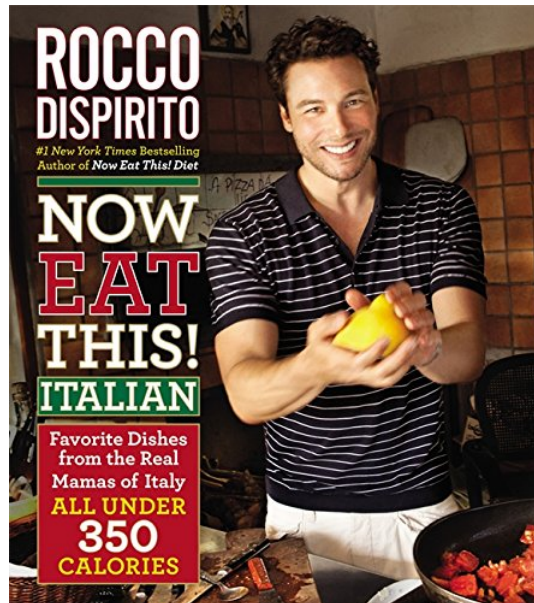


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Weight-conscious readers no longer have to deprive themselves of the ever-popular cuisine of Italy. NOW EAT THIS! ITALIAN is the solution. With more than 85 classic recipes-all under 350 calories-readers can keep the weight off and still indulge in delectable pastas and Italian-style favorites. In this book, Rocco proves that Italian food doesn't have to be calorie packed to be delicious. With these full-flavor, low-fat recipes, readers can indulge without gaining weight. NOW EAT THIS! ITALIAN includes "sinful" pastas, sauces, and desserts, including: Fettuccini Alfredo, Mama's Famed Meatballs, Calamari Fritti, Chicken Parmigiana, Uncle Joe's Sausage and Peppers, Cannoli, and much more!

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