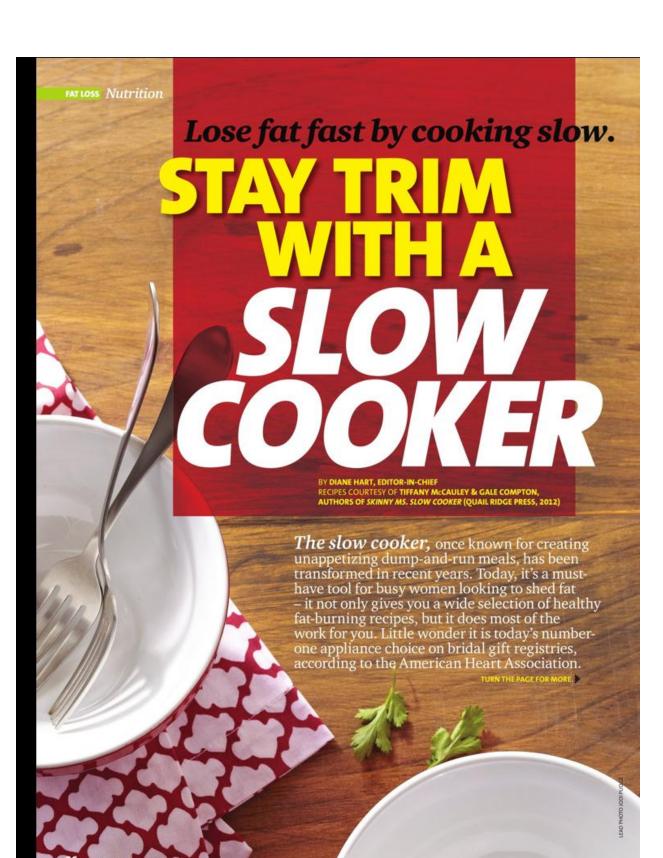


BURN 600 CALORIES DURING LUNCH!



WINTER 2013





Gale Compton, co-author (with Tiffany McCauley) of the Skinny Ms. Slow Cooker cook-book (Quail Ridge ss, 2012), can attest cooking. She got hooked on clean eating and regular exercise through Oxygen and Clean Eating magazines tating news - a second cancer in under a year. With the knowledge she'd gained from both magazines, she began transforming her eating habits. Compton also launched the popular website, skinnyms.com, with the help of her daughter, Dalicia Ramey. Today, with 30 pounds down, she's a new woman and more determined than ever to keep the pounds off.

People absolutel love slow cooking – they like the convenience and the fact that you can cook healthy food," says the 55-year-old mother of two who runs

You can so easily adapt recipes to the slow cooker.

half-marathons and is a certified fitness instructor in her hometown of Crossville, Tennessee. She know that the benefits of slow cooking resonate with her audience - when she posts about slow cooking on skinnyms. com, the feedback is immediate. "You can so easily adapt recipes to the slow cooker, so they also love its versatility." Compton advises reading the user manual for your slow cooker prior to cooking as each one differs in terms of size and temperature.

Wow! Chocolate Peanut Butter Cake

READY IN 4 HOURS . MAKES 16 SERVINGS (SLICED LIKE A PIE)

Olive oil cooking spray

1/2 cup honey

2 egg whites

1 cup whole wheat pastry flour

1 tbsp baking powder

1/3 cup all-natural peanut butter

2 tsp pure vanilla extract

1/2 cup unsweetened cocoa powder

3/4 cup unsweetened applesauce

- 1. Line the bottom of a slow cooker with parchment paper cut to fit. Lightly coat with olive oil cooking spray.
- 2. Combine honey and egg whites in a bowl, mixing well. Add remaining ingredients and blend until smooth. Pour batter evenly into slow cooker and cook on low for 4 hours, or until a knife inserted in the middle comes out clean
- 3. Top each slice with a dollop of peanut butter.

Nutrients per serving:

Calories: 104, Total Fats: 3 g, Saturated Fat: 1 g, Trans Fat: 0 g, Cholesterol: 0 mg, Sodium: 123 mg, Total Carbohydrates: 19 g. Dietary Fiber: 2 g. Sugars: 10 g, Protein: 3 g, Iron: 1 mg

15 ML 1 TABLESPOON SKINNY MS. TIP! Be frugal with your portions: a dollop should be no more than a tablespoon. 181AL TABLESPO THIS DELICIOUS SLOW-COOKER CAKE CLOCKS IN AT JUST 104 CALORIES, IS QUICK TO PREP AND IS MADE WITH FAT-BURNING WHOLE GRAINS. PROTEIN-RICH EGG WHITES AND LOW-FAT APPLESAUCE! YOU CAN TRULY HAVE YOUR CAKE AND EAT IT TOO!" - GAIL COMPTON

Angel Hair Puttanesca with Baby Spinach

READY IN 2-3 HOURS • MAKES 5 SERVINGS

8 oz whole wheat angel hair pasta

1 tbsp extra virgin olive oil 1/3 cup white onion, diced

3 cloves garlic, minced

1 tbsp capers, drained

1 tsp anchovy paste

1 tsp dried oregano

1/4 tsp red pepper flakes 1/4 tsp black pepper

2 141/2-oz cans fire-roasted

tomatoes 1 cup baby spinach,

loosely packed

- 1. Add pasta to slow cooker break in half to fit, if necessary. Add oil to a small skillet and sauté onion and garlic over medium heat until tender, about 5 minutes.
- 2. In a large bowl, combine sautéed onions, garlic and all remaining ingredients except spinach, and mix well. Pour ingredients over pasta, ensuring pasta is thoroughly covered with sauce. Cover, and cook on low for 2 to 3 hours, or until pasta is al dente.
- 3. Add spinach in the last 10 minutes of cooking, and stir until wilted

Nutrients per serving: Calories: 250, Total Fats: 4 g, Saturated Fat: 0 g, Trans fat: 0 g, Chalesteral: 0 mg, Sodium: 610 mg, Total Carbohydrates: 44 g, Dietary Fiber: 6 g, Sugars: 7 g, Protein: 8 g, Iron: 2.5 mg

"IF EVER THERE WAS A DISH WHERE

ALL THE FLAVORS OF VARIOUS INGREDIENTS COME TOGETHER TO

CREATE A PERFECT BALANCE, THIS IS IT!"

- GAIL COMPTON

