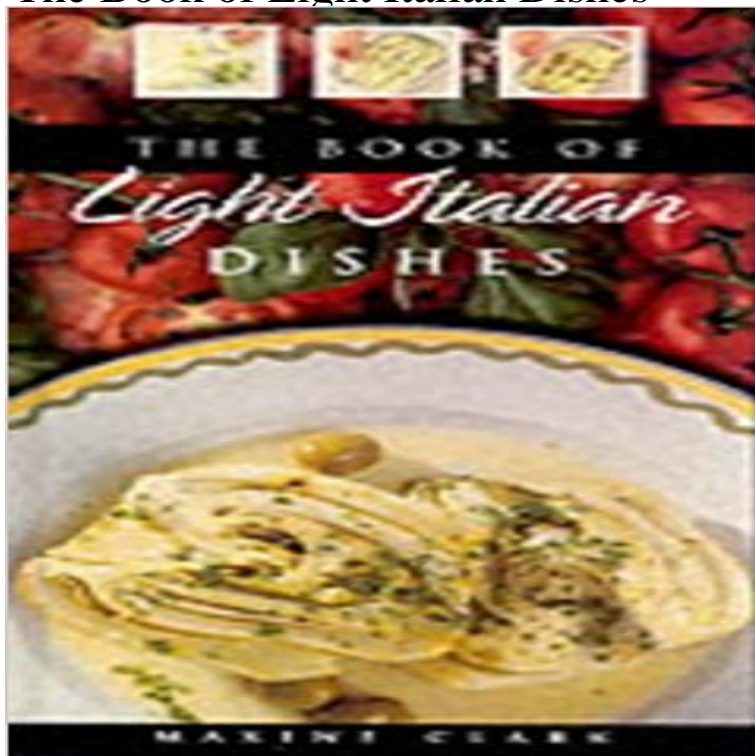


## The Book of Light Italian Dishes



Italian cuisine still holds first place in the hearts and minds of food-lovers all over the world. Drawing from natural supplies of creamy cheeses, plump olives, a vibrant wealth of fruits and vegetables, nuts, interestingly shaped pasta and bountiful seafoods, the different regions of Italy have all developed their own specialities. Each area has a mixture of both rustic and refined cuisine, adapted to suit the availability of local produce. Italian cooking is generally very healthy, consisting of fairly small amounts of meat and fish but plenty of fresh fruits and vegetables, rice and pasta instead of fried potatoes, and olive oil in place of animal fats for cooking. In addition, most of the dishes can be quickly, or at least easily prepared. The book is divided into the following sections: Soups, Antipasti, Pasta, Pizza and Risotto, Fish and Shellfish, Poultry, Meat, Vegetables, Desserts. The 80 authentic recipes have been specially adapted to make them even more suitable for a healthy diet with calorie and fat counts given for each recipe and per portion. With step by step instructions and a finished shot of every dish, this is the perfect guide to light Italian cuisine.

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