

















skinnytaste | Cookbook Index


















*SP = Smart Points

Breakfast & Brunch

| RECIPE | COOKBOOK | CHAPTER | PG | SP |
|---|---------------------------|------------------|----|-------------------|
| Banana-Almond Smoothie Bowl  | Skinnytaste Fast and Slow | Healthy Mornings | 30 | 3 |
| Breakfast Banana Split  | Skinnytaste Fast and Slow | Healthy Mornings | 34 | 6 |
| Brussels Sprout Hash with Bacon and Eggs  | Skinnytaste Fast and Slow | Healthy Mornings | 26 | 3 |
| Chunky Loaded Guac Toast  | Skinnytaste Fast and Slow | Healthy Mornings | 24 | 5 |
| Cucumber, Tomato, and Lox  | Skinnytaste Fast and Slow | Healthy Mornings | 25 | 3 |
| Karina's Special  | Skinnytaste Fast and Slow | Healthy Mornings | 24 | 3 |
| Mexican Huevos Shakshukos  | Skinnytaste Fast and Slow | Healthy Mornings | 29 | 4 |
| Put an Egg on It!  | Skinnytaste Fast and Slow | Healthy Mornings | 23 | 3 |
| Savory Quinoa Breakfast Bowls  | Skinnytaste Fast and Slow | Healthy Mornings | 33 | 4 |
| Slow Cooker "Baked" Oatmeal with Coconut, Blueberries, and Bananas (Slow cooker)  | Skinnytaste Fast and Slow | Healthy Mornings | 35 | 7 |
| Slow Cooker Chocolate Swirl Banana Bread (Slow cooker)  | Skinnytaste Fast and Slow | Healthy Mornings | 36 | 5 |

| RECIPE | COOKBOOK | CHAPTER | PG | SP |
|---|---------------------------|------------------|----|-------------------|
| South of the Border Huevos Revueltos   | Skinnytaste Fast and Slow | Healthy Mornings | 25 | 3 |
| Whole Wheat Crêpes with Strawberry Sauce    | Skinnytaste Fast and Slow | Healthy Mornings | 20 | 6 |

Chicken & Other Poultry

| RECIPE | COOKBOOK | CHAPTER | PG | SP |
|---|---------------------------|----------------|-----|--------------------|
| Asiago-Crusted Chicken Breasts   | Skinnytaste Fast and Slow | Poultry Mains | 148 | 4 |
| Chicken and Couscous Bowls with Piri Piri   | Skinnytaste Fast and Slow | One-Bowl Meals | 78 | 8 |
| Chicken Scaloppine with Broccoli and Melted Mozzarella    | Skinnytaste Fast and Slow | Poultry Mains | 152 | 5 |
| Greek Chicken Sheet Pan Dinner  | Skinnytaste Fast and Slow | Poultry Mains | 158 | 8 |
| Kale Caesar and Grilled Chicken Bowls   | Skinnytaste Fast and Slow | One-Bowl Meals | 77 | 6 |
| Korean-Inspired Chicken Lettuce Wraps  | Skinnytaste Fast and Slow | Poultry Mains | 151 | 10 |
| Pizza-Stuffed Chicken Roll-Ups  | Skinnytaste Fast and Slow | Poultry Mains | 157 | 3 |
| Pressure Cooker Three-Cup Chicken (Pressure cooker)   | Skinnytaste Fast and Slow | Poultry Mains | 160 | 5 |
| Santa Fe Turkey Egg Rolls with Avocado Ranch Sauce   | Skinnytaste Fast and Slow | Poultry Mains | 154 | 4 |
| Slow Cooker Adobo Chicken with Sriracha, Ginger, and Scallions (Slow cooker)  | Skinnytaste Fast and Slow | Poultry Mains | 163 | 5 |

