

Slim Cuisine Italian

Dear Traveler, Welcome to the WanderStories™ guide to Italian cuisine. We, at WanderStories™, are storytellers. We don't tell you where to eat or sleep, we don't intend to replace a typical travel reference guide. Our mission is to be the best local guide that you would wish to have by your side when visiting the sights. So, we meet you at the sight and take you on a tour. WanderStories™ travel guides are unique because our storytelling style puts you alongside the best local guide who tells you fascinating stories and unusual facts recreating the passion and sacrifice that forged the beauty of these places right here in front of you, while a wealth of high quality photos, historic pictures, and illustrations brings your tour vividly to life. Our promise: • when you visit Italy with this travel guide you will have the best local guide at your fingertips • when you read this travel guide in the comfort of your armchair you will feel as if you are actually visiting Italy with the best local guide Let's go! Your guide, WanderStories
During Louise DeSalvo's childhood in 1950s New Jersey, the kitchen becomes the site for fierce generational battle. Louise's step-grandmother insists on recreating the domestic habits of her Southern Italian peasant upbringing, clashing with Louise's convenience-food-loving mother; Louise, meanwhile, dreams of cooking perfect fresh pasta in her own kitchen. But as Louise grows up to indulge in amazing food and travels to Italy herself, she arrives at a fuller and more compassionate picture of her own roots. And, in the process, she reveals that our image of the bounteous Italian American kitchen may exist in part to mask a sometimes painful history. Louise DeSalvo is a writer, professor, lecturer, and scholar who lives in New Jersey. Her many books include the memoirs Vertigo, Breathless, and Adultery; the acclaimed biography Virginia Woolf: The Impact of Childhood Sexual Abuse on her Life and Work; and Writing as a Way of Healing. Recently, she edited Woolf's early novel Melymbrosia and coedited The Milk of Almonds: Italian American Women Writers on Food and Culture. A Book Sense 76 pick in hardcover "Louise DeSalvo packs about six courses of emotional wallop into her slim memoir...[A] tough, courageous story, one of hard-won wisdom and memory."-San Francisco Chronicle "Illuminate[s] the difficulties of reconciling past and present...DeSalvo celebrates the table of her ancestors by savoring her own rediscovered history."-New York Times Book Review Travel writer Hendrickson goes on a food-filled adventure to the Tuscan Isle of Elba, where she learns that the secret to staying slim forever has nothing to do with counting calories or cutting carbs. It's the summer of 1990 and Crystal Beach has lost its beloved, long-running amusement park, leaving the lakeside village a virtual ghost town. It is back to this fallen community Starla Mia Martin must return to live with her overbearing mother after dropping out of university and racking up significant debt. But an economic downturn, mother-daughter drama, and Generation X disillusionment soon prove to be to be the least of Starla's troubles. A mysterious and salacious force begins to dog Starla; inexplicable sounds in the night and unimaginable sites spotted in the periphery. Soon enough, Starla must confront the unresolved traumas that haunt Crystal Beach. Sodom Road Exit might read like a conventional paranormal thriller, except that Starla is far from a conventional protagonist. Where others might feel fear, Starla feels lust and queer desire. When others might run, Starla draws the horror nearer. And in turn, she draws a host of capricious characters toward her—all of them challenged to seek answers beyond their own temporal realities. Sodom Road Exit, the second novel by Lambda Literary Award winner Amber Dawn, is a book that's alive with both desire and dread.

Chubster

Everyday Paleo Around The World: Italian Cuisine

Sodom Road Exit

Italian Cuisine

Marketing Triumphs and Blunders

Italian Recipes For Dinner

An analysis of the variables that can make or break marketers in the food industry, and a useful lesson on how to distinguish one from another.

