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CAROUSEL / LUNCH / MAIN DISHES / SOUPS & STEWS / MAY 21, 2015

14 Slow Cooker Dinners—400 Calories or Less!



Stumped on what to make for dinner? Set it and forget it with these tasty slow cooker recipes from our friends at [Cooking Light](#).

Chicken

1. Chicken with Carrots and Potatoes: All you need is twenty minutes to get this dish in the slow cooker. You'll have a hearty chicken and veggie supper waiting for you when you get home. If you don't care to use the wine, you can use 1/2 cup of additional chicken broth.

Nutrition (per serving): Calories: 229; Total Fat: 5g; Saturated Fat: 1g; Monounsaturated Fat: 2g; Cholesterol: 80mg; Sodium: 454mg; Total Carbohydrate: 21g; Dietary Fiber: 3g; Sugars: 5g; Protein 22g

2. Chicken Korma: If you prefer milder foods, reduce or omit the crushed red pepper. Add warm naan as a side to this classic Indian dish.

Nutrition (per serving): Calories: 297; Total Fat: 6g; Saturated Fat: 1g; Monounsaturated Fat: 2g; Cholesterol: 94mg; Sodium: 507mg; Total Carbohydrate: 34g; Dietary Fiber: 4g; Sugars: 3g; Protein 27g

3. Chicken Verde: Make your friends "green" with envy at your slow cooker savvy by serving up this savory Southwestern-style entrée, loaded with tomatillos, onion, and roasted poblano and jalapeño peppers. Corn tortillas and a simple green salad round out the menu.

Nutrition (per serving): Calories: 282; Total Fat: 6g; Saturated Fat: 1g; Monounsaturated Fat: 2g; Cholesterol: 86mg; Sodium: 168mg; Total Carbohydrate: 21g; Dietary Fiber: 5g; Sugars: 10g; Protein 37g

4. Chicken Cacciatore: The Italian word "cacciatore" translates to "hunter" in English, referring to a dish prepared with tomatoes, mushrooms, and onions—"hunter-style."

Nutrition (per serving): Calories: 361; Total Fat: 8g; Saturated Fat: 2g; Monounsaturated Fat: 3g; Cholesterol: 106mg; Sodium: 476mg; Total Carbohydrate: 36g; Dietary Fiber: 3g; Sugars: 5g; Protein 33g

Pork

5. Chinese Pork Tenderloin Noodles: This slow cooker medley of Chinese flavors is a yummy and healthy alternative to take-out. Serve with lime wedges to add zesty flavor.

Nutrition (per serving): Calories: 303; Total Fat: 6g; Saturated Fat: 1g; Monounsaturated Fat: 2g; Cholesterol: 72mg; Sodium: 555mg; Total Carbohydrate: 34g; Dietary Fiber: 3g; Sugars: 4g; Protein 28g

6. Plum Pork Tenderloin: Serve with jasmine rice to help soak up some of the sauce. Snow peas make a great side dish for rounding out your meal.

Nutrition (per serving): Calories: 199; Total Fat: 3g; Saturated Fat: 1g; Monounsaturated Fat: 1g; Cholesterol: 74mg; Sodium: 238mg; Total Carbohydrate: 18g; Dietary Fiber: 1g; Sugars: 18g; Protein 24g

Lamb

7. Tarragon Lamb Shanks with Cannellini Beans: Drench tender lamb shanks in perfectly seasoned veggies and savory Cannellini Beans. You'll be surprised at the remarkable taste!

Nutrition (per serving): Calories: 353; Total Fat: 10g; Saturated Fat: 4g; Monounsaturated Fat: 4g; Cholesterol: 145mg; Sodium: 554mg; Total Carbohydrate: 13g; Dietary Fiber: 3g; Sugars: 4g; Protein 50g

8. Herb & Sausage Stuffed Peppers: You can set up this recipe in less than fifteen minutes, turn on the slow cooker, and go. Come back in four hours, and your supper will be ready.

Nutrition (per serving): Calories: 299; Total Fat: 13g; Saturated Fat: 6g; Monounsaturated Fat: 3g; Cholesterol: 44mg; Sodium: 625mg; Total Carbohydrate: 29g; Dietary Fiber: 5g; Sugars: 8g; Protein 18g

9. Stuffed Squash: Serve this classic Middle Eastern meal in bowls so you can scoop up every drop of the tasty sauce with warm pita bread. Offer a salad of chopped lettuce, cucumber, and feta cheese.

Nutrition (per serving): Calories: 347; Total Fat: 15g; Saturated Fat: 6g; Monounsaturated Fat: 6g; Cholesterol: 41mg; Sodium: 507mg; Total Carbohydrate: 38g; Dietary Fiber: 6g; Sugars: 18g; Protein 16g

Vegetarian

10. Three Bean Vegetarian Chili: This soup has a mild chile flavor. If you want more heat, increase the amount of chili powder and don't seed the jalapeños.

Nutrition (per serving): Calories: 197; Total Fat: 4g; Saturated Fat: 2g; Monounsaturated Fat: 1g; Cholesterol: 8mg; Sodium: 591mg; Total Carbohydrate: 29g; Dietary Fiber: 9g; Sugars: 6g; Protein 11g

11. Vegetable Pot Pie: Leaving out the chicken doesn't make this dish any less filling or tasty. The medley of vegetables topped with a fluffy and savory biscuit create phenomenal flavors and will appease every one in your family.

Nutrition (per serving): Calories: 346; Total Fat: 13g; Saturated Fat: 6g; Monounsaturated Fat: 5g; Cholesterol: 25mg; Sodium: 606mg; Total Carbohydrate: 48g; Dietary Fiber: 5g; Sugars: 9g; Protein 12g

12. Tofu & Chickpea Curry: Experiment with a variety of fresh vegetables in this vegetarian Madras curry. You can stir in spinach or Swiss chard during the last 30 minutes of cooking, if you like.

Nutrition (per serving): Calories: 328; Total Fat: 7g; Saturated Fat: 1g; Monounsaturated Fat: 3g; Cholesterol: 0mg; Sodium: 627mg; Total Carbohydrate: 54g; Dietary Fiber: 7g; Sugars: 8g; Protein 13g

Soup

13. Potato Soup: This classic soup gets a double hit of cheese—stirred into the soup and sprinkled over the top.

Nutrition (per serving): Calories: 259; Total Fat: 6g; Saturated Fat: 4g; Monounsaturated Fat: 2g; Cholesterol: 17mg; Sodium: 683mg; Total Carbohydrate: 38g; Dietary Fiber: 3g; Sugars: 6g; Protein 13g

14. Butternut Squash-Parsnip Soup: This soup is simple, savory and extremely soothing on a cold winter night. To serve twelve to sixteen, make two batches of soup instead of doubling the recipe.

Nutrition (per serving): Calories: 132; Total Fat: 2g; Saturated Fat: 1g; Monounsaturated Fat: 1g; Cholesterol: 4mg; Sodium: 228mg; Total Carbohydrate: 30g; Dietary Fiber: 4g; Sugars: 9g; Protein 4g