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

Dessert

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

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

Fish

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

| RECIPE | COOKBOOK | CHAPTER | PG | SP |
|---|---------------------------|------------------------|-----|----|
| Shrimp and Artichoke Quinoa Bowls DF GF Q | Skinnytaste Fast and Slow | One-Bowl Meals | 89 | 6 |
| Slow Cooker Poached Salmon with Meyer Lemon, Capers, and Parsley (Slow cooker) DF GF | Skinnytaste Fast and Slow | Fish and Seafood Mains | 222 | 0 |
| Slow Cooker Shrimp à la Criolla (Slow cooker) DF GF Q | Skinnytaste Fast and Slow | Fish and Seafood Mains | 220 | 0 |
| Spicy Seared Tuna Sushi Bowls DF GF Q | Skinnytaste Fast and Slow | One-Bowl Meals | 86 | 7 |
| Sweet 'n' Spicy Salmon with Stir-Fried Veggies DF GF Q | Skinnytaste Fast and Slow | Fish and Seafood Mains | 211 | 2 |
| Veggie-Stuffed Flounder Sheet Pan Dinner GF Q | Skinnytaste Fast and Slow | Fish and Seafood Mains | 215 | 2 |
| Zesty Lime Shrimp and Avocado Salad DF | Skinnytaste Fast and Slow | Fish and Seafood Mains | 208 | 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 |
| Egg Roll Bowls DF GF Q | Skinnytaste Fast and Slow | One-Bowl Meals | 85 | 10 |
| Fork-and-Knife Cheeseburgers | Skinnytaste Fast and Slow | Meat Lover Mains | 181 | 7 |
| Grilled Veal Chop Milanese with Arugula Salad DF GF Q | Skinnytaste Fast and Slow | Meat Lover Mains | 187 | 7 |
| Perfect Medium-Rare Roast Beef in the Slow Cooker (Slow cooker) DF GF | Skinnytaste Fast and Slow | Meat Lover Mains | 196 | 6 |
| Pork Tenderloin with Potatoes and Caraway Seeds GF Q | Skinnytaste Fast and Slow | Meat Lover Mains | 191 | 6 |

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











Meatless Mains

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

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









| RECIPE | COOKBOOK | CHAPTER | PG | SP |
|---|---------------------------|-------------------------------------|-----|--------------------|
| Chicken and Zucchini Noodles with Black Bean Sauce (Spiralizer)  | Skinnytaste Fast and Slow | Zoodles, Squashta, Pasta, and Sauce | 102 | 4 |
| Cold Peanut-Sesame Chicken and Spiralized Cucumber Noodle Salad (Spiralizer)  | Skinnytaste Fast and Slow | Zoodles, Squashta, Pasta, and Sauce | 101 | 5 |
| Shrimp and Summer Squash Noodles Baked in Foil (Spiralizer)  | Skinnytaste Fast and Slow | Zoodles, Squashta, Pasta, and Sauce | 106 | 7 |
| Slow Cooker Beef Ragu with Pappardelle (Slow cooker)  | Skinnytaste Fast and Slow | Zoodles, Squashta, Pasta, and Sauce | 123 | 10 |
| Slow Cooker Bolognese Sauce (Slow cooker)  | Skinnytaste Fast and Slow | Zoodles, Squashta, Pasta, and Sauce | 120 | 3 |
| Slow Cooker Chicken Cacciatore (Slow cooker)  | Skinnytaste Fast and Slow | Zoodles, Squashta, Pasta, and Sauce | 112 | 3 |
| Slow Cooker Hamburger Stroganoff (Slow cooker) | Skinnytaste Fast and Slow | Zoodles, Squashta, Pasta, and Sauce | 119 | 6 |
| Slow Cooker Italian Turkey-Zucchini Meatballs (Slow cooker)  | Skinnytaste Fast and Slow | Zoodles, Squashta, Pasta, and Sauce | 116 | 4 |
| Slow Cooker Pollo in Potacchio (Slow cooker)  | Skinnytaste Fast and Slow | Zoodles, Squashta, Pasta, and Sauce | 115 | 6 |
| Slow Cooker Spicy Harissa Lamb Ragu with Penne (Slow cooker)  | Skinnytaste Fast and Slow | Zoodles, Squashta, Pasta, and Sauce | 111 | 11 |
| Spiralized Beet Salad with Seared Scallops and Orange (Spiralizer)  | Skinnytaste Fast and Slow | Zoodles, Squashta, Pasta, and Sauce | 110 | 5 |






