



Creamy Chicken and Mushrooms

- 1** teaspoon salt
- 1/2** teaspoon black pepper
- 1/4** teaspoon paprika
- 3** boneless, skinless chicken breasts, cut into pieces
- 1 1/2** cups sliced fresh mushrooms
- 1/2** cup sliced green onions
- 1 3/4** teaspoons chicken bouillon granules
- 1** cup dry white wine
- 1/2** cup water
- 1** can (5 ounces) evaporated milk
- 5** teaspoons cornstarch
- Hot cooked rice *or couscous*
OR COUSCOUS

1. Combine salt, pepper and paprika in small bowl; sprinkle over chicken.

2. Layer chicken, mushrooms, green onions and bouillon in 4 1/2-quart **CROCK-POT**[®] slow cooker. Pour wine and water over top. Cover; cook on **HIGH 3 hours** or on **LOW 5 to 6 hours**. Transfer chicken and vegetables to platter; cover with foil to keep warm.

3. Combine evaporated milk and cornstarch in small saucepan, stirring until smooth. Add 2 cups cooking liquid from **CROCK-POT**[®] slow cooker; bring to a boil. Boil 1 minute or until thickened, stirring constantly. Serve chicken and sauce over rice.

makes 3 to 4 servings

Quick Herbed Couscous & Peas

By all means use fresh peas if you have them. And remember, the smaller they are, the less cooking time they'll need. (Frozen peas work fine if that's all you have.) To make this a little more substantial, you can—if you like—add a cupful of drained and rinsed canned chickpeas. Don't skimp on the herbs; the dish really shines with them.

4 servings, 3/4 cup each | Active Time: 20 minutes | Total Time: 20 minutes

Ingredients

- 1 1/2 cups vegetable broth, or reduced-sodium chicken broth
- 1 tablespoon extra-virgin olive oil *or butter*
- 1 cup couscous
- 1 1/2 cups fresh or frozen peas
- 2 tablespoons chopped fresh flat-leaf parsley
- 2 tablespoons chopped fresh mint
- 2 tablespoons chopped fresh basil
- 1 teaspoon freshly grated lemon zest
- Freshly ground pepper, to taste

Preparation

1. Bring broth and oil to a simmer in a medium saucepan. Remove from heat and stir in couscous. Cover and let stand for 5 minutes.
2. Meanwhile, cook peas in a medium saucepan of lightly salted water just until tender, about 2 minutes. Drain.
3. Add peas, parsley, mint, basil, lemon zest and pepper to the couscous; toss lightly with a fork. Serve hot.

Slow Cooker Tips

If you're on the go, think "slow." A slow cooker is perfect for busy couples because it does all of the work — simply add your ingredients in the morning, turn on the slow cooker, and you'll come home to a hot, delicious and wholesome meal. These tips will help you get started.

- For easy cleanup, spray the crock with nonstick cooking spray before adding the food. Or, try the new slow cooker liner bags. (To clean your slow cooker, follow the manufacturer's instructions.)
- Slow cookers cook best when they are two-thirds to three-quarters full. That's because most slow cookers' heating units are coiled inside the outer walls that surround the crockery insert rather than on the bottom of the crock.
- Keep a lid on it! The slow cooker can take as long as 20 minutes to regain the heat lost when the cover is removed. If the recipe calls for stirring or checking the dish near the end of the cooking time, replace the lid as quickly as you can. Otherwise, unless the recipe instructs you to remove the lid, don't, or food will take much longer to cook.

Selecting the Right Meat

Slow cookers are perfect for less tender cuts of meat. Tender meat cuts, such as loin chops or filet mignon, will literally fall apart after a few hours in a slow cooker. Even the toughest cuts come out fork-tender and flavorful in a slow cooker.

