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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

Series: *Now Eat This!*

Hardcover: 384 pages

Publisher: Grand Central Life & Style; 1st Printing edition (September 25, 2012)

Language: English

ISBN-10: 0446584517

ISBN-13: 978-0446584517

Product Dimensions: 9.2 x 1.2 x 10.2 inches

Shipping Weight: 3.7 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 256 customer reviews

Best Sellers Rank: #120,685 in Books (See Top 100 in Books) #92 in *Books > Cookbooks, Food & Wine > Italian Cooking* #101 in *Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Fat* #167 in *Books > Cookbooks, Food & Wine > Special Diet > Low Fat*

## Customer Reviews

Cookbook Review: *Now Eat This! Italian* from *EveryDay With Rachael Ray Magazine* *NOW EAT THIS! ITALIAN* By Rocco DiSpirito (\$27) Grazie, Rocco! The latest cookbook from this longtime luminary features Italian classics like creamy fettuccine alfredo, all trimmed to 350 calories max. And because the recipes come from real Italian mamas--who appear throughout the book--you know the calorie-cutting doesn't compromise flavor. From the September "Italian Issue" of *Every Day with Rachael Ray* Rocco DiSpirito's *Mama's Meatballs, Whole Wheat Pizza*

Author of "Now Eat This! Italian" prepares classic Italian dishes with a fraction of the fat. From GMA, 09/25/2012 Transcript for Rocco DiSpirito's Mama's Meatballs, Whole Wheat Pizza AND WE LOVE rocco DiSpirito. Thank you. His new cookbook, "Now eat eat this italian. " A fraction of the fat and calories but all of the flavor is retained. All the flavor and then some."watch

here:[abcnews.go.com/GMA/video/rocco-dispiritos-mamas-meatballs-wheat-pizza-17319241](http://abcnews.go.com/GMA/video/rocco-dispiritos-mamas-meatballs-wheat-pizza-17319241) **Caprese Salad, 167 cal**  
**Ingredients:**  
3 large ripe tomatoes  
Salt & Freshly ground black pepper  
6 ounces fresh mozzarella, sliced 1/4 inch thick  
12 fresh basil leaves, torn into small pieces, stems removed  
4 tablespoons Super Olive Oil (page 34)  
**Method:** Slice the tomatoes into 16 even 1/2-inch-thick slices. Season lightly with salt and pepper. Top each with a slice of mozzarella, then season again lightly with salt and pepper. Arrange 4 tomato and cheese slices overlapping on each of 4 small salad plates and scatter the basil on top. Drizzle each plate with 1 tablespoon Super Olive Oil.

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. Here's a quick preview of whats in store. order here: [bit.ly/NETvidwatch](http://bit.ly/NETvidwatch) trailer here: [youtube.com/watch?v=q2aSyZ878MI](http://youtube.com/watch?v=q2aSyZ878MI)

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 endulge 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!! I 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!

I have made three recipes from this book at the time of this review: the baked ziti, the sauteed spinach with garlic, and the shrimp fra diavolo. All three were good, which leads me to believe that this is a reliable cookbook with solid recipes. I look forward to making more from this book in the future, especially DiSpirito's baked version of arancini, which look very tasty. This author does take a "semi-homemade" approach to several of the recipes. He lists some premade items in the required ingredients, such as Trader Joe's marinara sauce. This may bother some people, but I didn't really mind. When I want completely made-from-scratch Italian cooking I will go to another cookbook, but this one is very good for lower-calorie weeknight dinners.

I love Italian food and I thought this would be great because it has lower calorie options. Alas, if you do not live in a city with Italian markets it is hard to find many of the ingredients. There was only one or two recipes I could even make that appealed. This cookbook was quickly dispensed to Goodwill.

This has been a cookbook that I find myself going back to over and over again. This doesn't taste like diet food, the flavors are wonderful. The recipes work out everytime. The photos are great and the theme of the book is fun. Rocco compares the Mamas full calorie / full fat recipes with his reduced calorie / reduced fat ones. Yum!

I love the way he incorporated pictures from Italy and his family. It's beautifully illustrated. You see all his family and his beloved grandmother. I find myself opening the book and feel like he invited me into his world. I love Italian food. I love the way he introduces you to Italian products I never heard of but was inquisitive enough to try. For example, palenta. I like oatmeal, cream of wheat and making other hot cereals. He makes this dish with Palenta. The bright yellow color reminds me of a corn meal hot cereal dish my Mom would make for me at breakfast when I was a child. I tried but didn't like maybe because I bought the wrong Palenta I bought it in a solid instead of a dried mix, It might have made all the difference. I will try again with the dry mix. I definitely recommend the book if you follow his recipes to the letter.

I have seen Rocco's recipes in newspapers and seen him on TV. This book is BEAUTIFUL! It is a hard-bound book with fabulous photographs. The stories of the "Mamma's" is wonderful. Rocco takes the recipes that he knew as a child and converted them to low calorie foods. His substitutions are common sense. The ingredients he uses are simple and readily available. More importantly, he lets us in on the secret of Italian food: the star of these meals are the wonderful fresh vegetables,

the tomatoes, the eggplant, celery and more. The real pleasure of the meal is the company and the conversation. Making and serving someone a dinner is an act of intimacy and love. It shows in this wonderful book. The comparison of the olds-style dishes prepared by the "mamas" vs. his lower calorie are priceless! I made the eggplant rotini and it looked just like the pictures and tasted wonderful. I will be ordering all of Rocco's recipe books. He is a remarkable chef. His mamma should be proud!

Good ideas, great dishes.

Bought it and never read it!

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