



# 70 Healthy Slow Cooker Recipes The Mediterranean Diet: The Mediterranean Diet

*Kate Rosetti*

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Looking for delicious, healthy Mediterranean Diet recipes for your slow cooker? Here's the book for you! Here's 70 healthy recipes tailored to meet your needs and help you get and stay healthy! This is the 2nd book in the collection The Mediterranean Diet: The Eating Plan For Life. This book contains a variety of healthy recipes for the Mediterranean Diet you can easily prepare for yourself and your family. These recipes contain healthy ingredients which are readily available in most grocery stores and do not contain processed ingredients such as canned soup or sodium laden mixes. Look below to see a listing of what's in the interactive Table of Contents. You don't have to be following the Mediterranean diet for this book to be beneficial to you. All you really need is a desire to eat a healthy diet. All the hard work has been done for you as this book contains nutritional information for each recipe as well as estimated prep and cooking times. Scroll up and grab your copy today so you too can have more healthy meals from your slow cooker! Table of Contents Welcome How to Choose a Slow Cooker How to Use a Slow Cooker Soup: A Note about Lentils: Moroccan Red Lentil Soup Lentil Spinach Soup Curried Lentil Soup The Easiest Lentil Soup I Know Basque Black Bean Soup Vegetable Soup Borscht Mushroom - Barley Soup Barley Vegetable Soup Tuscan Bean and Kale Soup Golden Mushroom Soup Vegetarian Split Pea Soup Fasolatha (Greek Bean Soup) Spinach-Vegetable Soup Seafood Stew Italian Seafood and Fennel Stew Beans: White Beans with Sun-Dried Tomatoes White Beans with Pesto Basil Pesto White Bean and Cabbage Soup White Beans Squash Kale and Olive Stew Seafood: Greek Shrimp and Feta Cheese Atum Basco com Batatas e Pimentões Vermelho Basic Polenta Citrus Salmon Salmon with Mango Avocado Salsa Mango Avocado Salsa Salmon with Asparagus Shrimp Marinara Foil Wrapped Lemon Pepper Sole with Asparagus Slow Cooker Chicken and Shrimp Poached Swordfish with Lemon-Parsley Sauce Easy Cheesy Salmon Loaf Slow-Cooker Halibut Stew Salmon and Green Beans Slow Cooker Poached Salmon Horseradish Sauce Vegetable Ragout with Cornmeal Crusted Halibut Nuggets Salmon with Lemon and Green Olive Sauce Salmon with Dill and Shallots Thyme-Roasted Sweet Potatoes Vegetarian: Vegetarian Stuffed Peppers Tex-Mex Lentils North African Squash-Eggplant Casserole Easy Ratatouille Mediterranean Eggplant Slow Cooker Rotisserie Style Chicken Chicken with 40 Cloves of Garlic Slow Cooker Style Lemon Chicken with Broccoli All Purpose Seasoning Mix Super Easy Chicken Cacciatore Mediterranean Chicken with Wine and Olives How To Cook Spaghetti Squash: Greek Chicken and Vegetable Casserole Herbed Chicken Breasts with White Beans Peru com Porto, Frutas e Azeitonas Vermont Style Sweet and Tangy Turkey Thighs Greek Style Turkey Breast All Purpose Greek Seasoning Blend Turkey Breast White Beans and Artichokes Beef: Mediterranean Pot Roast in Red Wine Sauce Mediterranean Pot Roast with Vegetables Moroccan Beef Tagine Ras El Hanout Greek Beef and Eggplant Mediterranean Beef Stew with Olives and Sun-Dried Tomatoes Pork: Tuscan Pork and White Beans Pork Mediterranean Style Easy White Bean Cassoulet Orange Pork Roast Pork Roast Sweet Potatoes and Onions Dessert: Indian Pudding Lemon Pudding Cake Slow Cooker Baked Apples Brown Rice Pudding Stewed Prunes

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