



Diathrive

Slow Cooker

RECIPE COLLECTION





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Baked Stuffed Apples:

Warm, sweet and spiced baked apples. A perfect fall treat. Serve with a scoop of vanilla ice cream or top with some whipped cream.



Makes 8
SERVINGS



138
CALORIES



14.8g
NET CARBS

Ingredients:

- 4 baking apples
- 1 ½ tsp cinnamon
- ¼ cup sliced almonds
- Pinch of nutmeg
- ¼ cup chopped pecans
- 4 TBSP butter, melted
- ¼ cup Splenda brown sugar

Nutrition: Per 1 serving (Serving size: 1/2 apple)

- **Calories** 138
- **Total Fat** 9.6g
- **Saturated Fat** 4g
- **Trans Fat** 0g
- **Polyunsaturated Fat** 1.3g
- **Monounsaturated Fat** 3.8g
- **Cholesterol** 15.3mg
- **Sodium** .8mg
- **Carbohydrates** 18g
- **Dietary Fiber** 3.2g
- **Sugar** 14.3g
- **Protein** 1g
- **Vitamin D** 0% DV
- **Calcium** 12.1% DV
- **Iron** 1.6% DV
- **Potassium** 121.7mg
- **Vitamin A** 4.6% v
- **Vitamin C** 4.1% DV

1. Core the apples, making sure not to go too deep to puncture the bottom of the apple.
2. Mix the remaining ingredients and stuff the filling into the cored apples.

3. Place apples into the slow cooker and add 1 cup of water to the bottom.
4. Cook on high for 1 ½-2 hours or low for 4 hours.

Chicken Squash and Quinoa Stew:

This hearty stew is healthy, filling and delicious. Slow cooked to perfection, dinner is ready with very little effort.



10
SERVINGS



112
CALORIES



13.1g
NET CARBS

Ingredients:

- 1 onion, chopped
- 3 cloves of garlic, minced
- 3 uncooked boneless skinless chicken breasts, cut into 1 inch chunks
- 2 tsp dried oregano
- 2 tsp dried parsley
- 2 tsp curry powder
- ½ tsp red pepper flakes
- 1 small butternut squash, peeled and diced
- ⅔ cup uncooked quinoa
- 14 oz. can diced tomatoes, (not drained)
- 4 cups low sodium vegetable broth
- 1 bay leaf
- Fresh parsley, desired amount, chopped

Nutrition: Per 1 serving

- **Calories** 112
- **Total Fat** 1.8g
- **Saturated Fat** .3g
- **Trans Fat** 0g
- **Polyunsaturated Fat** .5g
- **Monounsaturated Fat** .5g
- **Cholesterol** 16.5mg
- **Sodium** 129.3mg
- **Carbohydrates** 15.8g
- **Dietary Fiber** 2.7g
- **Sugar** 3.1g
- **Protein** 9.4g
- **Vitamin D** 0% DV
- **Calcium** 9.1% DV
- **Iron** 6.5% DV
- **Potassium** 402.2mg
- **Vitamin A** 80.3% DV
- **Vitamin C** 19.1% DV

Add all ingredients into the slow cooker. Cook on low for 6-7 hours or low for 3-4 hours. Discard the bay leaf. Top with fresh parsley and serve.

Chicken Wild Rice Soup:

This warm, rustic soup is perfect for chilly fall days. Chopped veggies paired with wild rice, chicken and spices makes it the perfect comfort food for any home.



