

Maximizing Kitchen Appliances - Slow Cookers

Pizza Fondue

(Makes 18 1/4-cup servings)

- 1 lb. lean ground beef
- 2 cans (16-oz.) pizza sauce
- 8 oz. grated low-fat cheddar cheese
- 8 oz. grated part-skim mozzarella cheese
- 1 tsp. oregano
- 1/2 tsp. fennel seed (optional)
- 1 Tbsp. cornstarch

Nutrition Facts: (Amount Per Serving) 130 calories, 7g total fat, 3g saturated fat, 25mg cholesterol, 420mg sodium, 6g total carbohydrate, 1g dietary fiber, 12g protein.

Note: Recipe analysis does not include bread or chips.

1. Brown ground beef and drain.
2. Place ground beef in slow cooker; add all other ingredients.
3. Heat on Low until heated through, about 2 hours.
4. Serve with tortilla chips or French bread chunks.

Sweet & Sour Sausage Balls

(Makes 32 2-oz. servings)

- 1/2 cup brown sugar
- 2 lbs. turkey sausage
- 1 1/4 cups ketchup
- 1 Tbsp. low sodium soy sauce
- 1 Tbsp. lemon juice
- 1 (20-oz.) can chunk pineapple, in juice

Nutrition Facts: (Amount Per Serving) 80 calories, 2.5g total fat, 0.5g saturated fat, 20mg cholesterol, 310mg sodium, 9g total carbohydrate, 0g dietary fiber, 5g protein.

1. Roll sausage in balls the size of a walnut.
2. Brown sausage balls in a skillet.
3. Place browned sausage in slow cooker and add other ingredients.
4. Cook on High for 4 hours or until meatballs test done (160°F) with a thermometer.

Artichoke and Crab Spread

(Makes 1 1/2 cups dip or 24 servings)

- 1 cup flake-style imitation crab meat
- 1/2 cup grated Parmesan cheese
- 1 Tbsp. lemon juice
- 1/4 cup sliced green onions
- 1 (14-oz.) can artichoke hearts, drained and chopped
- 1 (8-oz.) package reduced or low-fat cream cheese, cubed
- Cocktail rye bread slices

- edges from scorching.
- 4. Serve with bread slices.
- 5. Spread will keep warm on Low setting up to 3 hours.
- 6. Stir occasionally to keep the cheese creamy and dip looking fresh.

Nutrition facts based on 1 Tbsp. dip and 1 slice of cocktail rye bread.

Nutrition Facts: (Amount Per Serving) 45 calories, 2.5g total fat, 1.5g saturated fat, 10mg cholesterol, 150mg sodium, 2g total carbohydrate, 0g dietary fiber.

1. Spray a 1 to 1 1/2 quart slow cooker with cooking spray. Place all ingredients in cooker except bread.
2. Cover and cook on Low heat setting for 1 hour. Stir until cheese is smooth.
3. Scrape down side of cooker with rubber spatula to help prevent the

Five Spice Pecans

(Makes 4 cups or 16 1/4-cup servings)

- 4 cups pecan halves
- 1/4 cup butter or margarine, melted
- 2 Tbsp. reduced-sodium soy sauce
- 1 tsp. five-spice powder
- 1/2 tsp. garlic powder
- 1/2 tsp. ground ginger
- 1/4 tsp. ground red pepper

Cover and continue cooking for 30 minutes. Cool.

Nutrition Facts: (Amount Per Serving) 210 calories, 22g total fat, 3.5g saturated fat, 10mg cholesterol, 60mg sodium, 4g total carbohydrate, 3g dietary fiber.

1. Place pecans in a 3 1/2 or 4 quart slow cooker.
2. In a bowl, combine the melted butter or margarine, soy sauce and spices. Pour over nuts, stirring to coat.
3. Cover and cook on Low heat setting for 2 hours. Uncover and stir. Turn to High heat setting.