Enjoy all the tastes and flavors of Italy, but without a heavy meal. Alexandra Caspero is known for her healthy and simple vegetarian meals.Take a tour of Italy and enjoy the lighter side of Italian cooking with Alexandra Caspero. Alexandra is putting a new spin on traditional Italian fare by making dishes that are vegetarian and vegan. As a registered dietitian and nutrition blogger, Alexandra is known for her simple, always vegetarian, mostly vegan and delicious recipes. Her spin on Italian cooking is a refreshing break from heavy, meat and cheese filled pasta dishes. Light Italian Cooking will bring familiar tastes and flavors of Italian food to vegetarians and vegans who may miss the traditional dishes. Savor mouthwatering recipes such as Spring Vegetable Lasagna, Tempeh Bacon Carbonara and Zucchini Pasta with Bolognese Sauce. So whether you're a vegetarian or looking to eat healthier, say buon appetito to healthy and simple vegetarian Italian dishes.

COOKING/WINE

My Story Not Your Average Story With Pictures Heard of South Beach Diet? Now here is Florida's North Shore Diet I am writing my story because it will help millions of people realize they are creating within themselves a degenerative situation that will impair their health and the future. It's sad to realize that 100 million Americans with high cholesterol have a greater risk of a heart attack or a stroke. Smoking affects the arteries and lungs. Smoking and high cholesterol compounds the problem and ups the percentages. It is reasonable that a company h funded advertisements to alert millions of Americans about the disaster of a newly acquired elephant upon their chest. This acquired pet will not go away! Ever! Being over-weight also adds even a greater risk of a stroke or heart attack. Obesity is the third and final accumulative factor. This book attacks all three issues: high cholesterol, smoking and obesity, by giving well-researched guidelines to counter these problems. Spanning more than 50 years of my life, this is my story. With 85 full colored pictures, it's a cookbook of sorts, a little different than most. This book is about quitting smoking, lowering your cholesterol and losing some weight at the same time. I had no idea what a task it would be until the ordeal was over. Hope you like it.

Lean Beach Cuisine

Vegetarian Times

100 Full-Flavored Vegetarian Dishes That Prove You Can Stay Slim While Eating Pasta and Bread

Lean Italian Cooking

The Food Industry Wars

Eating to Be Sexy, Fit, and Fabulous!

Italian cuisine has been a firm favourite in Britain ever since it arrived here, yet people who are trying to lose weight often shy away from the much-loved pastas, risottos and sauces for fear that the carbs, cheeses or oils will pile on the pounds. This cookbook from the UK's leading slimming organisation shows you how healthy Italian food can be and how it can in fact help you to lose weight. The simple delicious recipes embrace the Italian love of wholesome food ensuring you won't go hungry. From tasty starters, such as Tuscan Bean Soup, to main courses such as a Creamy Smoked Salmon Pasta with Dill, Steak Tagliata with Roasted Vine Tomatoes or Pumpkin, Chillli and Sage Risotto you can experience the best of Italian cooking in your own home. There are even plenty of irresistible guilt-free desserts, including Chocolate and Banana Tiramisu and Raspberry Pannacotta. Packed with all the nutritional, diet and lifestyle information you need if you're following the Slimming World food optimising plan, as well as more than 120 delicious recipes, this cookbook is ideal for dieters or simply anyone wanting an exciting selection of flavourous, healthy recipes.

Finally, a healthy way of eating that will work for you. This common sense approach to eating encourages eating smaller portions MOST of the time, healthy choices ALWAYS, and fitness EVERYDAY. This easy to read book will give you ideas to become healthy, in shape, and happy. With this plan you do not need to starve yourself, deny yourself foods that you love, or get bored with eating. Whether you are trying to lose weight or maintain your weight, this sensible plan is one you can sustain for the rest of your life. By concentrating on eating healthy rather than dieting, combined with a 30 minute walk everyday, you will notice the rewards immediately. Carry this book with you for a quick, easy guide. You WILL be successful.

