



# **Fix-It and Forget-It Lightly Revised & Updated: 600 Healthy, Low-Fat Recipes For Your Slow Cooker (Fix-It and Enjoy-It!)**

*Phyllis Good*

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# Fix-It and Forget-It Lightly Revised & Updated: 600 Healthy, Low-Fat Recipes For Your Slow Cooker (Fix-It and Enjoy-It!)

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**Fix-It and Forget-It Lightly Revised & Updated: 600 Healthy, Low-Fat Recipes For Your Slow Cooker (Fix-It and Enjoy-It!)** Phyllis Good  
**A *New York Times* Best Seller!**

Discover more than 500 recipes that are mouthwatering but guilt-free! From the New York Times best-selling author of the Fix-It-and-Forget-It series comes this new collection of healthy, low-fat recipes for your slow cooker. Each tantalizing recipe comes with an analysis of its calories, and carbs, as well as what it contributes to your daily vitamins and nutrients. Inside, you will find tantalizing dishes like: Chicken Italiano Dilled Pot Roast Chow Mein Lentil and Rice Pilaf Survival Soup Hot Artichoke Dip And More! This innovative reference to healthy- eating is sure to convince you that eating lightly never tasted this good!

Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

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