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Wassail Punch

(Makes 1 gallon, about 64 - 1-oz. servings)

2 cups boiling water
2 spiced tea bags
1/2 gallon apple cider
1 quart orange juice, unsweetened
2 cups 100% cranberry juice
1/2 whole orange, cut into 2 wedges
6 whole cloves
2 cinnamon sticks

1. Pour water over tea bags and steep 4 minutes. Remove tea bags.
2. In a large slow cooker, combine tea, cider, and juices.
3. Tie cloves and cinnamon sticks in cheese cloth. Add orange wedge and spices to punch.

4. Cover and cook on Low for 3-5 hours.

Nutrition Facts: (Amount Per Serving) 52 calories, 0g total fat, 0g saturated fat, 0mg cholesterol, 3mg sodium, 13g total carbohydrate, 0g dietary fiber.

Slow Cooker Cider

(Makes 10 6-oz. servings)

2 quarts apple cider
1/2 cup brown sugar
2 cinnamon sticks (about 4-inch sticks)
1 tsp. whole cloves
1 tsp. whole allspice
1 orange, sliced

1. Place cider and brown sugar in slow cooker on High; stir until sugar dissolves.
2. Place cinnamon sticks, cloves, and allspice in a double thickness of cheesecloth; bring up corners of cloth and tie with a string to form a bag.

3. Add spice bag and orange slices to cider.
4. Cover and cook on Low for 3-5 hours.
5. Remove spice bag before serving.

Nutrition Facts: (Amount Per Serving) 140 calories, 0g total fat, 0g saturated fat, 0mg cholesterol, 20mg sodium, 35g total carbohydrate, 0g dietary fiber.

French Dip

(Makes 112 1-oz. servings)

3-4 lb. beef chuck roast
2 cups water
1/2 cup low-sodium soy sauce
1 teaspoon dried rosemary
1 teaspoon dried thyme
1 teaspoon garlic powder
1 bay leaf
3-5 whole peppercorns
10-12 French rolls

1. Place roast in the bottom of a slow cooker.
2. Add water, soy sauce and seasonings.
3. Cover and cook on High for 5-6 hours or until beef is tender.

4. Remove meat from broth; shred with a fork and keep warm.
5. Strain broth and skim off fat.
6. Pour broth into small cups for dipping.
7. Serve beef on rolls.

Nutrition Facts: (Amount Per Serving) 180 calories, 6g total fat, 2.5g saturated fat, 80mg cholesterol, 430mg sodium, 1g total carbohydrate, 0g dietary fiber, 27g protein

Nutritional analysis does not include French rolls

Pork or Beef Barbecue Sandwiches

(Makes 8 sandwiches)

2 lb. pork or beef roast
1 cup water
1 cup ketchup
2 Tablespoons brown sugar
2 teaspoons instant minced onion
1 teaspoon garlic powder
1/2 teaspoon pepper
2 teaspoons prepared mustard
2 teaspoons Worcestershire sauce
8 hamburger buns or sandwich rolls

1. Place roast in a slow cooker. Add water and cover with lid; cook on Low for 10 hours or on High for 5 to 6 hours.
2. Remove the roast and shred the meat using 2 forks.

3. Remove any liquid in the slow cooker. Return shredded meat to slow cooker.
4. Combine ketchup, brown sugar, onion, garlic powder, pepper, mustard and Worcestershire sauce in saucepan; mix well. Cook over low heat for 5 to 10 minutes until heated thoroughly.
5. Pour over shredded meat. Cook on High for one more hour or until meat is heated thoroughly. Serve on buns or rolls.

Nutrition Facts: (Amount Per Serving) 312 calories, 6g total fat, 625mg sodium, 33g total carbohydrate, 1g dietary fiber, 30g protein

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Cashew Chicken

(Makes 6 servings)

- 6 chicken breasts
- 1 cup green onion, chopped
- 1 cup mushrooms, sliced
- 1 cup celery, sliced
- 1 (10 3/4-oz.) can cream soup (mushroom or chicken)
- 1 Tablespoon soy sauce
- 1 cup cashews

Notes: To reduce sodium content of recipe, use lower sodium soup, low-sodium soy sauce and unsalted cashews.