Makes 8
SERVINGS



104
CALORIES



9.4g
NET CARBS

Ingredients:

- 2 small boneless skinless chicken breasts
- 1 ½ cup uncooked wild rice
- 5 cups low sodium chicken broth
- 2 cloves garlic, minced
- 1 cup chopped celery
- 1 cup diced carrots
- ½ cup diced onion
- 1 TBSP dried parsley
- 1 TBSP dried thyme
- 1 bay leaf
- Salt and pepper to taste

Nutrition: Per 1 serving

- **Calories** 104
- **Total Fat** .1g
- **Saturated Fat** .7g
- **Trans Fat** 0g
- **Polyunsaturated Fat** .1g
- **Monounsaturated Fat** .3g
- **Cholesterol** 18.7mg
- **Sodium** 219mg
- **Carbohydrates** 11g
- **Dietary Fiber** 1.6g
- **Sugar** 2.6g
- **Protein** 10.2g
- **Vitamin D** 0% DV
- **Calcium** 15.7% DV
- **Iron** 5.9% DV
- **Potassium** 194mg
- **Vitamin A** 136.8% DV
- **Vitamin C** 3.6% DV

Place all ingredients into a slow cooker. Cook on low for 6-7 hours or high for 3-4 hours. When done, remove the bay leaf and discard. Shred the chicken and stir back in with the soup.

Honey Chicken and Veggies:

Slow cooked flavorful and tender chicken paired with delicious red potatoes and vegetables. The honey glaze gives it some sweetness while the red pepper flakes gives it a slight kick.



6
SERVINGS



127
CALORIES



22g
NET CARBS

Ingredients:

- 2 large uncooked boneless skinless chicken breasts, each cut into 3 pieces
- 2 cups of diced red potatoes
- 1 cup petite baby carrots
- 1 cup raw green beans
- 3 TBSP parsley, chopped
- ¼ cup low sodium soy sauce
- ¼ cup honey
- 2 TBSP ketchup
- 2 cloves garlic, minced
- ½ tsp red pepper flakes
- Pepper to taste

Nutrition: Per 1 serving

- **Calories** 127
- **Total Fat** .9g
- **Saturated Fat** 0g
- **Trans Fat** 0g
- **Polyunsaturated Fat** 0g
- **Monounsaturated Fat** 0g
- **Cholesterol** 4.4mg
- **Sodium** 374.2mg
- **Carbohydrates** 24g
- **Dietary Fiber** 2g
- **Sugar** 14.8g
- **Protein** 4.5g
- **Vitamin D** 0% DV
- **Calcium** 17.1% DV
- **Iron** .6% DV
- **Potassium** 310.8mg
- **Vitamin A** 7.3% DV
- **Vitamin C** 6.1% DV

1. Place chicken and veggies (except the green beans and parsley) in the slow cooker. Combine soy sauce, honey, ketchup, garlic and seasonings. Pour over chicken and veggies.

2. Cook on low for 6-7 hours or on high for 3-4 hours. Add the green beans the last 30 minutes. Top with fresh parsley.

Honey Glazed Chicken Wings:

What's football season without chicken wings? These sweet and spicy wings are quick and easy and a great addition to game night.



Makes 8
SERVINGS



194
CALORIES



14.7g
NET CARBS

Ingredients:

- 8 chicken wings, patted dry

Rub:

- 1 ½ tsp garlic powder
- 1 ½ tsp onion powder
- 1 tsp smoked paprika
- 1 tsp chili powder
- 1 tsp cumin
- 1 tsp dried parsley
- Salt and pepper to taste

Glaze:

- ½ cup hot sauce
- ¼ cup honey
- 2 TBSP Splenda brown sugar

Nutrition: Per 1 serving

- **Calories** 194
- **Total Fat** 9g
- **Saturated Fat** 2.5g
- **Trans Fat** 0g
- **Polyunsaturated Fat** 0g
- **Monounsaturated Fat** 0g
- **Cholesterol** 80mg
- **Sodium** 300.4mg
- **Carbohydrates** 14.7g
- **Dietary Fiber** 0g
- **Sugar** 11.7g
- **Protein** 18g
- **Vitamin D** 0% DV
- **Calcium** 2.6% DV
- **Iron** 6% DV
- **Potassium** 5.5mg
- **Vitamin A** 6% DV
- **Vitamin C** 8.1% DV

1. Rub the wings with the spice rub mixture. Place the wings in the slow cooker. Mix the glaze ingredients and brush onto the wings.

