



Cooking Well: Healthy Italian: Over 100 Easy & Delicious Recipes

Laurn Colatuno, Mary Ann Colatuno, Cecilia Pappano

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Experience the rich, full flavors of authentic Italian cuisine—made healthy!

The secret to truly authentic Italian cooking lies in the careful selection of the very best ingredients, combining them together to create rich, flavorful dishes that both nourish and satisfy. Italian cuisine teaches the importance of understanding each ingredient, and includes some of the most varied and impactful recipes in the world. Promoting simple cooking techniques that anyone can practice, all while concentrating on unique flavors and appealing textures, is what has given Italian cuisine its reputation for filling, healthful food.

Whether you're looking for simple, classic dishes such as Pasta Fagioli and Shrimp Fra Diavolo, or are looking to try some more unique Italian recipes, *Cooking Well: Healthy Italian* has something for everyone. Each recipe has been designed to incorporate healthy and convenient cooking methods and ingredients, making it easier than ever to bring nutritious, authentic Italian cooking into your home.

Cooking Well: Healthy Italian also includes:

- An overview of the proper usage for authentic Italian ingredients—such as olive oil, tomatoes, garlic, and fine Italian cheeses—as well as their nutritional benefits
- Healthy alternatives to traditional Italian recipes, including low-oil preparations and delicious vegetarian options to suit any diet
- Step-by-step instructions and helpful tips on Italian cooking techniques and ingredients for beginner chefs and those new to Italian cooking
- A guide to preparing homegrown ingredients and homemade stocks to bring out the full flavor of Italian cooking

Cooking Well: Healthy Italian contains over 100 traditional and popularized recipes including Shrimp Scampi, Quadrettini Casserole, Polenta Parmesan, Chicken Saltimocca, Simple Pasta Pesto, Goat Cheese, Bruschetta, Ricotta Cheesecake Parfaits and many more!

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