

Healthy Italian cooking

Stewart, Tabori & Chang - Healthy Italian Recipes : Food Network



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 -Healthy Italian cooking
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Giada's Best Healthy Italian Recipes

I consider myself fairly healthy and I know a big part of it is because of the quality of foods I buy. You just need to be aware of the serious offenders to know which items to stay away from, as well as the healthier options.

Healthy Italian Recipes : Food Network

We think it's safe to say that Italian fare is on everyone's list of favorite foods. Toss in a few steamed shrimp, broccoli florets, or chunks of grilled chicken for variety. Although it was originally a hard-to-find imported Italian ingredient, now Bel Gioioso an American cheese producer makes and sells it in the gourmet cheese section at many major supermarkets.

Healthy Italian Desserts

Here, it's mixed up with chunks of mozzarella for extra bursts of cheesy goodness, along with cottage cheese for all the satisfying qualities of ricotta with only a fraction of the fat and calories. Salad dressing When dressing your salads use a good quality and flavoursome balsamic vinegar so that you can reduce the amount of oil you mix with it.

Healthy Italian Desserts

By using organic as much as possible you are eliminating the addition of chemicals from pesticides and fertilizers that make their way into our non-organic and genetically modified foods.

53+ Healthy Italian Recipes to Enjoy on a Diet

Then, substitute cottage cheese in place of the ricotta.

Giada's Best Healthy Italian Recipes

You can literally toss this sophisticated salad together in about 10 minutes. Need to make it Paleo? Not only is it less messy, but this way, you save

on calories, too. A great way to lean out any pasta dish is to add more veggies, and in the case of this lighter carbonara, Giada uses ribbons of zucchini that still feel like noodles, but significantly cut down on the calories.

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