



# SUMMERTIME + THE COOKING IS SLOW

Just plug in and chill out with these  
slow-cooker recipes that cook  
all day without heating up your kitchen.

by NICKI SIZEMORE

➔ **Pulled Pork  
and Sweet-Corn  
Sandwiches**

See recipe  
on page 129.







This summery dessert tastes best the day it's made, but any leftover blueberries would be delicious on top of yogurt, oatmeal, or pancakes the next morning.



## 🔥 Blueberry Cobbler

Active Time 20 minutes

Total Time 2 hours 45 minutes

Makes 6 servings

### INGREDIENTS

#### For the filling:

Nonstick cooking spray  
3 pints fresh blueberries  
3 Tbs. sugar  
2 Tbs. cornstarch  
½ tsp. ground cinnamon

#### For the biscuit topping:

1½ cups all-purpose flour  
¼ cup yellow cornmeal  
¼ cup sugar  
1 tsp. lemon zest  
1 tsp. baking powder  
½ tsp. baking soda  
½ tsp. kosher salt  
5 Tbs. cold unsalted butter,  
cut into ½-in. pieces  
½ cup low-fat buttermilk  
¼ cup heavy cream  
1 Tbs. turbinado or coarse sugar

### MAKE IT

1. Coat a 5- to 6-qt. slow cooker with cooking spray. Add the blueberries, sugar, cornstarch, and cinnamon, and combine. Cover and cook for 30 minutes on high.
2. When the timer goes off, start the biscuit topping. In a food processor, combine the flour, cornmeal, sugar, lemon zest, baking powder, baking soda, and salt. Add the butter and pulse it into pea-size pieces. Pulse in the buttermilk and cream.
3. Using floured hands, form the dough into six 3-in.-wide biscuits.
4. Stir the blueberries. Arrange the biscuits on top, and sprinkle with the turbinado sugar. Lay a double layer of paper towels over the rim of the slow cooker, then cover. Cook 2 hours more.
5. Uncover and remove the paper towels. The biscuits should feel firm. If not, cook 30 to 60 minutes more.
6. Turn off the slow cooker. Let stand at least 20 minutes before serving.

NUTRITION PER SERVING 422 calories; 6g protein; 14g fat (9g sat. fat); 70g carbs; 5g fiber; 33g sugar; 2mg iron; 96mg calcium; 374mg sodium





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Shh! Your kids will never know that this luscious lasagna is packed with vegetables.

## → Veggie-Full Lasagna

Active Time 30 minutes  
Total Time 3 hours 15 minutes  
Makes 8 servings

### INGREDIENTS

- 1 16-oz. container whole-milk ricotta cheese
- 1 cup packed fresh baby spinach, finely chopped
- 1 cup coarsely shredded zucchini, squeezed dry in paper towels
- ½ cup grated Parmesan cheese, plus more for serving
- 2 Tbs. chopped fresh basil, plus more for serving
- 1 egg
- 1 large garlic clove, minced
- ½ tsp. salt
- ¼ tsp. freshly ground black pepper

- 1 24- to 26-oz. jar marinara sauce
- 1 cup coarsely shredded carrots
- Nonstick cooking spray
- 12 whole-grain lasagna noodles (about 10 oz.)
- 2 cups shredded part-skim mozzarella cheese (8 oz.)

### MAKE IT

1. In a large bowl combine the ricotta, spinach, zucchini, Parmesan, basil, egg, garlic, salt, and pepper. In another bowl, combine the marinara sauce and carrots.
2. Coat a 5- to 6-qt. slow cooker with cooking spray. Spread ½ cup of the marinara mixture over the bottom. Arrange 3 of the noodles over the bottom, breaking them to fit and overlapping as needed.

Spread ¾ cup of the ricotta mixture over the noodles, followed by ½ cup of the marinara mixture, and ½ cup of the mozzarella. Repeat layers 3 more times, ending with the cheese.

3. Cover and cook on high for about 2½ hours, or until the noodles are tender and center of lasagna reaches 160°F. Turn off the slow cooker, pull out the insert (if it comes out), and remove the lid. Let stand 10 minutes. Sprinkle with additional Parmesan cheese and chopped basil before serving.

NUTRITION PER SERVING 405 calories; 22g protein; 16g fat (9g sat. fat); 44g carbs; 7g fiber; 9g sugar; 2mg iron; 446mg calcium; 801mg sodium



## → Slow-Cooker Summer Ratatouille

Active Time 20 minutes  
Total Time 2 hours (high)  
or 4 hours (low)  
Makes 14 servings

### INGREDIENTS

- 3 Tbs. tomato paste
- 2 Tbs. extra-virgin olive oil
- 2 tsp. balsamic vinegar
- ½ tsp. salt
- ½ tsp. freshly ground black pepper
- 4 plum tomatoes (1 lb.), cored, seeded, and chopped
- 1 medium eggplant (1 lb.), cut into 1-in. cubes
- 2 zucchini and/or summer squash, cut into 1-in. cubes
- 1 red sweet pepper, cut into 1-in. chunks
- 1 yellow sweet pepper, cut into 1-in. chunks
- 1 medium onion, chopped
- 6 cloves garlic, minced
- ¼ cup chopped fresh basil

### MAKE IT

1. In a small bowl whisk together the tomato paste, oil, vinegar, salt, and pepper.
2. In a 4-qt. slow cooker, combine the tomatoes, eggplant, zucchini, sweet peppers, onion, and garlic. Pour the sauce mixture over and toss to combine. Cover and cook 2 to 3 hours on high or 4 to 6 hours on low, or until the vegetables are tender, stirring once halfway through cooking.
3. Stir in the basil. Turn off the slow cooker, pull out the insert (if it comes out), and remove the lid. Let stand 20 minutes before serving to allow the flavors to meld.