Based on years of hearing patients being told what they couldn't eat, a physician-chef provides a medically-based weight loss plan for the real world that describes exactly what to eat, how to cook it and when to eat it.

This guide is designed for quick reference and ease of use. It contains full nutritional information, including individual serving sizes, for each food listed. It covers healthy diets, exercise, diet myths and advice for losing weight safely.

Delicious Recipes for the Healthy Stay-slender Life

A Taste of Southern Italy

90-Day No-Cooking Diet - 1500 Calorie

Delicious Recipes and a Dash of Culture

Italian Food Journal & Notebook for Your Bruschetta Recipes for Lean Italian Cooking, 6x9, 120 Pages, Lined

National Geographic Traveler: Naples and Southern Italy, 2nd Edition

Britney Spears loathes meatloaf and “all lumpy stuff.” Arturo Toscanini hated fish. Ayn Rand despised salads. Alexander Theroux's Einstein's Beets is a study of the world of food and food aversions. The novelist and poet probes the secret and mysterious attitudes of hundreds of unknown? toward eating and dining out, hilariously recounting tales of confrontation and scandalous alienation: it contains gossip, confession, embarrassment, and perceptive observations.

How regional Italian cuisine became the main ingredient in the nation's political and cultural development.

2nd Edition - Updated and easier to use! Too busy to cook? The 90-Day No-Cooking Diet is for you. The eBook has 90 days of delicious, fat-melting meals with daily 1200-Calorie menus. The author has done all the planning and calorie counting - and made sure the meals are nutritious. Diet contains no gimmicks and makes no outrageous claims. This is another easy-to-follow sensible diet from NoPaperPress you can trust. And we recently updated this eBook and made it much easier to use! Most women lose 23 to 33 pounds. Smaller women, older women and larger women, younger women and more active women usually lose more. Most men lose 35 to 45 pounds. Smaller men, older men and inactive men might lose a bit less, and larger men, younger en and more active men often lose much more. TABLE OF CONTENTS - Too Busy to Cook? - Knowledge Leads to Success - Get a Medical Exam - 1,200-Calories Right for You? - How Much Weight Will You Lose? - Lose Weight Faster - Exercise - Guidelines for Healthy Eating - Breakfast Guidelines - Lunch Guidelines - Dinner Guidelines - About Frozen Entrees - The Sodium Problem - Snack Guidelines - About Bread - Exchanging & Substituting Foods - Your Night Out - Eating Out Caveats & Tips - 90-Day Diet Info - Important 90-Day Diet Notes - You Can Keep It Off - How to Use This eBook - Food Shopping Lists 1200 Calorie Daily Meal Plans - Meal Plan for Day 1 - Meal Plan for Day 2 - Meal Plan for Day 3 - Meal Plan for Day 4 - Meal Plan for Day 5 - Meal Plan for Day 6 - Meal Plan for Day 7 - Meal Plan for Day 8 - Meal Plan for Day 9 - Meal Plan for Day 10 - Meal Plan for Day 11 - Meal Plan for Day 12 - Meal Plan for Day 13 - Meal Plan for Day 14 - Meal Plan for Day 15 - Meal Plan for Day 16 - Meal Plan for Day 17 - Meal Plan for Day 18 - Meal Plan for Day 19 - Meal Plan for Day 20 - Meal Plan for Day 21 - Meal Plan for Day 22 - Meal Plan for Day 23 - Meal Plan for Day 24 - Meal Plan for Day 25 - Meal Plan for Day 26 - Meal Plan for Day 27 - Meal Plan for Day 28 - Meal Plan for Day 29 - Meal Plan for Day 30 - Days 31 to 59 intentionally not shown - Meal Plan for Day 60 - Meal Plan for Day 61 - Meal Plan for Day 62 - Meal Plan for Day 63 - Meal Plan for Day 64 - Meal Plan for Day 65 - Meal Plan for Day 66 - Meal Plan for Day 67 - Meal Plan for Day 68 - Meal Plan for Day 69 - Meal Plan for Day 70 - Meal Plan for Day 71 - Meal Plan for Day 72 - Meal Plan for Day 73 - Meal Plan for Day 74 - Meal Plan for Day 75 - Meal Plan for Day 76 - Meal Plan for Day 77 - Meal Plan for Day 78 - Meal Plan for Day 79 - Meal Plan for Day 80 - Meal Plan for Day 81 - Meal Plan for Day 82 - Meal Plan for Day 83 - Meal Plan for Day 84 - Meal Plan for Day 85 - Meal Plan for Day 86 - Meal Plan for Day 87 - Meal Plan for Day 88 - Meal Plan for Day 89 - Meal Plan for Day 90 Appendix A: Shopping Tips - Substituting Foods Appendix B: Microwaveable Soup Appendix C: Important Frozen-Food Info - Storing Frozen Foods Appendix D: Sodium Problem Appendix D: Frozen Food Entrees - Healthy Choice - Lean Cuisine - Kashi - Smart Ones

