














# skinnytaste | Cookbook Index











\*WW = WW PersonalPoints™ Link

## Breakfast & Brunch

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

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
South of the Border Huevos Revueltos 	Skinnytaste Fast & Slow	Healthy Mornings	25	<a href="#">WW</a>
Whole Wheat Crêpes with Strawberry Sauce 	Skinnytaste Fast & Slow	Healthy Mornings	20	<a href="#">WW</a>

## Chicken & Other Poultry

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

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

## Dessert

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Banana Pudding Cups	Skinnytaste Fast & Slow	The Sweeter Side	279	WW
Crustless Slow Cooker Apple Pie à la Mode (Slow cooker) DF GF V	Skinnytaste Fast & Slow	The Sweeter Side	292	WW

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

## Fish

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Baked Fish and Chips DF GF Q	Skinnytaste Fast & Slow	Fish and Seafood Mains	212	WW
Broiled Whole Porgies DF GF Q	Skinnytaste Fast & Slow	Fish and Seafood Mains	219	WW
Roasted Asian Striped Bass GF Q	Skinnytaste Fast & Slow	Fish and Seafood Mains	216	WW

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

## Lean Meats

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

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








## Meatless Mains

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Baked Eggplant Parmesan Stacks GF Q V	Skinnytaste Fast & Slow	Meatless Mains	237	WW
Baked Pears with Greens, Blue Cheese, and Pecans Q V	Skinnytaste Fast & Slow	Meatless Mains	234	WW


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

## Pasta & Zoodles


RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Butternut Squash Noodles with Pancetta and Poached Egg (Spiralizer) GF Q	Skinnytaste Fast & Slow	Zoodles, Squashta, Pasta, and Sauce	109	WW

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
















RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Zoodles with Shrimp and Feta (Spiralizer) 	Skinnytaste Fast & Slow	Zoodles, Squashta, Pasta, and Sauce	105	<a href="#">WW</a>

## Salads









RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Spiralized Lemon-Basil Zucchini Mason Jar Salads (Spiralizer) 	Skinnytaste Fast & Slow	Zoodles, Squashta, Pasta, and Sauce	98	<a href="#">WW</a>

## Sides

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Baked Sweet Plantains with Cheese 	Skinnytaste Fast & Slow	On the Side	259	<a href="#">WW</a>
Braised Red Cabbage with Vinegar 	Skinnytaste Fast & Slow	On the Side	265	<a href="#">WW</a>
Burnt Broccoli 	Skinnytaste Fast & Slow	On the Side	255	<a href="#">WW</a>
Cauliflower "Fried Rice" 	Skinnytaste Fast & Slow	On the Side	260	<a href="#">WW</a>
Creamy Slow Cooker Buttermilk Mashed Potatoes (Slow cooker) 	Skinnytaste Fast & Slow	On the Side	273	<a href="#">WW</a>
Italian House Salad with Dijon Vinaigrette 	Skinnytaste Fast & Slow	On the Side	252	<a href="#">WW</a>
Pineapple Jicama Slaw 	Skinnytaste Fast & Slow	On the Side	269	<a href="#">WW</a>
Roasted Acorn Squash with Parmesan 	Skinnytaste Fast & Slow	On the Side	263	<a href="#">WW</a>

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Sesame Roasted Cabbage Steaks 	Skinnytaste Fast & Slow	On the Side	270	<a href="#">WW</a>
Slow Cooker Sausage-Herb Stuffing (Slow cooker) 	Skinnytaste Fast & Slow	On the Side	274	<a href="#">WW</a>
Spaghetti Squash with Garlic and Oil 	Skinnytaste Fast & Slow	On the Side	266	<a href="#">WW</a>
Whipped Parmesan Cauliflower Puree 	Skinnytaste Fast & Slow	On the Side	264	<a href="#">WW</a>
Zucchini Wedges with Lemon and Fresh Oregano 	Skinnytaste Fast & Slow	On the Side	256	<a href="#">WW</a>

## Soups & Chilis

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Beef Stock in the Slow Cooker (Slow cooker) 	Skinnytaste Fast & Slow	Chilis, Soups, and Stews	73	<a href="#">WW</a>
Cream of Zucchini Soup 	Skinnytaste Fast & Slow	Chilis, Soups, and Stews	43	<a href="#">WW</a>
Dad's Cauliflower Soup 	Skinnytaste Fast & Slow	Chilis, Soups, and Stews	40	<a href="#">WW</a>
Drunken Seafood Stew 	Skinnytaste Fast & Slow	Chilis, Soups, and Stews	48	<a href="#">WW</a>
Pasta e Fagioli 	Skinnytaste Fast & Slow	Chilis, Soups, and Stews	47	<a href="#">WW</a>
Pressure Cooker Chicken Soup for My Soul 	Skinnytaste Fast & Slow	Chilis, Soups, and Stews	44	<a href="#">WW</a>
Roasted Chicken Stock in the Slow Cooker (Slow cooker) 	Skinnytaste Fast & Slow	Chilis, Soups, and Stews	72	<a href="#">WW</a>
Roasted Pepper and Orzo Soup 	Skinnytaste Fast & Slow	Chilis, Soups, and Stews	45	<a href="#">WW</a>

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

## Tacos

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