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High-Flavor, Low Fat Italian Food Cookbook

Steven Raichlen

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Italian cooking was ripe for a makeover. Although the cuisine has long been loved for its directness and simplicity, offering quick, wholesome food that emphasizes the natural goodness of the ingredients, many Italian dishes are loaded with surprising amounts of cream, butter, oil, and other fats. Raichlen offers healthy versions of traditional, high-fat Italian dishes - such as lasagne and tiramisu - as well as innovations created in the Italian spirit. He also scoured the Italian countryside for authentic dishes that are naturally low in fat. The result is a mouthwatering cookbook featuring ground-breaking low-fat cooking techniques, as well as complete nutritional analyses. And the book's color photographs are as fresh and surprising as the recipes that they illustrate.

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