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Guilt-Free Italian

By Anne Sheasby

Paperback. Book Condition: New. Not Signed; This book shows you how to cook the Italian way without the fat: over 160 delicious, traditional step-by-step recipes for long life and good health. It features authentic Italian recipes, including regional classics and contemporary creations, each containing no more than 5 grams of fat per portion, and many with less than 1 gram. It includes soups, appetizers, snacks, salads, meat, poultry and fish dishes, vegetarian dishes, pasta dishes, breads, desserts and bakes. It offers expert advice on healthy eating, with fat-free cooking techniques and guidelines for cutting down on fat. This cookbook shows that it is possible to enjoy Italian cuisine while maintaining a healthy, low-fat eating plan. It contains a dazzling selection of recipes from all over Italy, including traditional classics and contemporary ideas, all of which are deceptively low in fat. There is a visual guide to all the main Italian ingredients, with substitutes given for those that have a high fat content. Recipes include Vegetable Minestrone, Spaghetti with Meatballs, Monkfish with Garlic and Fennel, and Grilled Nectarines with Amaretto. You will be delighted at this tempting collection of dishes, proving that you can revel in Italian food as part of a...



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