Slow cooker)	Skinnytaste Fast and Slow	Chilis, Soups, and Stews	57	6 3 3
Slow Cooker Chicken and Dumpling Soup (Slow cooker) GF	Skinnytaste Fast and Slow	Chilis, Soups, and Stews	54	4 5 4
Slow Cooker Chicken Taco Chili (Slow cooker) GF V	Skinnytaste Fast and Slow	Chilis, Soups, and Stews	62	0 4 0
Slow Cooker Creamy Tomato Soup (Slow cooker) DF GF V	Skinnytaste Fast and Slow	Chilis, Soups, and Stews	58	5 5 5
Slow Cooker Italian Sausage and White Bean Soup with Escarole (Slow cooker) DF GF	Skinnytaste Fast and Slow	Chilis, Soups, and Stews	51	3 4 3
Slow Cooker Lasagna Soup (Slow cooker) GF	Skinnytaste Fast and Slow	Chilis, Soups, and Stews	53	7 7 7
Slow Cooker Stuffed Pepper Soup (Slow cooker) DF GF Q	Skinnytaste Fast and Slow	Chilis, Soups, and Stews	50	5 5 2
Slow Cooker Turkey, White Bean, and Pumpkin Chili (Slow cooker) DF GF	Skinnytaste Fast and Slow	Chilis, Soups, and Stews	65	4 6 4
Slow Cooker Vegetable Yellow Split Pea Soup (Slow cooker) GF V	Skinnytaste Fast and Slow	Chilis, Soups, and Stews	61	1 7 1
Slow Cooker Venison Stew (Slow cooker) DF GF	Skinnytaste Fast and Slow	Chilis, Soups, and Stews	70	2 2 2

Tacos

RECIPE	COOKBOOK	CHAPTER	PG	SP
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Ahi Tuna Poke Jicama Tacos 	Skinnytaste Fast and Slow	Taco Night	132	
Cauliflower-Potato Tacos with Lime-Cilantro Chutney 	Skinnytaste Fast and Slow	Taco Night	135	
Grilled Cumin-Rubbed Skirt Steak Tacos with Pickled Red Onions 	Skinnytaste Fast and Slow	Taco Night	128	
Grilled Greek Chicken Tostadas 	Skinnytaste Fast and Slow	Taco Night	127	
Madison's Favorite Beef Tacos (Slow cooker) 	Skinnytaste Fast and Slow	Taco Night	139	
Slow Cooker Hawaiian Pork Tacos with Charred Pineapple Salsa (Slow cooker) 	Skinnytaste Fast and Slow	Taco Night	142	
Slow Cooker Korean-Style Beef Tacos (Slow cooker) 	Skinnytaste Fast and Slow	Taco Night	140	
Slow Cooker Salsa Verde Chicken Taquitos (Slow cooker) 	Skinnytaste Fast and Slow	Taco Night	136	
Slow Cooker Vegetarian Black Bean Tacos (Slow cooker) 	Skinnytaste Fast and Slow	Taco Night	145	
Spicy Lump Crab and Charred Corn Flaco "Tacos" 	Skinnytaste Fast and Slow	Taco Night	131	