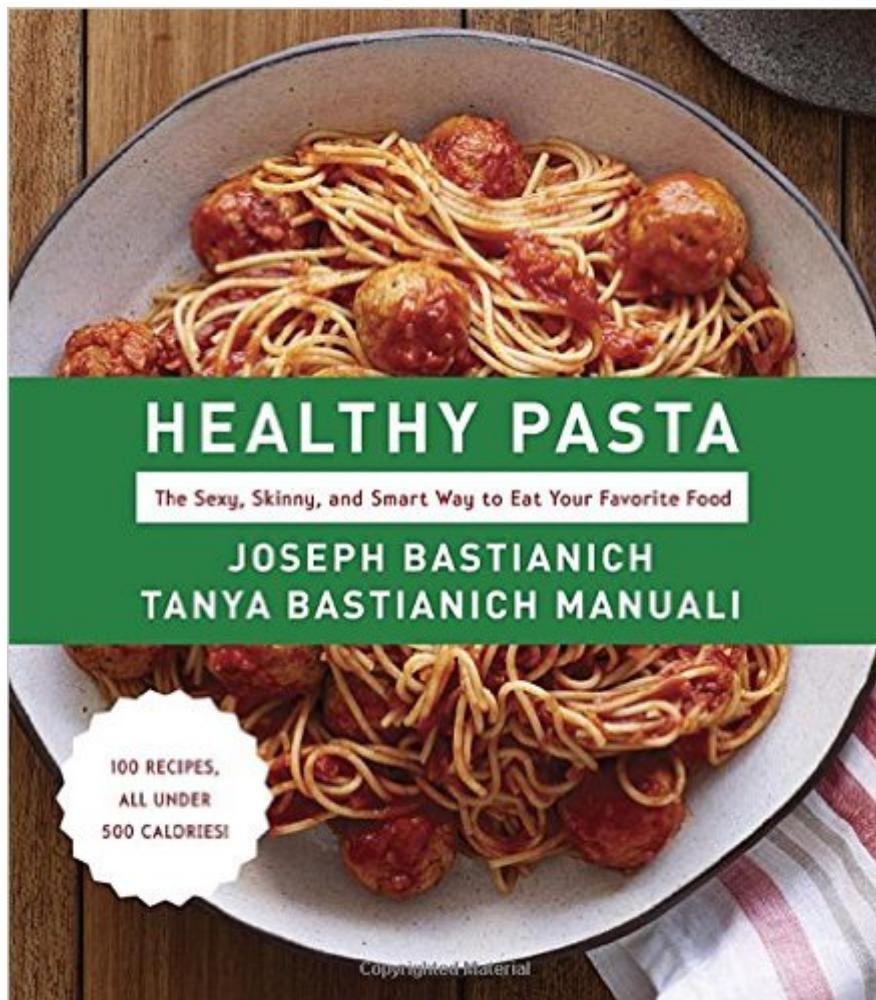


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Healthy Pasta: The Sexy, Skinny, And Smart Way To Eat Your Favorite Food



Synopsis

Having grown up with Lidia Bastianich as their mother, Tanya and Joe Bastianich are no strangers to great-tasting Italian cooking. Today, the siblings both have illustrious careers in the culinary world—writing cookbooks, running restaurants, hosting television shows—and yet they are still faced with the question that many of us encounter in the kitchen every day: how can we enjoy the pasta that we crave in a healthy and satisfying way? Here, the brother and sister have paired up to give us that answer in 100 recipes, each under 500 calories per serving, that are as good for you as they are delectable. This wonderfully informative, easy-to-use cookbook provides simple ways to make pasta an integral part of a healthy and well-balanced lifestyle, even if you're gluten-free. Do not be fooled: this is not a diet book. There are no tricks and no punishing regimens—it is just a simple guide to enjoying more of the food you love in ways that are good for you. Using ingredients and cooking methods that maximize taste but minimize fat content, Joe and Tanya will teach you what different grains mean to your diet, how to pair particular grains with sauces, why better-quality pasta is healthier for you, the health benefits of cooking pasta al dente, and how to reduce fat and calories in your sauces. The recipes consist of regular, whole-grain, and gluten-free pastas, including classics like Spaghetti with Turkey Meatballs and Linguine with Shrimp and Lemon, as well as new combinations like Gnocchi with Lentils, Onions, and Spinach; Bucatini with Broccoli Walnut Pesto; Summer Couscous Salad with Crunchy Vegetables; Spaghetti and Onion Frittata; and many more. All under 500 calories! This book will revolutionize the way you think about pasta. Buon appetito!