A popular series of guidebooks for the modern-day traveler offering information on cities and countries around the world continues, presenting up-to-date backgrounds and descriptions, detailed maps, hundreds of photographs and much more, including walking and driving tours, and cultural sidebars.

Authentic Mediterranean Dishes from Venice to Rome

If it Involves Bruschetta Count Me In

Weight Loss, Italian-Style!

Slim Cuisine

The Complete Book of Food Counts

Fresh Italian Cooking for the New Generation

"This book will help the reader see that Italian food is not off limits for people with diabetes. It will help change the way Italian cuisine is viewed abroad, and demonstrate ways in which traditional Italian food can be part of a diabetes-friendly eating plan"--

Delicious recipes for the healthy stay-slender life.

Provides recipes for low-fat desserts, including fruit dishes, cakes, ice creams, sorbets, cheesecakes, and chocolate desserts

A comprehensive guide to the calorie contents of fresh, frozen, canned, brand-name, and fast-food specialties.

Einstein's Beets

The Corinne T. Netzer 2003 Calorie Counter

Florida's North Shore Diet

Antique Italian

As Little As Possible Most of the Time

A guide to the cholesterol in foods lists five thousand different types of food, including fast foods, brand-name and generic foods, fresh foods, frozen entrees, beef, cheese, chicken, and fish. Reissue.

Gathers low-calorie, low-fat recipes for appetizers, soups, fish, meat, poultry, vegetarian dishes, pasta, vegetables, salads, dressings, snacks, and desserts

This book is a novel and original collection of essays on Italians and food. Food culture is central both to the way Italians perceive their national identity and to the consolidation of Italianicity in global context. More broadly, being so heavily symbolically charged, Italian foodways are an excellent vantage point from which to explore consumption and identity in the context of the commodity chain, and the global/local dialectic. The contributions from distinguished experts cover a range of topics including food and consumer practices in Italy, cultural intermediators and foodstuff narratives, traditions of production and regional variation in Italian foodways, and representation of Italianicity through food in old and new media. Although rooted in sociology, Italians and Food draws on literature from history, anthropology, semiotics and media studies, and will be of great interest to students and scholars of food studies, consumer culture, cultural sociology, and contemporary Italian studies.

"Anne shares with us genuine Italian enthusiasm for the table and an obvious commitment to moderation...Careful professional studies like this will make a world of difference to our future enjoyment of ethnic cooking." Graham Kerr Open this extraordinary cookbook, and discover a wonderful collection of mouth-watering recipes--proof positive that Italian fare can be both luscious and light. Over the years, cooking instructor and renowned author Anne Casale has perfected these streamlined, easy-to-prepare recipes, combining all the rich, robust flavor you have come to expect from traditional Italian cuisine--without heavy fat and calories.