NUTRITION PER SERVING 50 calories; 1g protein; 2g fat (0 sat. fat); 7g carbs; 2g fiber; 4g sugar; 1mg iron; 19mg calcium; 116mg sodium

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Serve ratatouille  
tossed with  
pasta, spooned  
over grilled  
chicken or fish,  
or as a side dish.







## ➔ Black Bean, Corn, and Summer Squash Enchiladas

Active Time **25 minutes**

Total Time **3 hours**

Makes **6 servings**

### INGREDIENTS

- 1 cup canned reduced-sodium black beans, drained and rinsed
- 1 cup fresh or frozen yellow corn kernels, thawed
- 1 small yellow squash, finely chopped (1 cup)
- 2 green onions, thinly sliced, plus more for serving
- 2 Tbs. chopped fresh cilantro, plus more for serving
- 2 tsp. chili powder
- 2 garlic cloves, minced
- ½ tsp. ground cumin
- ½ tsp. ground coriander
- ¼ tsp. freshly ground black pepper
- 1 cup shredded Monterey Jack cheese, divided
- 1 cup shredded cheddar cheese, divided
- Nonstick cooking spray
- 2 cups salsa, divided
- 12 7-in. flour tortillas
- Sliced radishes for serving, optional

### MAKE IT

1. In a medium bowl, stir together the black beans, corn, squash, green onions, cilantro, chili powder, garlic,

cumin, coriander, and pepper. Stir in ½ cup each of the Monterey Jack and cheddar cheeses.

2. Coat a 6-qt. slow cooker with cooking spray. Spread ½ cup of the salsa over the bottom of the cooker. Spoon ¼ cup of the black-bean filling into one tortilla, roll it up, and arrange it, seam side down, in the slow cooker. Fill and roll 5 more tortillas and arrange them in a single layer in the bottom of the slow cooker. Spread ½ cup of the salsa over the tortillas, and sprinkle with ¼ cup each of the cheeses.

3. Fill and roll the remaining tortillas, and arrange them on top of the tortillas in the slow cooker to form a second layer. Spoon any leftover filling along the sides. Spread the remaining 1 cup of salsa over top. Sprinkle with remaining cheese. Cover and cook on high for 2 to 2½ hours, or until the tortillas are tender and the center reaches 165°F.

4. Turn off the slow cooker, pull out the insert (if it comes out), and remove the lid. Let stand 5 minutes. Top with additional green onions, cilantro, and radishes.

NUTRITION PER SERVING 466 calories; 19g protein; 18g fat (9g sat. fat); 57g carbs; 9g fiber; 5g sugar; 5mg iron; 431mg calcium; 981mg sodium

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## ➔ Pulled Pork and Sweet-Corn Sandwiches

Active Time **30 minutes**

Total Time **4 hours 30 minutes (high)**  
**or 9 hours (low)**

Makes **14 servings**

### INGREDIENTS

- 1 Tbs. smoked paprika**
- 1 Tbs. packed light-brown sugar**
- 1 tsp. kosher salt**
- 1 tsp. freshly ground black pepper**
- 1/8 tsp. cayenne pepper**
- 1 3- to 4-lb. boneless pork shoulder, trimmed of fat and cut into 2-in. chunks**
- 1/4 cup honey**
- 3 Tbs. red-wine vinegar**
- 1 large sweet onion, thinly sliced (2 cups)**
- 4 large garlic cloves, thinly sliced**
- Buns or soft rolls, for serving**
- Barbecue sauce, for serving**
- Sweet-Corn Slaw, for serving (see recipe at right)**



### MAKE IT

- 1.** In a small bowl, mix together the smoked paprika, brown sugar, salt, pepper, and cayenne. Rub the spice mixture all over the pork. In another small bowl stir together the honey and vinegar; set aside.
- 2.** Scatter the onions and garlic over the bottom of a 4- to 5-qt. slow cooker, and top with the pork. Pour the honey mixture over the pork. Cover and cook for 4½ to 5 hours on high or 9 to 10 hours on low or until

the meat is tender and shreds easily with a fork. Using a slotted spoon, remove meat and onions from cooker to a large bowl. Shred meat. Skim fat from cooking liquid. Add enough of the cooking liquid to moisten the meat.

- 3.** Pile the pulled pork onto buns and drizzle with barbecue sauce. Top with the sweet-corn slaw, or serve it on the side.

## ➔ Sweet-Corn Slaw

In a medium bowl, whisk together ¼ cup plain Greek yogurt, ¼ cup mayonnaise, 1 Tbs. lemon juice, 1 tsp. honey, 1 minced garlic clove, ½ tsp. salt, and ¼ tsp. pepper. Add 4 cups shredded cabbage, 2 cups corn kernels, 2 sliced green onions, and toss to combine.

NUTRITION PER SERVING 359 calories; 24g protein; 11g fat (3g sat. fat); 40g carbs; 2g fiber; 15g sugar; 3mg iron; 105mg calcium; 692mg sodium