



UK Health & Wellness Cooking Class

Recipes from Crocktober Fest

All recipes from *Fix-It & Forget-It Lightly: Healthy Low-Fat Recipes for Your Slow Cooker* by Phyllis Pellman Good

Sweet Potato Lentil Stew

Makes 6 servings

(Ideal slow-cooker size: 4-quart)

Ingredients:

4 cups fat-free vegetable broth	4 garlic cloves, minced
3 cups (about 1 1/4 lbs.) sweet potatoes, peeled and cubed	1/2 tsp. ground cumin
1 1/2 cups lentils, rinsed	1/4 tsp. ground ginger
3 medium-sized carrots, cut into 1-inch pieces	1/4 tsp. cayenne pepper
1 medium-sized onion, chopped	1/4 cup minced fresh cilantro or parsley
	1/4 tsp. salt

Directions:

- Combine first nine ingredients in slow cooker.
- Cook on low 5-6 hours or just until vegetables are tender.
- Stir in cilantro and salt just before serving.

[**Class notes:** You can use vegetable bouillon cubes for the broth. If you don't have carrots, it's OK to leave them out.]

Chicken Jambalaya

Makes 6 servings

(Ideal slow-cooker size: 5-quart)

Ingredients:

1 lb. uncooked boneless, skinless chicken breast, cubed	1/2 cup onion, chopped
3 cups fat-free chicken broth	1/2 cup green bell pepper, chopped
3/4 cup water	2 tsp. Cajun seasoning
1 1/2 cups uncooked brown rice	2 garlic cloves, minced
4 ozs. reduced-fat, smoked turkey sausage, diced	1/8 tsp. hot pepper sauce, optional
1/2 cup celery with leaves, thinly sliced	1 bay leaf
	14 1/2 oz. can no-salt diced tomatoes, undrained

Directions:

- In a large nonstick skillet, sauté chicken 2-3 minutes.
- Stir together remaining ingredients in slow cooker.
- Add sautéed chicken.
- Cover. Cook on high 6 hours.

[**Class notes:** Some said the rice was too mushy, so if you can, add the rice about mid way through the recommended 6 hours.]

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Broccoli Casserole

Makes 4 servings

(Ideal slow-cooker size: 4-quart)

- 2 10-oz. pkgs. frozen broccoli spears, thawed and cut in pieces (or frozen chopped broccoli)
- 10 3/4 -oz. can 98% fat-free cream of celery soup
- 1 1/2 cups reduced-fat cheddar cheese, divided
- 1/4 cup yellow onions, finely chopped
- 1 cup baked potato chips, crushed

1. Combine broccoli, soup, 1 cup cheese, and onions in slow cooker sprayed with non-stick cooking spray.
2. Cover. Cook on low 3-4 hours or on high 2 hours, or until broccoli is done to your liking.
3. Mix remaining 1/2 cup cheese and crushed potato chips together and sprinkle on top of casserole 30 minutes before end of cooking time. Leave cooker uncovered during this final half hour of cooking.

Carmeled Pears 'n' Wine

Makes 6 servings

(Ideal slow-cooker size: 6-quart)

- 6 medium-sized pears with stems
- 1 cup white wine (sauterne works well)
- 1/2 cup sugar
- 1/2 cup water
- 3 Tbsp. lemon juice
- 2 cinnamon sticks, each about 2 1/2- to 3-inches long
- 3 whole dried cloves
- 1/4 tsp. ground nutmeg
- 6 Tbsp. fat-free caramel apple dip

1. Peel pears, leaving whole with stems intact.
2. Place upright in slow cooker. Shave bottom if needed to level fruit.
3. Combine wine, sugar, water, lemon juice, cinnamon, cloves, and nutmeg. Pour over pears.
4. Cook on low 4-6 hours, or until pears are tender.
5. Cool pears in liquid.
6. Transfer pears to individual serving dishes. Place 2 tsp. cooking liquid in bottom of each dish.
7. Microwave caramel dip for 20 seconds and stir. Repeat until heated through.
8. Drizzle caramel over pears and serve.

[Class notes: This works just fine if you quarter the pears. Also, we added more than 3 whole cloves, use a dozen or so.]