a travel guide and tour as with the best local guide

Crazy in the Kitchen

Slimming World's Everyday Italian

The UK's Most Comprehensive Calorie Counter

The Cholesterol Content of Food

Ditch the Diet, Pass the Pasta, and Drop the Pounds Forever

Enjoy creating delicious authentic rustic recipes from 19th Century Italy with some of the original recipes that great cooks have been handing down for generations in this adaptation of Spring Books' Italian Cooking, originally published in London circa 1900. Included in Antique Italian: Original 19th Century Recipes are hundreds of authentic Italian recipes for classic Italian sauces, breads, pasta, poultry, meats, seafood and desserts, as well as some bits of history and wit which accompany most of these classic recipes. A must have for any cook who enjoys Italian food!! Originally authored by a 19th Century Englishwoman, this vintage cookbook contains classic Italian recipes along with interesting and entertaining references to 19th Century British and Italian societies. The recipes alone make this cookbook an invaluable addition to your recipe library, but the historical references give you an entertaining insight into life in 19th Century Europe. Regardless of whether your interests lean toward great Italian food itself or the history behind it, both cooks and historians alike will find this cookbook a great addition to your library collection.

To do what no other magazine does: Deliver simple, delicious food, plus expert health and lifestyle information, that's exclusively vegetarian but wrapped in a fresh, stylish mainstream package that's inviting to all. Because while vegetarians are a great, vital, passionate niche, their healthy way of eating and the earth-friendly values it inspires appeals to an increasingly large group of Americans. VT's goal: To embrace both.

Provides nutritional information on thousands of generic, brand-name, and fast-food items, including up-to-date lists of calories, carbohydrates, cholesterol, sodium, protein, fat, and fiber content.

The most trustworthy source of information available today on savings and investments, taxes, money management, home ownership and many other personal finance topics.

Lean Cuisine

Mediterranean Women Stay Slim, Too

Just Tell Me what to Eat!

Kiplinger's Personal Finance

The Delicious 6-week Weight Loss Plan for the Real World

Italians and Food

Sarah Fragoso is taking Paleo around the world. First stop: Italy!Part travelogue, part lifestyle guide, this is not just another Italian cookbook. In Everyday Paleo Around the World: Italian Cuisine, Sarah has perfected the art of Italian cooking for the Paleo or gluten-free family—all 100 amazingly delicious, truly authentic recipes are grain-, dairy-, and legume-free.The recipes are drawn from Sarah's travels throughout Italy, where she spent time learning from—and cooking with—top chefs, home cooks, and local farmers. Because of the variety of her experiences, she has much more to share than just recipes. Everyday Paleo Around the World: Italian Cuisine provides an intimate look into the lives of the Italian people and their unique food-centered culture. Immerse yourself in the simple pleasure of eating what's in season and often growing right outside the doorstep, grazing in the fields, or swimming in the sea nearby. Discover the value of slowing down and savoring the whole process, from the initial gath-ering of the ingredients to enjoying the people around the table as much as the food on your plate. This sensibility is what makes Everyday Paleo Around the World not just a cookbook, but a perspective-shifting gem, sure to inspire great dinners and dinner conversation!As an added bonus, Sarah shares tips for anyone planning a trip to Italy: Learn the best ways to navigate the country and stay Paleo and gluten-free during your travels. Grab your passport, pack your suitcase, and join the Fragoso family on a mouth-watering Paleo adventure in Italy!