Nutrition Facts: (Amount Per Serving) 320 calories, 15g total fat, 3.5g saturated fat, 70mg cholesterol, 850mg sodium, 13g total carbohydrate, 1g dietary fiber.

1. Place thawed chicken breasts in bottom of slow cooker.
2. Add onion, mushrooms, and celery.
3. Top vegetables with soup and soy sauce.
4. Cover and cook on Low for 6 hours or High for 4 hours.
5. Top each serving with cashews.

Mary Ann's Round Steak and Vegetables

(Makes 6 servings)

- 1 1/2 lbs. chuck or round steak, cut into strips
- 1/3 cup flour
- 1/4 tsp. pepper
- 1 large onion, sliced
- 1-2 green peppers, sliced
- 1 can (16-oz.) tomatoes
- 1 can (4-oz.) mushrooms, drained
- 2 Tbsp. molasses or brown sugar (optional)
- 1 (10-oz.) package frozen green beans, French style

2. Place coated steak strips into slow cooker.
3. Add all remaining ingredients.
4. Cover and cook on High 1 hour then turn to Low for 8 hours or leave on High for 5 hours.
5. Serve over rice or noodles.

Nutrition Facts: (Amount Per Serving) 250 calories, 6g total fat, 2.5g saturated fat, 70mg cholesterol, 330mg sodium, 19g total carbohydrate, 3g dietary fiber.

1. Place steak strips, flour, salt and pepper in a container or plastic bag. Toss or shake to coat with flour.

White Bean and Chicken Chili

(Makes 8-10 servings)

- 1 lb. cooked, chopped chicken
- 2 (15.5 oz) cans Great Northern Beans, drained and rinsed
- 1 can diced tomatoes with green chilies
- 2 cloves garlic, chopped
- 1 yellow onion, chopped
- 1 (14 oz.) can low-sodium chicken broth
- 1 teaspoon dried oregano
- 1 teaspoon chili powder
- 2 teaspoons ground cumin
- 1 teaspoon black pepper
- 1 teaspoon hot sauce

2. Cover and cook on Low for 6-8 hours.

Nutrition Facts: (Amount Per Serving) 140 calories, 1g total fat, 0g saturated fat, 25mg cholesterol, 420mg sodium, 15g carbohydrate, 5g dietary fiber, 16g protein.

1. Place all ingredients in a slow cooker.

Vegetable-Beef Chili

(Makes 6 servings)

- 1 lb. lean ground beef
- 1 cup chopped onion
- 2 (10-oz.) packages frozen mixed vegetables
- 1 (16-oz.) can tomatoes
- 1 (8-oz.) can tomato sauce
- 1/2 cup water
- 1 Tbsp. chili powder
- 1 tsp. salt
- 1 tsp. sugar

tomatoes, and rest of ingredients into beef mixture.

4. Cover and cook on High for 1 hour; reduce to Low and cook another 6-8 hours.

Nutrition Facts: (Amount Per Serving) 220 calories, 6g total fat, 2.5g saturated fat, 40mg cholesterol, 480mg sodium, 23g total carbohydrate, 4g dietary fiber, 19g protein

1. Brown beef and onion in skillet; drain off fat and transfer mixture to slow cooker.
2. Place frozen vegetables in strainer; rinse with hot water to separate.
3. Stir vegetables, undrained

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Spinach Lasagna

(Makes 12 1-cup servings)

- 2 (28-oz.) cans no added salt diced tomatoes, drained
 - 1 Tbsp. Italian seasoning (oregano, basil, garlic mixture)
 - Black pepper to taste
 - 16 oz. reduced fat ricotta or cottage cheese
 - 1/2 cup grated Parmesan cheese
 - 1 (12 oz.) package dry Lasagna noodles
 - 1 (10-oz.) package frozen chopped spinach, thawed and drained
 - 8 oz. part skim mozzarella, grated
1. In a medium bowl, combine the tomatoes, Italian seasoning, and pepper.
 2. In another medium bowl, combine the ricotta and Parmesan cheeses.
 3. Spoon 1/3 cup of the tomato mixture into the bottom of the slow cooker. Top with a single layer of noodles. Add half of the spinach. Finish with 1/3 of ricotta mixture.
 4. Repeat with tomato, noodle, spinach and ricotta layers.
 5. Finish with a layer of noodles, tomato and the mozzarella.
 6. Set the slow cooker to Low and cook, covered until the noodles are tender, about 2 hours.