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

Salads






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

Sides

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

| RECIPE | COOKBOOK | CHAPTER | PG | SP |
|--|---------------------------|-------------|-----|-------------------|
| Sesame Roasted Cabbage Steaks  | Skinnytaste Fast and Slow | On the Side | 270 | 2 |
| Slow Cooker Sausage-Herb Stuffing (Slow cooker)  | Skinnytaste Fast and Slow | On the Side | 274 | 4 |
| Spaghetti Squash with Garlic and Oil  | Skinnytaste Fast and Slow | On the Side | 266 | 3 |
| Whipped Parmesan Cauliflower Puree  | Skinnytaste Fast and Slow | On the Side | 264 | 3 |
| Zucchini Wedges with Lemon and Fresh Oregano  | Skinnytaste Fast and Slow | On the Side | 256 | 1 |











Soups & Chilis

| RECIPE | COOKBOOK | CHAPTER | PG | SP |
|---|---------------------------|--------------------------|----|-------------------|
| Beef Stock in the Slow Cooker (Slow cooker)  | Skinnytaste Fast and Slow | Chilis, Soups, and Stews | 73 | 0 |
| Cream of Zucchini Soup  | Skinnytaste Fast and Slow | Chilis, Soups, and Stews | 43 | 3 |
| Dad's Cauliflower Soup  | Skinnytaste Fast and Slow | Chilis, Soups, and Stews | 40 | 2 |
| Drunken Seafood Stew  | Skinnytaste Fast and Slow | Chilis, Soups, and Stews | 48 | 4 |
| Pasta e Fagioli  | Skinnytaste Fast and Slow | Chilis, Soups, and Stews | 47 | 4 |
| Pressure Cooker Chicken Soup for My Soul  | Skinnytaste Fast and Slow | Chilis, Soups, and Stews | 44 | 5 |
| Roasted Chicken Stock in the Slow Cooker (Slow cooker)  | Skinnytaste Fast and Slow | Chilis, Soups, and Stews | 72 | 0 |
| Roasted Pepper and Orzo Soup  | Skinnytaste Fast and Slow | Chilis, Soups, and Stews | 45 | 2 |

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

Tacos

| RECIPE | COOKBOOK | CHAPTER | PG | SP |
|--------|----------|---------|----|----|
|--------|----------|---------|----|----|

| | | | | |
|---|---------------------------|------------|-----|-------------------|
| Ahi Tuna Poke Jicama Tacos  | Skinnytaste Fast and Slow | Taco Night | 132 | 3 |
| Cauliflower-Potato Tacos with Lime-Cilantro Chutney  | Skinnytaste Fast and Slow | Taco Night | 135 | 6 |
| Grilled Cumin-Rubbed Skirt Steak Tacos with Pickled Red Onions  | Skinnytaste Fast and Slow | Taco Night | 128 | 8 |
| Grilled Greek Chicken Tostadas  | Skinnytaste Fast and Slow | Taco Night | 127 | 9 |
| Madison's Favorite Beef Tacos (Slow cooker)  | Skinnytaste Fast and Slow | Taco Night | 139 | 9 |
| Slow Cooker Hawaiian Pork Tacos with Charred Pineapple Salsa (Slow cooker)  | Skinnytaste Fast and Slow | Taco Night | 142 | 8 |
| Slow Cooker Korean-Style Beef Tacos (Slow cooker)  | Skinnytaste Fast and Slow | Taco Night | 140 | 7 |
| Slow Cooker Salsa Verde Chicken Taquitos (Slow cooker)  | Skinnytaste Fast and Slow | Taco Night | 136 | 8 |
| Slow Cooker Vegetarian Black Bean Tacos (Slow cooker)  | Skinnytaste Fast and Slow | Taco Night | 145 | 7 |
| Spicy Lump Crab and Charred Corn Flaco "Tacos"  | Skinnytaste Fast and Slow | Taco Night | 131 | 2 |