



## Italian Light and Easy: More Than 100 Delicious and Healthy Recipes Lower in Fat and Calories

*Pasquale, Jr. Bruno*

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Delicious Italian cooking doesn't have to mean heavy sauces, loads of calories, or high fat counts. Noted food writer Pasquale Bruno presents more than 100 delicious and healthy low-fat, low-calorie recipes of both classic favorites and tempting new dishes, including special sections devoted to hearty risottos and savory focaccia.

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