Nutrition Facts: (Amount Per Serving) 250 calories, 7g total fat, 4.5g saturated fat, 30mg cholesterol, 350mg sodium, 30g total carbohydrate, 3g dietary fiber, 15g protein.

Autumn Stew

(Makes 10 servings)

- 1 butternut squash, peeled and diced
 - 2 large potatoes, peeled and quartered
 - 2 sweet potatoes, peeled and quartered
 - 1 cup low-fat buttermilk
 - 1 cup low-fat milk
 - 1 (14 oz.) can low sodium beef broth
 - 1/8 teaspoon ground cloves
 - 1/2 teaspoon cinnamon
 - 1/2 teaspoon dried sage
 - 1 teaspoon dried parsley
 - 1 1/2 lbs cooked turkey
 - 3 Tablespoons quick-cooking tapioca
1. Arrange squash and potatoes in a slow cooker; pour in buttermilk, low-fat milk and beef broth.
 2. Add spices and turkey.
 3. Stir in tapioca.
 4. Cover and cook on high setting for 5 hours, or until potatoes and squash are tender.

Nutrition Facts: (Amount Per Serving using white meat) 240 calories, 2.5g total fat, 1g saturated fat, 50mg cholesterol, 170mg sodium, 28g total carbohydrate, 3g dietary fiber, 3g dietary fiber, 25g protein.

Easy Chicken Tacos

(Makes 6 tacos)

- 3 skinless, boneless chicken breast halves
 - 1/2 cup medium salsa
 - 1/4 cup tomato sauce
 - 2 cloves garlic, minced
 - 1 small yellow onion, chopped
 - 1 small green pepper, chopped
 - 1 teaspoon ground cumin
 - 1 teaspoon chili powder
 - 1/2 teaspoon black pepper
 - 1/2 cup low-fat shredded cheese
 - 6 corn taco shells
3. Add the garlic, onion, green pepper and spices.
 4. Cover and cook on Low for 4 to 5 hours, until chicken is tender.
 5. Shred chicken with 2 forks.
 6. Serve in taco shells topped with shredded cheese.

Nutrition Facts: (Amount Per Serving) 190 calories, 5g total fat, 1.5g saturated fat, 45mg cholesterol, 380mg sodium, 13g total carbohydrate, 2g dietary fiber, 21g protein

Texas Hash

(Makes 6 servings)

- 1 1/2 lbs. lean ground beef
 - 2 medium onions, chopped
 - 1 green pepper, chopped
 - 2 (16-oz.) no added salt can tomatoes
 - 1 cup raw long-grain rice
 - 1 1/2 tsp. chili powder
 - 1 1/2 tsp. salt
 - 2 tsp. Worcestershire sauce
 - 1/2 cup water
1. Brown beef; drain off fat.
 2. Put all ingredients in slow cooker; stir thoroughly.
 3. Cover and cook on High 1 hour; then Low 5-7 hours (or keep on High another 3 hours.)

Nutrition Facts: (Amount Per Serving) 160 calories, 1.5g total fat, 0g saturated fat, 5mg cholesterol, 45mg sodium, 32g total carbohydrate, 3g dietary fiber, 5g protein.

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Easy Chicken and Veggies

(Makes 4 servings)

- 1 (10 oz.) package frozen peas
- 1 lb. baby carrots
- 1 medium onion, diced
- 4 small skinless chicken breasts
- 1/2 tsp. pepper
- 1 cup low-sodium chicken broth
- 1 tsp. dried basil

1. Put peas, carrots, and onion in bottom of slow cooker; add chicken breasts.
2. Top with pepper and broth. Sprinkle with basil.
3. Cover with lid.
4. Cook on High for 4-5 hours or on Low for 8-10 hours.

