

SBL Cooking Demo: *Slow Cooker*

Healthy Crockpot Breakfast Casserole

8 Servings

Ingredients

8 eggs
4 egg whites
¾ cup milk
2 tsp. stone ground mustard
½ tsp. garlic salt
1 tsp. salt
½ tsp. pepper
1 30oz bag frozen diced potatoes
Optional: 4 strips cooked bacon
½ onion, roughly chopped
2 bell peppers, roughly chopped
1 small head of broccoli, roughly chopped
6 oz. cheddar cheese



Preparation

1. In a medium-sized bowl, whisk together the whole eggs, egg whites, milk, mustard, garlic salt, salt and pepper. Set aside.
2. Lightly grease the bottom of your crockpot. Place half of the diced potatoes on the bottom. Layer with half of the bacon, chopped onion, bell peppers, broccoli, and cheese. Add the last half of the potatoes, and then top with the rest of the veggies, bacon, and cheese. Pour all of the egg mixture on top.
3. Cover and cook for 4 hours on low. Serve hot!

Nutrition (per serving): 320 calories; 13.2g fat; 700mg sodium; 5.3g protein; 1.9g sugar; 29.6g carbs; 5.3g fiber

Baked Oatmeal with individual toppings

18 Servings

Ingredients

2 eggs
1 tsp. vanilla extract
2 cups applesauce, unsweetened
½ cup or 1 banana, mashed
6 packets of Sweet leaf Stevia or
1 ½ tsp. stevia powder or use ½ cup honey
5 cups, Old Fashion rolled oats
2 T flaxseed meal
1 T ground cinnamon
3 tsp. baking powder
1tsp salt
2 ¼ cups milk



Toppings: blue berries, walnuts, mini chocolate chips

Preparation

1. Mix eggs, vanilla, applesauce, banana, and stevia together in a bowl.
2. Add in oats, flax, cinnamon, baking powder, salt and mix well with wet ingredients.
3. Finally pour in milk and combine.
4. Coat slow cooker with cooking spray and pour mixture in.
5. If using toppings add them to the tops of muffins now. If using fresh or frozen fruit, drop in right into batter.
6. Cook on low heat for 4-6 hours.

If making muffins...

5. Pre-heat oven to 350 degrees.
6. Spray a 12 and 6 capacity muffin tin with cooking spray or use cupcake liners. Pour mixture evenly into muffin tin cups.
7. If using toppings add them onto the tops of muffins now. If using fresh or frozen fruit, drop in right into the batter.
8. Bake 30 minutes until a toothpick in center comes out clean.
9. Cool and enjoy or freeze them in gallon freezer bags.

Nutrition (per serving): 144 calories; 154mg sodium; 6g protein; 2.7g sugar; 3.3g fiber; 3g fat

Slow-Cooker Chicken Enchilada Dip

½ cup = 1 serving

Ingredients

- 2 cups chopped fresh tomatoes
- 1 cup chopped onion
- 1 fresh jalapeno pepper, steamed
- 1 T chili powder
- 1 tsp. ground cumin
- ¼ tsp. salt
- 1 pound boneless, skinless chicken breast
- 8 oz. reduced-fat cream cheese
- 1 15-oz can black beans, rinsed
- 1 cup corn, fresh or frozen (thawed)
- 1 cup shredded reduced fat sharp Cheddar cheese
- 2 T sliced scallions
- 2 T chopped fresh cilantro

Preparation

1. Combine tomatoes, onion, garlic, jalapeno, chili powder, cumin, and salt in a blender. Puree until smooth.



2. Pour the sauce into a 5- to 6- quart slow cooker. Nestle chicken into the sauce. Cover and cook on high for 3 hours or on low for 6 hours.
3. Remove the chicken and shred using two forks. Stir the chicken back into the sauce in the slow cooker. Add cream cheese, beans, corn, and Cheddar. Stir to combine. Cover and cook on high until cheese is melted and the sauce is hot, 10-15 minutes.
4. Serve the dip topped with scallions and cilantro.