2. Cook on high for 2 hours. Baste the wings with the liquid from the slow cooker.

Slow Cooker Brussel Sprouts and Butternut Squash:

This festive side dish is a wonderful combination of sweet and savory. Pair with pork chops or roasted chicken for the perfect meal.



Makes 10
SERVINGS



50
CALORIES



11g
NET CARBS

Ingredients:

- **3 cups** Brussel Sprouts, halved
- **2 cups** peeled and diced Butternut Squash
- **2 TBSP** honey
- **2 TBSP** Dijon mustard
- **2** cloves garlic, minced
- **¼ cup** raisins
- **¼ cup** pecans

Nutrition: Per 1 serving

- **Calories** 50
- **Total Fat** 1.9g
- **Saturated Fat** .2g
- **Trans Fat** 0g
- **Polyunsaturated Fat** .6g
- **Monounsaturated Fat** 1g
- **Cholesterol** 0mg
- **Sodium** 8mg
- **Carbohydrates** 13g
- **Dietary Fiber** 2g
- **Sugar** 6.9g
- **Protein** 1.5g
- **Vitamin D** 0% DV
- **Calcium** 3.9% DV
- **Iron** 4.8% DV
- **Potassium** 215.9mg
- **Vitamin A** 63.5% DV
- **Vitamin C** 47.2% DV

1. Place the Brussel Sprouts and Butternut Squash in the slow Cooker. Mix the mustard, honey and garlic. Pour over Brussel Sprouts and squash and toss.

2. Cook on high for 2-2 ½ hours. When done, toss with raisins and pecans and serve.

Slow Cooker Chicken Fajitas:

Flavorful and easy are a great combo. These chicken fajitas are packed full of flavor. On a carb balanced tortilla, top with cheese, cilantro and plain Greek yogurt in place of sour cream for the perfect meal.



Makes 12
SERVINGS



57
CALORIES



3.9g
NET CARBS

Ingredients:

- 4 uncooked boneless skinless chicken breasts
- 2 ½ tsp chili powder
- 3 tsp cumin
- 3 bell peppers of any color, julienned
- 1 tsp paprika
- 1 large onion, sliced
- ¾ tsp coriander
- 4 cloves of garlic, minced
- 2 TBSP lime juice

Nutrition: Per 1 serving

- **Calories** 57
- **Total Fat** 1.1g
- **Saturated Fat** .2g
- **Trans Fat** 0g
- **Polyunsaturated Fat** .1g
- **Monounsaturated Fat** .3g
- **Cholesterol** 18.3mg
- **Sodium** 77.5mg
- **Carbohydrates** 5.2g
- **Dietary Fiber** 1.3g
- **Sugar** 2.1g
- **Protein** 8.1g
- **Vitamin D** 0% DV
- **Calcium** 3.4% DV
- **Iron** 3% DV
- **Potassium** 206mg
- **Vitamin A** 6.1% DV
- **Vitamin C** 116.2% DV

1. Place chicken and vegetables in the slow cooker. Sprinkle the garlic on top.
2. Mix the spices and spread over the chicken and vegetables.

3. Cook on low heat for 5-6 hours or high heat for 3 hours. Remove the chicken, slice and return to the slow cooker. Drizzle with lime juice and serve over low-carb tortillas (not included in nutritional info above). Top with cheese, cilantro and sour cream or plain Greek yogurt.

Slow Cooker Roast:

Super easy prep in the morning, by evening you'll have a perfectly tender and flavorful main course. Pair with creamy mashed cauliflower or add some red potatoes and vegetables to the slow cooker to have a complete meal ready to go.