Nutrition Facts: (Amount Per Serving) 250 calories, 2g total fat, 0.5g saturated fat, 65mg cholesterol, 350mg sodium, 24g total carbohydrate, 6g dietary fiber, 32g protein

Swedish Cabbage Rolls

(Makes 6 servings)

- 12 large cabbage leaves
- 1 egg, beaten
- 1/4 cup milk
- 1/4 cup finely chopped onion
- 1/4 tsp. pepper
- 1 1/2 lbs. lean ground beef
- 1 cup cooked rice
- 1 (8-oz.) can tomato soup
- 1 Tbsp. brown sugar
- 1 Tbsp. lemon juice
- 1 tsp. Worcestershire sauce

1. Immerse cabbage leaves in large kettle of boiling water for 2-3 minutes or until limp; drain.
2. Combine egg, milk, onion, pepper, beef, and cooked rice.

3. Place about 4-5 Tbsp. meat mixture in center of each cabbage leaf; fold in sides and roll ends over meat.
4. Place in slow cooker.
5. Combine rest of ingredients; pour over cabbage rolls.
6. Cover and cook on High 1 hour; then Low another 6-7 hours.

Nutrition Facts: (Amount Per Serving) 290 calories, 11g total fat, 4.5g saturated fat, 95mg cholesterol, 310mg sodium, 18g total carbohydrate, 2g dietary fiber, 27g protein.

Chicken Stew

(Makes 12 1-cup servings)

- 2 lbs. boneless, skinless chicken breasts, cut in 1-inch cubes
- 1 large onion, quartered and cut into 1/2 inch slices
- 1 cup baby carrots or 2 large carrots peeled and cut into 1 inch slices
- 3 medium potatoes cut into 1 inch Cubes
- 3 1/2 cups low-sodium chicken broth
- 1 tsp. celery seed
- 1 tsp. dried thyme
- 1/2 tsp. black pepper
- Salt to taste
- 1 cup frozen corn, thawed
- 1 (8 oz.) can sliced mushrooms, Drained
- 1 cup frozen peas, thawed

1. Combine all ingredients, except peas, in the slow cooker; stir well.
2. Cover and cook on Low 6 to 8 hours, until chicken is done and vegetables are tender; stir in peas the last 30 minutes.

Nutrition Facts: (Amount Per Serving) 170 calories, 1.5g total fat, 0g saturated fat, 45mg cholesterol, 470mg sodium, 17g total carbohydrate, 2g dietary fiber.

BBQ Pork Steaks

(Makes 4 servings)

- 4 pork steaks
- 1 large onion, thinly sliced
- 1 large green pepper, thinly sliced
- 2 tomatoes, sliced
- 1 Tbsp. quick tapioca
- 1/2 cup BBQ sauce

1. Brown pork steaks in skillet.
2. Layer vegetables in slow cooker; sprinkle with tapioca.
3. Top with steaks; pour BBQ sauce on top.
4. Cover and cook on High 1 hour; then on Low 6-8 hours.

Nutrition Facts: (Amount Per Serving) 360 calories, 17g total fat, 6g saturated fat, 95mg cholesterol, 460mg sodium, 24g total carbohydrate, 2g dietary fiber.

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Baked Beans

(Makes 12 1/2-cup servings)

1 lb. dried small white dry beans,
rinsed
6 cups water
3 cups water
1/3 cup molasses
1/4 cup brown sugar
1 onion, chopped
4 slices bacon, chopped
1 Tbsp. Dijon mustard
1/2 tsp. salt
1/2 cup ketchup (optional)

1. To quick soak beans, place in a large saucepan. Cover with 6 cups of water or to at least 1 inch over the top of the beans.
2. Place saucepan on the stove and bring to a boil. Decrease heat to low

and simmer for 2 to 3 minutes.
3. Remove from heat, cover and allow to stand at least 1 hour or up to 4 hours.
4. Drain soaking water and rinse beans.
5. Place beans in slow cooker. Add 3 cups fresh water and remaining ingredients except ketchup. Cover.
6. Set slow cooker on High setting and cook beans for 6–7 hours or until beans are tender.
7. If desired add optional ketchup during last 1 hour of cooking.