Nutrition (per serving): 181 calories; 381mg sodium; 15g protein; 3g fiber; 9g fat

Slow Cooker German Potato Salad

½ cup = 1 serving

Ingredients

- 4 slices of bacon
- 1/3 cup cider vinegar
- 3 tbsp. whole-grain mustard
- 2 tbsp. all-purpose flour
- ½ tsp. salt
- ½ tsp. freshly ground pepper
- 3 pounds fingerling potatoes,
halved lengthwise (or quartered, if large)
- 2 cups sliced celery
- 1 medium sweet onion, chopped
- ¼ cup chopped fresh dill



Preparation

1. Cook bacon in a large skillet over medium heat, turning occasionally, until crispy, about 8 minutes. Transfer to a paper-towel-lined plate to cool, reserving the drippings. Crumble the cooled bacon and refrigerate until ready to serve.
2. Discard all but 2 tablespoons of the drippings. Off the heat, add vinegar to the pan. When it stops steaming, scrape up any browned bits. Whisk mustard and flour in a small bowl; add the vinegar mixture and whisk until combined,. Whisk salt and pepper.
3. Combine potatoes, celery, onion and the dressing in a 5- to 6- quart slow cooker; stir until vegetables are well coated. Cover and cook on low for 5 hours.
4. To serve, stir in dill and bacon.

Nutrition (per serving): 91 calories; 172mg sodium; 3g protein; 1g sugar; 1g fiber; 1g fat

Slow-Cooker Vegetarian Lasagna

8 Servings

Ingredients

3



- 1 large egg
- 1 15- to 16- oz container part-skim ricotta
- 1 5-oz frozen package of baby spinach,
coarsely chopped and drained
- 3 large or 4 small Portobello mushroom caps,
gills removed, halved and thinly sliced
- 1 small zucchini,
quartered lengthwise and thinly sliced (peeled)
- 1 28-oz can crushed tomatoes
- 1 28-oz can diced tomatoes
- 3 cloves garlic, minced
- Pinch of crushed red pepper (optional)
- 15 whole wheat lasagna noodles (about 12 oz), uncooked
- 3 cups shredded part-skim mozzarella, divided

Preparation

1. Combine egg, ricotta, spinach, mushrooms, and zucchini in a large bowl.
2. Combine crushed and diced tomatoes and their juice, garlic and crushed red pepper (if using) in a medium bowl.
3. Generously coat a 6-quart or large slow cooker with cooking spray. Spread 1 ½ cups of tomato mixture in the slow cooker. Arrange 5 noodles over the sauce, overlapping them slightly and breaking into pieces to cover as much of the sauce as possible. Spread half of the ricotta-vegetable mixture over the noodles and firmly pat down, then spoon on 1 ½ cups sauce and sprinkle with 1 cup mozzarella. Repeat the layering one more time, starting with noodles. Top with a third layer of noodles. Evenly spread the remaining tomato sauce over the noodles. Set aside the remaining 1 cup mozzarella in the refrigerator.
4. Put lid on the slow cooker and cook on high for 2 hours or on low for 4 hours. Turn off the slow cooker, sprinkle the reserved mozzarella on the lasagna, cover and let stand for 10 minutes to melt the cheese.

***Tip:** The dark gills found on the underside of a Portobello mushroom cap are edible, but can turn a dish an unappealing gray color. If you like, gently scrape the gills off with a spoon.

Nutrition (per serving): 413 calories; 14g fat; 27g protein; 7g fiber; 665mg sodium

Chocolate Zucchini Cupcakes

21 Servings

Ingredients

- 1 box devil's food Cake Mix
- 3 eggs
- 1/2 cup applesauce, unsweetened
- ½ cup butter or skim milk
- ½ cup Greek yogurt
- 2 tsp. vanilla extract
- 1 ¾ cup zucchini, grated (about 2 zucchini)
- 1 cup mini chocolate chips

four cup of cake



Preparation

4

1. In a large bowl, combine eggs, applesauce, milk, yogurt, and vanilla extract until smooth.
2. Stir in cake mix.
3. Stir in grated zucchini and chocolate chips.
4. Coat slow cooker with cooking spray and pour in mixture.
5. Cook on low heat for 4-6 hours.

If making cupcakes...

4. Preheat oven to 350 degrees and line pans with cupcake liners
5. Spray cupcake tin with cooking spray or use cupcake liners. Pour mixture evenly into cupcake tin cups.
6. Fill cupcake liners $\frac{3}{4}$ full and bake for 17 to 22 minutes or until an inserted knife comes out clean.

Nutrition (per serving): 326 calories; 288mg sodium; 3g protein; 25g sugar; 1g fiber; 17g fat