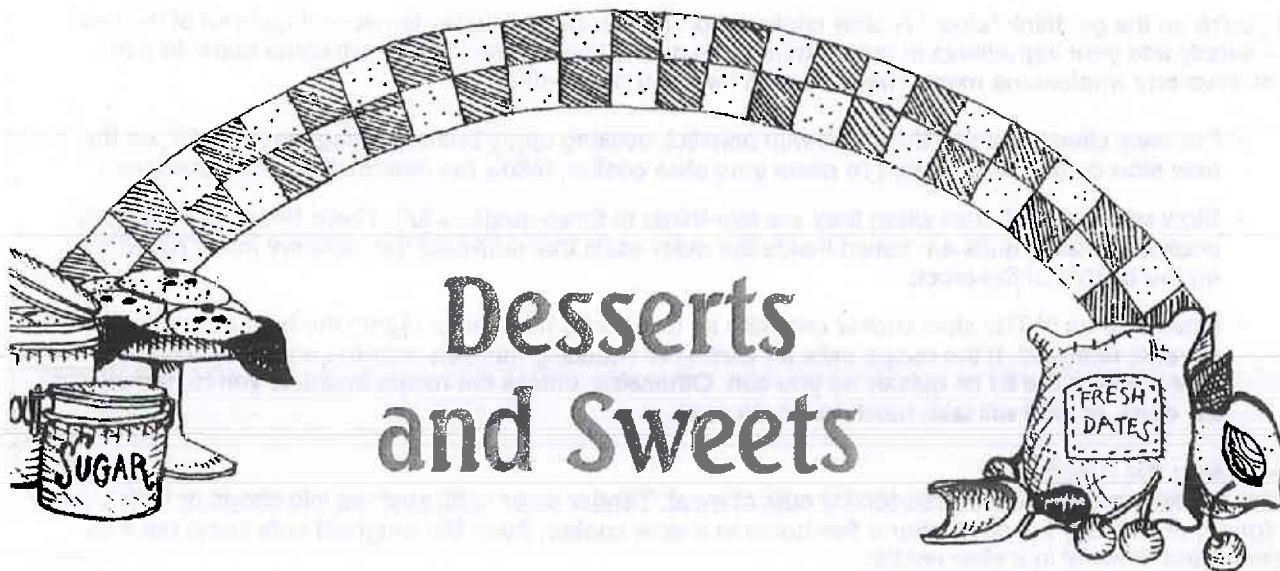
Preparing Vegetables

Some vegetables can take longer to cook than meat. Pay careful attention to the recipe instructions to ensure that vegetables are cut in the proper size and then add them to the slow cooker in the correct order. Frozen vegetables should be thawed before adding to the slow cooker. Pay attention to the cooking times since frozen foods lower the temperature inside the cooker.

Reducing Fat

Slow cooking can be reduced-fat cooking. First, less expensive cuts of meat that are ideal for the slow cooker are lower in fat than other cuts. When using fatty meats, try browning them first in a skillet on the stovetop before cooking in the slow cooker to cook away some of the fat.

Secondly, as we noted earlier, slow cookers retain moisture, so you don't have to begin with as much fat. Actually, much of the time, you don't have to begin with any fat; any flavorful liquid, such as Swanson® Broth, Campbell's® Soup, or Pace® Salsa or Picante Sauce, can stand in for fat and become an excellent sauce or gravy for the meal.



Desserts and Sweets

Cherry Cobbler

Nichele Ruvola Selden, NY

MAKES: 6-8 SERVINGS

PREP. TIME: 5 MINUTES

COOKING TIME: 2½-5½ HOURS

IDEAL SLOW COOKER SIZE: 3-QUART



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2 1-oz. can cherry pie filling

1 ¾ cups dry cake mix of your choice

1 egg

3 Tbsp. evaporated milk

½ tsp. cinnamon

1. Lightly spray the slow cooker with nonstick cooking spray.
2. Place pie filling in slow cooker and cook on High 30 minutes.
3. Meanwhile, mix together remaining ingredients in bowl until crumbly. Spoon onto hot pie filling.

4. Cover and cook on Low 2-5 hours, or until a toothpick inserted into center of topping comes out dry.
5. Serve warm or cooled.

A slow cooker is great for taking food to a potluck supper, even if you didn't prepare it in the cooker.