Nutrition Facts: (Amount Per Serving) 210 calories, 4g total fat, 1.5g saturated fat, 5mg cholesterol, 300mg sodium, 36g total carbohydrate, 8g dietary fiber.

Potatoes and Carrots

(Makes 12 1/2-cup servings)

3 cups sliced raw potatoes
3 cups sliced carrots
1 medium onion, chopped
2 cups beef broth

1. Combine potatoes, carrots and onion in the slow cooker.
2. Pour broth over the vegetables.
3. Cover and cook on High for 4-6 hours or until vegetables are tender.

Nutrition Facts: (Amount Per Serving) 90 calories, 0g total fat, 0g saturated fat, 0mg cholesterol, 290mg sodium, 18g total carbohydrate, 3g dietary fiber.

Scalloped Corn

(Makes 8 1/2-cup servings)

2 eggs, beaten or 1/2 cup egg substitute
1/2 cup light sour cream
1/4 cup melted trans-fat free margarine
1 small onion, finely chopped *or* 2 Tbsp. instant chopped onion
1 (14-oz.) can whole kernel corn
1 (14-oz.) can creamed corn
1 small box or 1 1/2 cups cornbread mix

1. In a medium bowl, mix all ingredients together well.
2. Prepare the slow cooker by spraying lightly with nonstick cooking spray.

3. Place corn mixture in prepared insert.
4. Cover and cook on High for 2 to 2 1/2 hours.

Nutrition Facts: (Amount Per Serving) 250 calories, 8g total fat, 1.5g saturated fat, 5mg cholesterol, 610mg sodium, 36g total carbohydrate, 3g dietary fiber, 7g protein.

German Potato Salad

(Makes 12 1/2-cup servings)

6 cups sliced raw potatoes
1 cup chopped onion
1 cup chopped celery
1 cup water
1/2 cup cider vinegar
1/4 cup granulated sugar
2 Tbsp. quick cooking tapioca
1/4 tsp. black pepper
2 tsp. dried parsley flakes
4 Tbsp. real bacon pieces or 4 slices bacon, cooked, drained and crumbled

1. Combine potatoes, onion, and celery in the slow cooker.
2. In a medium bowl, combine the water, vinegar, sugar, tapioca, black

pepper and parsley flakes. Pour mixture over potato mixture.
3. Cover and cook on Low for 8 hours.
1. Stir in crumbled bacon.
2. Serve hot.

Nutrition Facts: (Amount Per Serving) 80 calories, 0.5g total fat, 0g saturated fat, 0mg cholesterol, 210mg sodium, 16g total carbohydrate, 1g dietary fiber.

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Slow Cooked Apples

(Makes 4 1/2-cup servings)

2 lbs. or about 6 medium cooking apples
1 tsp. cinnamon
1/2 cup raisins
1/2 cup orange juice
1/3 cup sugar

hours or until apples are tender.

Nutrition Facts: (Amount Per Serving) 81 calories, 0g total fat, 21g total carbohydrate, 0mg sodium

1. Spray interior of slow cooker with non-stick cooking spray.
2. Wash and peel apples. Cut into thick slices or chunks. Place prepared apples in a slow cooker.
3. In a small mixing bowl combine the raisins, sugar, cinnamon and juice. Pour mixture over apples. Stir to coat the apples.
4. Cover and cook on Low for 1 to 2

Slow Cooker Oatmeal

(Makes 4 1/2-cup servings)

1 cup oatmeal
1/3 cup raisins
2 1/4 cups water

(Other options: 1/3 cup apples, 1/3 cup nuts, 1 tsp. cinnamon)

Nutrition Facts: (Amount Per Serving) 120 calories, 1.5g total fat, 0g saturated fat, 0mg cholesterol, 10mg sodium, 24g total carbohydrate, 3g dietary fiber, 0g sugars, 4g protein.

1. Spray slow cooker with non-stick spray.
2. Cook on Low for 8 to 10 hours.
3. When the raisins cook with the oatmeal it sweetens it, so adjust the amount of sugar or sweetener. Great for families on the run in the mornings.

