



Prevention's Quick and Healthy Low-Fat Cooking: Featuring Pasta and Other Italian Favorites

Jean Rogers

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Who doesn't love Italian food? All that pizza and pasta, tiramasu, cheesecake and biscotti! Italian food appeals to all age groups. Even kids don't turn up their noses at spaghetti, chicken cacciatore and cannoli. It's cuisine that's fast, fresh and familiar - the perfect food for today's active lifestyle. Recently, Italian food has become even more popular as one of the Mediterranean cuisines recognized for their extremely healthy profile. medical experts are just now confirming what generations of Italians have known for centuries: A diet rich in grains, legumes and fresh fruits and vegetables can actually protect against certain chronic diseases. You could say the traditional Italian diet gives Americans the perfect recipe for optimal health. As the fourth entry in Rodale Press's very successful Prevention's Quick and Healthy Low-Fat Cooking series, this book delivers exactly what you're looking for: a wide variety of simple, healthy, delicious italian recipes - ready in no time at all. Special features: Living Healthy - the Italian Way tells just why this cuisine has been among the world's best for centuries Tips on Stocking your kitchen make Italian cooking a breeze A section on antipasto selections like bruschetta, crustini, cannellini dip, eggplant spread and other classics Quick, fresh sauces for pasta, polenta and risotto A guide to oven-roasting vegetables A primer on balsamic vinegar - and innovative ways to use it Pizzas, calzone, sandwiches, focaccia, peasant bread and more Biscotti, cannoli, cheesecake, tiramisu and other traditional sweets Menu plans for Italian dinners, from a trattoria supper and a Mediterranean seafood feast to a pizza party and a picnic in the Tuscany hills Most recipes ready in 30 minutes or less Nutritional analyses Preparation times 32 full-page color photos

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