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# Now Eat This! Italian: Favorite Dishes From The Real Mamas Of Italy--All Under 350 Calories



## Synopsis

Weight-conscious food lovers no longer need to deprive themselves of the ever-popular cuisine of Italy. Award-winning celebrity chef and #1 New York Times bestselling author Rocco DiSpirito's latest *Now Eat This!* book is the solution. In his signature style, DiSpirito has recreated 100 classic Italian recipes to be healthy and low in calories and fat-yet still full of flavor. After travelling to Italy and perfecting the dishes side-by-side with the chefs who make them best-the Italian mamas-he offers sinful pastas, sauces, and desserts you never thought you could eat while keeping healthy, including: Spaghetti with My Mama's Meatballs, Mozzarella en Carozza, Chicken Parmigiana, Hand-Torn Pasta alla Bolognese, Sausage and Peppers, Classic Cannoli, Chocolate and Hazelnut Espresso Budino, and much more! *NOW EAT THIS! ITALIAN* proves that Italian food doesn't have to be calorie-packed to be delicious. All under 350 calories, these full-flavor, low-fat recipes are sure to indulge your appetite without packing on the pounds.

## Book Information

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Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (239 customer reviews)

Best Sellers Rank: #30,377 in Books (See Top 100 in Books) #35 in [Books > Cookbooks, Food & Wine > Italian Cooking](#) #44 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Fat](#) #67 in [Books > Cookbooks, Food & Wine > Special Diet > Low Fat](#)

## Customer Reviews

1. It is not a typical "diet" book. It has recipes that are healthy, tasty, and made with real food, not processed ingredients.
2. It does not require you to hunt down wacky ingredients. Everything can be found in most any grocery store.
3. DESSERT! Actual desserts that are healthy but you will actually want to eat them!
4. Plenty of vegetarian options.
5. It weighs half as much as Paula Deen's cook book. ;)
6. Even picky kids will like most all the recipes. A few are spicy, but are easily modified.
7. The photographs are stunning. I believe this is sometimes referred to as "food porn", but I'm not that

kind of girl, so I wouldn't know. I've just heard...8. Did I mention the DESSERTS?!?! Seriously. A healthy cookbook with desserts in it. And they are awesome.9. There are lots of pictures of Rocco in it. Please see #7. Again, I'm not that kind of girl. Just letting you know....10. I own every book Rocco has done, and all of the recipes turn out right, every time, and this book is no different.

I received my book yesterday and yet have to put it down! The recipes are all fairly easy, the photos of the finished dish look so scumptious that they just make me want to pick up a fork and go at them! That's how delicious everything looks, even the seafood and fish dishes, which I am not a fan of, but for sure I will be making them! My husband will be happy for sure! I can't wait to start cooking from this book, problem...which recipe to start with????Along with all the great dishes...the history behind this book is very warmhearted and inspirational to anyone...Italian or Not...just makes you want to keep your heritage alive and going from generation to generation!!!Everyone loves Italian food...this book allows you to indulge in your favorite Italian dishes without the guilt and weight gain..which we all know that Italian food is famous for..."a minute on your lips...forever on your hips"...well not anymore if cooking from Rocco's book...This book is a true winner..nice size...great recipes...great photos...great history!! will be ordering more for gift giving for the holidays...because Everyone loves Italian!!! I can't go wrong..I do only have one complaint...wish I could give this book more than a 5 star rating...it definetly deserves a 10!Thank you Rocco for such a wonderful book..now I can go back to eating my most Favotite foods!

This is the second cookbook I have purchased by Mr. DiSpirito and I can easily say he has taken over my kitchen with his simple, straightforward recipes and easygoing narratives. His previous book, Now Eat This! Diet: Lose Up to 10 Pounds in Just 2 Weeks Eating 6 Meals a Day! quickly became a household staple - I am 5 lbs down in my first week of the "Fast Track" plan so naturally I had to add this book as a companion.Words can barely describe how impressed I am with this book.Firstly, it's formidable.I will likely use it as a weapon should someone break into my house.Secondly, it is visually stunning.We all know we eat with our eyes first and the photography in this book is simply mouthwatering.(And no, I am not talking about Rocco himself here although I wouldn't mind playing a round of 7 minutes in heaven with him)The photos are bright, fresh, detailed and luscious. I love how many of the recipes feature a birds-eye-view, photo-narrative that gives you a step by step visual on how to make each dish.Thirdly, the dude did his homework.Mr. DiSpirito has plenty of experience with Italian cooking but he didn't just cockily rest on his own knowledge. He traveled to Italy, to the source, and found a variety of "mamas" to inspire, coach and test his

trimmed down recipes. Regardless of your heritage, you can relate to those grandmas, aunts, uncles and family friends whose intuitive confidence in the kitchen makes them legendary. Rocco's are here, in this book, and the warmth of people gathering and laughing and talkin' smack over food is practically tangible. I feel like Rocco has really outdone himself with this book. He proves that simple, fresh, delicious food is effortless and attainable. Get this book. You will not regret it.

Ok first of all, all the rumors are true. This book is completely amazing!! It's really big (hefty) and has big beautiful pictures in it to look at, including step by step photos. I've read a lot of cookbooks but I haven't seen one quite as well put together as this one. Also, I eat gluten free because of an intolerance and he even lists on each recipe which are gluten free. In the beginning of the book he has a whole chart of the noodles he recommends, most are whole wheat types BUT it also lists some rice noodles and quinoa noodles (all of which are gluten free) in there too. I was ecstatic!! I mean seriously, step by step directions, beautiful pictures, gluten free recipes and research has gone into this book. When people state that "he really outdid himself", they really mean it. One thing I'd like to mention is that the table of contents vs. the page numbers are incorrect. For instance, if you look in the table of contents and find the recipe for \_\_\_\_ and it says it's supposed to be on page \_\_\_\_\_ it's not really on that page. I don't know if the version I got was just a flub or if anyone else has noticed this but beyond that his recipes are amazing. I like this version of Now Eat This better than his last because the last book had you using some hard to find ingredients such as: Cabot fat free cheddar cheese and dangerous stuff like Splenda etc. This new book switches the sweetener to Stevia which I still don't agree with but I've decided I'm going to sub out regular sugar and just go with a higher calorie count. I am in love.

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