



Healthy Pasta: The Sexy, Skinny, and Smart Way to Eat Your Favorite Food

Joseph Bastianich, Tanya Bastianich Manuali

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Having grown up with Lidia Bastianich as their mother, Tanya and Joe Bastianich are no strangers to great-tasting Italian cooking. Today, the siblings both have illustrious careers in the culinary world—writing cookbooks, running restaurants, hosting television shows—and yet they are still faced with the question that many of us encounter in the kitchen every day: how can we enjoy the pasta that we crave in a healthy *and* satisfying way?

Here, the brother and sister have paired up to give us that answer in 100 recipes, each **under 500 calories** per serving, that are as good for you as they are delectable. This wonderfully informative, easy-to-use cookbook provides simple ways to make pasta an integral part of a healthy and well-balanced lifestyle, even if you're gluten-free.

Do not be fooled: this is not a diet book. There are no tricks and no punishing regimens—it is just a simple guide to enjoying more of the food you love in ways that are good for you. Using ingredients and cooking methods that maximize taste but minimize fat content, Joe and Tanya will teach you what different grains mean to your diet, how to pair particular grains with sauces, why better-quality pasta is healthier for you, the health benefits of cooking pasta al dente, and how to reduce fat and calories in your sauces.

The recipes consist of regular, whole-grain, and gluten-free pastas, including classics like Spaghetti with Turkey Meatballs and Linguine with Shrimp and Lemon, as well as new combinations like Gnocchi with Lentils, Onions, and Spinach; Bucatini with Broccoli Walnut Pesto; Summer Couscous Salad with Crunchy Vegetables; Spaghetti and Onion Frittata; and many more. All under 500 calories! This book will revolutionize the way you think about pasta. *Buon appetito!*

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Vincent Mireles:

The reason? Because this Healthy Pasta: The Sexy, Skinny, and Smart Way to Eat Your Favorite Food is an unordinary book that the inside of the publication waiting for you to snap the idea but latter it will zap you with the secret that inside. Reading this book alongside it was fantastic author who also write the book in such incredible way makes the content inside of easier to understand, entertaining technique but still convey the meaning entirely. So , it is good for you for not hesitating having this nowadays or you going to regret it. This amazing book will give you a lot of advantages than the other book possess such as help improving your proficiency and your critical thinking means. So , still want to delay having that book? If I were being you I will go to the book store hurriedly.

Edward Reed:

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