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Customer Reviews

I love pasta! But I think like most people when I eat it, I eat too much - or more than is recommended and not only do I feel full and bloated... but guilty! I was interested to know how I can continue to eat pasta without the guilt associated with it, or that sick feeling after eating too much. I like the fact that this isn't a diet book. It's an easy to follow cookbook that gives you lots healthy tips about how to eat pasta - and as an Italian-American I like how the Bastianich's have retained the authenticity of simple, home-style Italian cooking. The recipes are all under 500 calories and also has a section about different kinds of pasta, gluten-free vs whole wheat or fresh pasta. I have already tried and tested some of these recipes and they turned out great! My kids love it too... now I realize that I've been eating too large portions and with heavy sauces, so now this satisfies me just enough. Thanks Joe & Tanya for this great book!

This is one cookbook that won't sit unused for long-if at all! As someone who counsels people on healthy eating and nutrition, I love that they spent time in the Introduction educating you on everything from portion control to the benefits of cooking pasta al dente, chewing slowly and how that process activates digestive enzymes. They explore different options for capturing flavor by using various cooking methods for the sauces without packing on the calories. I've made several of the recipes already and personally love the linguine with spinach and lemon! The blanched almond/breadcrumb topping was so good I used the extra on some sautéed swiss chard the next day. With so many great dishes to try, you'll find it hard to choose which one to start with.

I have always been a fan of Lidia Bastianich and have a copy of all her cookbooks. Naturally, when her son started getting the limelight, I cannot help but pay attention. This, in my opinion, has been a long-time coming. Been waiting for him to release a cookbook since 2010, when he started as one of the judges of the TV show, Masterchef US. The wait was worth it though. Book does not disappoint, both in the presentation and the content. There are some really handy tips in there - did not know that removing the skin of a tomato will lessen the sodium in it and the almond/breadcrumb topping is a keeper! Unlike other cookbooks, the ingredients in each recipe are commonly available and easy to find. I do not cook regularly myself, but all recipes in the book are quite easy to follow. Have already started making some of the olive-oil based ones :-) The total calories for each dish is a nice addition - but having the rest of the nutrition information would have been better, it being a

healthier alternative and all. It might not be as definitive as his mother's cookbook , but it sure stands on its own, imparting a more healthy variation on classic pasta recipes.

Wow. What an amazing book. This is a very well thought out collection of perfect recipes. For the last five years I have devoted myself to eating a low carb diet , eating healthy, nutritious a low carbs program meals that are low in fat and calories but it gets boring and I miss pasta! The problem is of course that, many times, those meals are also low on taste. I tried Mafalde with Spinach, Pine Nuts and Golden Raisins and Spaghetti with Fennel and Anchovies and the recipes was delicious and has a lot of flavor, I promise! As an Italian I love to see this greatest collection of 100 recipes - all under 500 calories - referred to as classics from all Regions of the Italy and many personal interpretations from the Bastianich duo. I'm gonna use it everyday and try them all. I don't think I will be bored. Really a must have.

Got this book after watching Lidia Bastianich cook on PBS. The recipes sound delicious and each one has a picture accompanying it so you can see what it should look like. A nice glossy paged book. The 'kids' of Lidia actually wrote it but they grew up with a mom who knew Italian cooking and it all looks delicious.

Bought the book because I saw Joseph on tv and he demonstrated the turkey meatballs. The recipe was easy to follow and delicious - the family loves it! Once you have some of the basic ingredients then you can make many recipes.

Anything the Bastianich cooks is on my list. Very easy recipes & yes healthy. Good for weight loss & not giving up a favorite food.

Its great . So nice to have a book that is easy to use and the sauces are outstanding. Having diabetes I am always looking for great food to make and this book is great. I have it on my counter always..

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