2nd Edition - Updated and easier to use! Too busy to cook? The 90-Day No-Cooking Diet is for you. The eBook has 90 days of delicious, fat-melting meals with 1500-Calorie daily menus. The author has done all the planning and calorie counting - and made sure the meals are nutritionally sound. The 90-Day No-Cooking Diet contains no gimmicks and makes no outrageous claims. This is an easy-to-follow sensible diet you can trust. And we recently updated this eBook and made it much easier to use! Most women lose 18 to 28 pounds. Smaller women, older women and less active women might lose a tad less. Larger women, younger women and more active women often lose much more. Most men lose 28 to 38 pounds. Smaller men, older men and less active men might lose a bit less. Larger men, younger men and more active men frequently lose a great deal more. TABLE OF CONTENTS - Too Busy to Diet? - What Makes for a Good Diet? - Knowledge Leads to Success - Get a Medical Exam - 1,500-Calories Right for You? - How Much Weight Will You Lose? - Lose Weight Faster - Exercise - Guidelines for Healthy Eating - Breakfast Guidelines - Lunch Guidelines - Dinner Guidelines - Using Daily Menus - About Frozen Entrees - Have a Big-Bowl Salad - Snack Guidelines - About Bread - Substituting Foods - Your Night Out - Eating Out Caveats & Tips - Important Diet Notes - You Can Keep It Off - How to Use This eBook 1500 Calorie Daily Meal Plans - Meal Plan for Day 1 - Meal Plan for Day 2 - Meal Plan for Day 3 - Meal Plan for Day 4 - Meal Plan for Day 5 - Meal Plan for Day 6 - Meal Plan for Day 7 - Meal Plan for Day 8 - Meal Plan for Day 9 - Meal Plan for Day 10 - Days 11 to 79 intentionally not shown - Meal Plan for Day 80 - Meal Plan for Day 81 - Meal Plan for Day 82 - Meal Plan for Day 83 - Meal Plan for Day 84 - Meal Plan for Day 85 - Meal Plan for Day 86 - Meal Plan for Day 87 - Meal Plan for Day 88 - Meal Plan for Day 89 - Meal Plan for Day 90 APPENDIX A: Food Shopping Tips - Substituting Foods APPENDIX B: Microwaveable Soups APPENDIX C: Important Frozen Food Info - Storing Frozen Foods - Frozen Food Safety - The Sodium Problem APPENDIX D: Frozen Entrees - Healthy Choice - Lean Cuisine - Kashi - Smart Ones Mediterranean women live lives free from empty calories, empty diet promises, impossible standards, and a "say no to food" mentality. Thanks to the influence of cooking lessons in her Italian grandmother's kitchen, Melissa Kelly, co-owner and executive chef of Primo Restaurant, has learned how every woman can extract the essence of the Mediterranean spirit and make it uniquely her own. She shares these lessons in Mediterranean Women Stay Slim, Too, along with more than one hundred diverse and mouth-watering recipes, as well as a detailed menu planner. While sampling everything from traditional Hummus to Prosciutto, Fennel, and Pear Salad with Persimmon Vinaigrette, you'll join women in enjoying the timeless, artful Mediterranean way of eating well and living a long, sensuous, beautiful life.

Travel writer Jill Hendrickson has found the most exciting destination ever—slenderness and passionate living! You'll find it in "Weight Loss, Italian Style! Ditch the Diet, Pass the Pasta, and Drop the

Pounds FOREVER." Join Jill on a food-filled adventure to the Tuscan Isle of Elba, where she learns that the secret to staying slim forever has nothing to do with counting calories or cutting carbs. You'll learn the fundamental lifestyle differences that explain Italians' exceptional health and America's obesity epidemic; why diets are doomed to fail, and how to replace them with your own version of La Dolce Vita; the truth about pasta! Contrary to popular diet advice, it can actually help you to achieve your weight loss goals. Now the Italian secret can be your secret! Enjoy your own Renaissance as a sensual, slimmed down being by grabbing your copy of "Weight Loss, Italian Style!" They don't call it La Dolce Vita for nothing!

The Complete Book of Food Counts, 9th Edition

The Regional Mediterranean Inspired Cookbook For Making Restaurant Quality Meals At Home

The Calorie, Carb and Fat Bible 2011

90-Day No-Cooking Diet - 1200 Calories

The Book That Counts It All

The Italian Diabetes Cookbook

Nearly 200 recipes cover such cuisine as Mexican, Cajun, Asian, and Italian, offering the means to make delicious dishes that are also healthful and satisfying.

