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Having a good selection of healthy crock pot recipes that are low-sodium, nutrient dense, and low-fat will not only be better for your family but will also make you a better cook. There are things you can do to update your regular slow cooker recipes to be healthier.

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Healthy Slow Cooker Recipes Better Homes Gardens

Lamb might not be top of mind when looking for healthy slow cooker recipes, but in this case, it should! This healthy twist on gyros stars spiced ground lamb and fiber-rich chickpeas stuffed into whole wheat pita pockets with a few crunchy cucumbers. Crumbled feta cheese and Kalamata olives add an extra dose of Mediterranean flavor.

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