Makes 12
SERVINGS



161
CALORIES



0g
NET CARBS

Ingredients:

- **3 lb.** beef rump roast
- **1 cup** water
- **1 pkg.** Lipton onion soup mix
- Salt and pepper to taste

Nutrition: Per 1 serving

- **Calories** 161
- **Total Fat** 7g
- **Saturated Fat** 3g
- **Trans Fat** 0g
- **Polyunsaturated Fat** 0g
- **Monounsaturated Fat** 0g
- **Cholesterol** 0mg
- **Sodium** 16.3mg
- **Carbohydrates** 0g
- **Dietary Fiber** 0g
- **Sugar** 0g
- **Protein** 23g
- **Vitamin D** 0% DV
- **Calcium** 0% DV
- **Iron** 10% DV
- **Potassium** 0mg
- **Vitamin A** 0% DV
- **Vitamin C** 0% DV

1. Sprinkle desired amount of salt and pepper over roast. In a pan over high heat, brown all sides of the roast to lock in the moisture. Place the roast in the slow cooker. Add 1 cup of water to the bottom. Sprinkle the Lipton soup mix powder over the roast.

2. Cook on low for 7-8 hours or on high for 4-5 hours.

Turkey and Veggie Chili:

Chili is the perfect comfort food for cool weather, and this healthy chili, with ground turkey and vegetables, is no exception. Throw it in the slow cooker for a stress-free meal, or cook it up in a pot for a quick meal.



Makes 12
SERVINGS



137
CALORIES



8g
NET CARBS

Ingredients:

- 1 lb ground turkey
- 1 onion, diced
- 1 each of red and orange bell pepper, finely diced
- 2 cloves minced garlic
- 1 jalapeño, seeded and finely diced
- 1 can red beans (not drained)
- 1 can diced tomato (not drained)
- 2 cups vegetable broth
- 1 TBSP cumin
- 1 ½ tsp chili powder
- 2 tsp dried oregano
- ½ bunch cilantro, chopped

Nutrition: Per 1 serving

- **Calories** 137
- **Total Fat** 4.6g
- **Saturated Fat** 1.2g
- **Trans Fat** .1g
- **Polyunsaturated Fat** 1.3g
- **Monounsaturated Fat** 1.5g
- **Cholesterol** 39.1mg
- **Sodium** 199.6mg
- **Carbohydrates** 11g
- **Dietary Fiber** 3g
- **Sugar** 4.4g
- **Protein** 13.4g
- **Vitamin D** 0% DV
- **Calcium** 14.5% DV
- **Iron** 5.4% DV
- **Potassium** 468.9mg
- **Vitamin A** 23.2% DV

1. Brown the ground turkey in a pan. Add onion, peppers, jalapeño and garlic. Cook until starting to soften. Pour into the slow cooker. Add the cans of tomato and beans and vegetable broth and seasonings.

2. Cook on low for 4-5 hours.

3. Stir in the cilantro and salt and pepper to taste.

Vegetable Tomato Soup:

Thick, warm and savory tomato soup will hit the spot on a chilly day. Top with Parmesan cheese and fresh basil.



Makes 8
SERVINGS



65
CALORIES



7.5g
NET CARBS

Ingredients:

- 6 Roma tomatoes, cored and seeds removed
- 2 red peppers, chopped
- 1 small yellow onion, diced
- 2 cloves of garlic, chopped
- 2 stalks of celery, chopped
- 1 medium carrot, chopped
- 8 TBSP tomato paste
- 2 cups low sodium vegetable broth
- 1 tsp Italian seasoning

Nutrition: Per 1 serving

- **Calories** 65
- **Total Fat** .9g
- **Saturated Fat** 0g
- **Trans Fat** 0g
- **Polyunsaturated Fat** 0g
- **Monounsaturated Fat** 0g
- **Cholesterol** 0mg
- **Sodium** 55.5mg
- **Carbohydrates** 10g
- **Dietary Fiber** 2.5g
- **Sugar** 6.5g
- **Protein** 2.5g
- **Vitamin D** 0% DV
- **Calcium** 3.6% DV
- **Iron** 4.5% DV
- **Potassium** 356.9mg
- **Vitamin A** 66% DV
- **Vitamin C** 101% DV

Add all ingredients to the crock pot. Cook on low for 6 hours or high for 3 hours. When all the vegetables are tender, use an immersion blender or food processor to purée smooth.