



Italian So Fat, Low Fat, No Fat: More Than 100 Recipes for Special Occasions

Betty Rohde

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From America's favorite low-fat cook, more than 175 delicious, satisfying, healthful Italian recipes for the American table

Betty Rohde knows what we like and what's good for us. Now the bestselling author of *So Fat, Low Fat, No Fat* has turned her attention to the Italian-style dishes that Americans love. From palate-teasing antipasti and soups to hearty main courses, from savory vegetable side dishes to tempting desserts, Betty gives you recipes for all your favorites, as well as her own creations, including:

Sausage and Rigatoni Bake
Roasted Vegetables with Sun-Dried Tomato Pesto
Fried Polenta
Antipasto Salad
Layered Pizza Dip
Cool Summer Pizza
Parmesan Chicken
Ham-Stuffed Zucchini
Italian Cheesecake
Sweet Risotto Pudding

Now you and your family can feast to your hearts' -- and your waistlines' -- content. So mangia! And enjoy!

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Linda Gaitan:

Italian So Fat, Low Fat, No Fat: More Than 100 Recipes for Special Occasions can be one of your nice books that are good idea. All of us recommend that straight away because this guide has good vocabulary that can increase your knowledge in language, easy to understand, bit entertaining but still delivering the information. The article writer giving his/her effort to place every word into delight arrangement in writing Italian So Fat, Low Fat, No Fat: More Than 100 Recipes for Special Occasions but doesn't forget the main place, giving the reader the hottest along with based confirm resource facts that maybe you can be one of it. This great information can certainly drawn you into completely new stage of crucial thinking.

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