(Nutritional analysis includes raisins.)

Caramel Apple Crisp

(Makes 6 servings)

4 cups tart apples, peeled and sliced
1 Tablespoon cornstarch
1/4 cup sugar
1/2 teaspoon ground cinnamon
1/4 cup fat-free caramel syrup
1/2 cup quick cooking oats
1/3 cup flour
2 Tablespoons melted trans fat-free Margarine

4. Add apple mixture to the slow cooker and drizzle with caramel syrup.
5. In a separate bowl, stir together oats, flour and melted margarine.
6. Pack on top of apples and cook on High for 3 hours.

Nutrition Facts: (Amount Per Serving) 220 calories, 4.5g total fat, 1g saturated fat, 0mg cholesterol, 85mg sodium, 45g total carbohydrate, 4g dietary fiber, 2g protein.

1. Spray the interior of a slow cooker with non-stick cooking spray.
2. In a large bowl, toss apples with cornstarch.
3. Mix together sugar and cinnamon in a small bowl and toss with apples.

Peachy Bread Pudding

(Makes 8 servings)

1/4 cup sugar substitute
1/2 cup brown sugar
3/4 cup low-fat baking mix
2 eggs, beaten
2 tsp. vanilla or almond extract
1 Tbsp. melted trans fat-free margarine
2/3 cup low-fat milk
2 cups peach slices, mashed
1 tsp. cinnamon
Nonstick cooking spray

4. Blend in melted margarine and milk.
5. Add peaches and cinnamon.
6. Pour into slow cooker.
7. Cook on Low for 6 hours.

Nutrition Facts: (Amount Per Serving) 180 calories, 4.5g total fat, 2g saturated fat, 60mg cholesterol, 190mg sodium, 32g total carbohydrate, 1g dietary fiber.

1. Spray slow cooker insert with non-stick cooking spray.
2. Combine sugar substitute, brown sugar, and baking mix.
3. Stir in eggs and extract.

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Slow Cooker Baked Custard

(Makes 6 1/2-cup servings)

3 eggs, lightly beaten
1/3 cup granulated sugar
1 tsp. vanilla extract
2 cups low-fat milk
1/4 tsp. ground nutmeg

1. In a mixing bowl combine eggs, sugar, vanilla, and milk; mix well.
2. Choose a 1 or 1 1/2 quart baking dish that will fit into the slow cooker. Lightly butter baking dish and pour mixture into it. Sprinkle with nutmeg.
3. Place a small rack or a piece of aluminum foil into the bottom of the slow cooker. Add 2 cups of hot water.

4. Cover the baking dish with aluminum foil and place on the rack in the slow cooker. The water may come up the sides of the baking dish.
5. Cover with the slow cooker lid and cook on High for 2 1/2 to 3 hours or until set.

Nutrition Facts: (Amount Per Serving) 100 calories, 3g total fat, 1.5g saturated fat, 115mg cholesterol, 75mg sodium, 13g total carbohydrate, 0g dietary fiber.

Chocolate Raspberry Bread Pudding

(Makes 4 1/2-cup servings)

6 cups loaf bread, cubed
2/3 cup semi-sweet chocolate chips
1 cup fresh or frozen raspberries, rinsed and drained
1 cup evaporated skim milk
1 cup egg substitute
1/2 cup sugar substitute
1 teaspoon vanilla extract

1. Spray the interior of a slow cooker with non-stick cooking spray.
2. Add half the bread cubes. Then sprinkle evenly with half of the chocolate chips and half the raspberries.
3. Repeat layers.

4. In a mixing bowl, combine evaporated milk, egg substitute, sugar substitute and vanilla.
5. Pour over contents in slow cooker.
6. Cover and cook on High for 1 1/2 to 2 hours.

Nutrition Facts: (Amount Per Serving) 170 calories, 4g total fat, 2.5g saturated fat, 0mg cholesterol, 150mg sodium, 27g total carbohydrate, 2g dietary fiber, 6g protein.