Italian dinners are known for being both delicious and nutritious. In fact, many Italian dishes are packed with healthy ingredients like olive oil, fresh vegetables, and lean protein. And while Italian food can sometimes seem complex, it is actually relatively easy to prepare at home. With the right recipes and a little bit of practice, anyone can cook up a mouth-watering Italian meal. This cookbook provides everything you need to get started, including step-by-step instructions for delicious Italian dinner recipes. Whether you're in the mood for a hearty pasta dish or a light and refreshing salad, you'll find the perfect recipe inside. So what are you waiting for? Start cooking up some delicious Italian cuisine tonight!

Slim CuisineItalian StyleBantam PressSlim and Healthy Italian CookingSeaside Publishing

"It has always been true for me that to know a place, I must first know how it eats and drinks. Everything unravels at the table." –Marlena de Blasi Marlena de Blasi's lifelong affair with cooking began at age nine on a beach along the coast of southern Italy, where she met an elderly woman roasting potatoes coated with olive oil, rosemary, and sea salt over an open fire. Now, in A Taste of Southern Italy, de Blasi brings to life the spirit as well as the cuisine of this bountiful region. With de Blasi we travel down remote country goat paths in tiny island villages and along sun-washed avenues of great cities in search of some of the most treasured recipes in the world. This is as much a storybook as it is a cookbook: a gathering of small rhapsodies, impressions, and romantic notions from a land where such delights are plentiful. In our journey through the kitchens of southern Italy we find tantalizing recipes for a host of mouthwatering dishes, including Gnocchi di Castagne con Porcini Trifolati Insalata di Pesce Dove il Mare Non C'è Pane di Altamura Frittelle di Ricotta e Rhum alla Lucana Peperoni Arrostiti Ripieni La Vera Pizza Pomodoro alla Brace Pesce Spada sulla Brace alla Pantescia Ricotta Forte Pasta alla Pecoraio La Torta Antica Ericina Un Gelato Barocco With these authentic recipes at your fingertips, you can master the luscious tastes and rustic ambiance of southern Italy. These dishes are sure to become a tradition in your home, and will fill it with tantalizing aromas and love. From the Hardcover edition.

A Collection of Healthy Coastal Recipes

Italian Cook Book

Food, Feuds, and Forgiveness in an Italian American Family

Italian Style

Original 19th Century Recipes

Italian Identity in the Kitchen, or, Food and the Nation

The phenomenal bestseller! Newly revised and updated! Thousands of new listings! THE INDISPENSABLE ONE-VOLUME REFERENCE FROM CORINNE T. NETZER, AMERICA'S #1 AUTHORITY ON THE NUTRITIONAL CONTENT OF FOOD

Are you counting your calories, carbs, or fat grams? Watching your cholesterol? Boosting protein or fiber? Whatever your nutritional needs, this completely revised and updated ninth edition of The Complete Book of Food Counts is the most authoritative, up-to-date reference you can buy. Featuring thousands more listings (and more choices) than ever before, this vital reference provides all the essential counts you need to know for generic and brand-name foods—as well as the latest gourmet and health foods and a variety of ethnic cuisines. Whether it's fresh or frozen, fast-food or slow-cooked, The Complete Book of Food Counts is an A to Z guide to the choices in your supermarket aisles, at your local farmer's market, or served in your favorite restaurants! • Calorie counts • Carbohydrate grams • Cholesterol milligrams • Sodium milligrams • Protein grams • Fat grams • Fiber grams PLUS • A conversion table for weight and capacity measures • Alphabetized listing for easy reference • And much, much more THE COMPLETE BOOK OF FOOD COUNTS From the Paperback edition.

