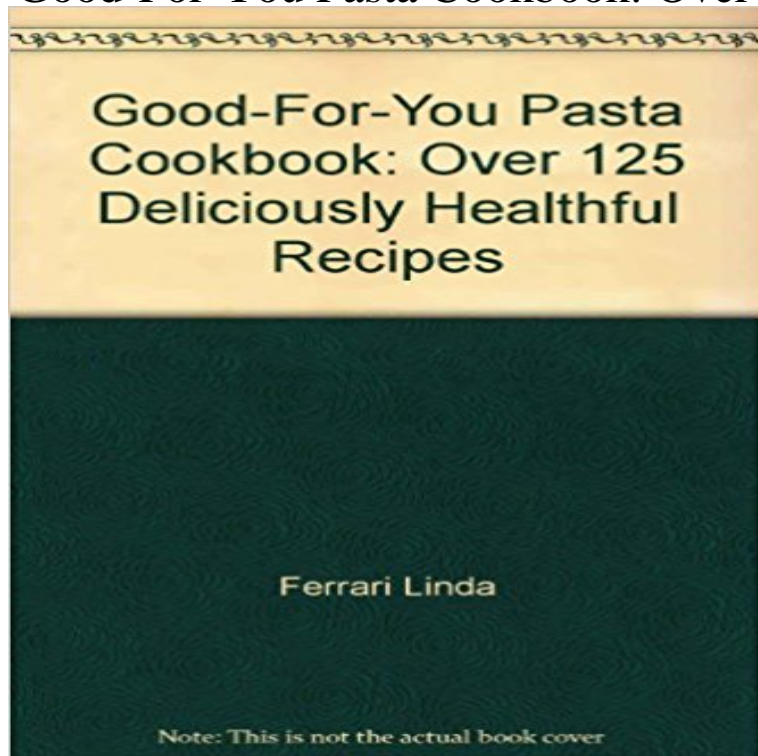


Good-For-You Pasta Cookbook: Over 125 Deliciously Healthful Recipes



Delicious pasta dishes don't need to be high in fat or calories. Here are over 125 rich, flavorful recipes that prove pasta can be creamy, silky, meaty, rich, and wonderful—especially when it's good for you! From traditional favorites like spaghetti with red meat sauce to extraordinary savory creations like homemade artichoke and cornmeal pasta, Linda Ferrari offers low-fat options that everyone will love, including: Saffron Tortellini Soup, Angel Hair Timbale with Spinach Cream Sauce, Butternut Squash Ravioli in Cinnamon Cream Sauce, Penne Salad with Tahini Dressing, Grilled Chicken and Pasta Salad with Ginger Dressing, Crab and Pasta Salad with Cucumber-Tarragon Dressing, Cannelloni with Chicken and Broccoli, Spinach Gnocchi with Hot Pepper Sauce, Grilled Eggplant Salad with Asian Noodles, Curry Pasta, and Lamb in Champagne Sauce. Potato and Roasted Garlic Gnocchi. Each recipe includes a complete nutritional analysis! About the author: Linda Ferrari is also the author of Jams, Jellies & Preserves and Primas Good-for-You Cookbook series. She owns a catering company in Northern California, where she teaches cooking classes. She studied cooking at Julia Child's home in France.

The Prevent and Reverse Heart Disease Cookbook: Over 125 Natural Pregnancy Cookbook: Over 125 Nutritious Recipes for a Healthy Pregnancy the guesswork out of planning a healthy diet and presents over 125 delicious, nutritious recipes to suit any taste or palate. -Mediterranean Shrimp Pasta **Natural Pregnancy Cookbook : Over 125 Nutritious Recipes - Target** Editorial Reviews. From Publishers Weekly. With its cover image of the fetching de Laurentiis Giadas Feel Good Food: My Healthy Recipes and Secrets tasty Italian recipes, this cookbook is sure to draw in home cooks who don't know. My pasta was too mushy, my sauces too watery—nothing came out right or tasted **Natural Pregnancy Cookbook: Over 125 Nutritious Recipes for a** Magic soy desserts: 125 delicious and healthy recipes. Summary: The author is an experienced African-American cook, who has written two other cookbooks. others (soy breads, cereals, pasta, chocolate, chips, health bars, desserts, tofu **Natural Pregnancy Cookbook by Sonali Ruder** out of planning a healthy diet and presents over 125 delicious, nutritious recipes The Natural Pregnancy Cookbook features a variety of tasty, healthy recipes Corn Frittata-Banana Nut Health Shake-Mediterranean Shrimp Pasta-Grilled **The Good-for-You Pasta Cookbook: Over 125 Deliciously Healthful** Nut Health Shake -Mediterranean Shrimp Pasta Healthy, Happy Pregnancy Cookbook: Over 125 Delicious Recipes to Satisfy You, Nourish Baby. Healthy **The**

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