Pellegrino Artusi's Italian Cook Book is a collection of Italian recipes first published in 1891. This version was edited and translated by New York-based academic Olga Ragusa in 1945. It contains nearly 400 recipes that highlight the art of traditional Italian cooking at a time when French cuisine had long dominated the kitchens and plates of gourmands. Pellegrino Artusi (1820-1911) was an unlikely person to revitalize Italian cuisine, being neither a professional chef nor a formal culinary scholar. Artusi was born in Forlimpopoli to a wealthy merchant father, and he successfully took over the family's business as a young man. His life-and that of his family-was violently disrupted in 1851, when the criminal Stefano Pelloni arrived in town. He and his gang disrupted a play and held all the wealthy families hostage in the theater while they robbed and sacked the town. One of Artusi's sisters was assaulted during the raid and the ensuing shock placed her in an asylum. (Pelloni was killed just two months later in a gunfight.) After the trauma, Artusi and his family moved to Florence, where he began working as a silk merchant and later in finance. During his free time, he devoted himself to the art of Italian cooking. French cooking had been considered the "gold standard" in culinary circles for centuries, but Artusi rejected the notion that French food was superior to his native Italian. He devoted himself to learning more about the cuisine of his ancestors. By 1891, at the age of 71, Artusi had completed what is considered the original Italian cookbook. He had compiled and edited recipes from much of the newly unified Italy, creating for the first time a broader manual to the nation's various culinary styles. Still, the book's recipes lean toward the northern culinary styles of Romagna and Tuscany. Unable to find a publisher, he funded and self-published the work. It was a modest success at first, selling a thousand copies in four years. But word spread, and before his death in 1911, the book had sold over 200,000 copies. This version was edited and translated by the New York-based linguist, scholar, and academic Olga Ragusa. It was published in 1945 by the S.F. Vanni publishing house, then owned by her father. Containing nearly 400 recipes, the instructions in the Italian Cook Book are simple to follow and can be easily recreated in the modern kitchen-with some exceptions. Sourcing the two dozen large frogs for Frog Soup may prove a challenge. But the recipes for handmade pasta, gnocchi, and ravioli in the Romagna and Genoese styles are simple and approachable. Crostinis, slices of toast piled with savory toppings, make delicious appetizers when topped with anchovies, caviar, or chicken liver. Italian-style sauces are abundant, including caper sauce for drizzling over boiled fish, meatless sauce for spaghetti, and "the sauce of the Pope"-a briny sauce from the caper vinegar, sweetened olives, chopped onions, butter, and an anchovy. The home cook will find some meats that are easy to source-chicken, lamb, turkey, beef, pork, and plenty of fish. Others will prove more difficult to find, like partridge, blackbird, wild boar, and thrush. Some of the less common organ meats are also used, including tongue, kidneys, and liver. Italian home cooks will want to linger in the dessert section, full of simple cakes, pies, and puddings, as well as rustic fruit dishes like pears in syrup and peaches stuffed with candied orange peel and nuts. Artusi is considered by many to be the father of modern Italian cuisine. Since 1997, he has been celebrated each year in his birthplace of Forlimpopoli with Festa Atrusiana, an Italian food festival.

This notebook in the Bruschetta layout has 120 pages and is lined. It should give you daily joy with saying "If it involves Bruschetta count me in". Especially lovers of Italian cuisine, who also like to compile their own Italian cookbook, it speaks. But no matter if you like to cook your own Italian or prefer to go to the pizzeria or the ristorante. It is intended for all friends of Italy or even cooks, waiters and staff in Italian restaurants.

An irreverent weight-loss guide shares lighthearted advice on how to stick to calorie counting methods while engaging in fun fitness activities with calorie-burning potential, providing coverage of popular misconceptions, convenience foods and sabotaging habits. Original. A first book.

A Hipster's Guide to Losing Weight While Staying Cool

Slim and Healthy Italian Cooking

Over 120 fresh, healthy and delicious recipes

Sumptuous Desserts the Slim Cuisine Way