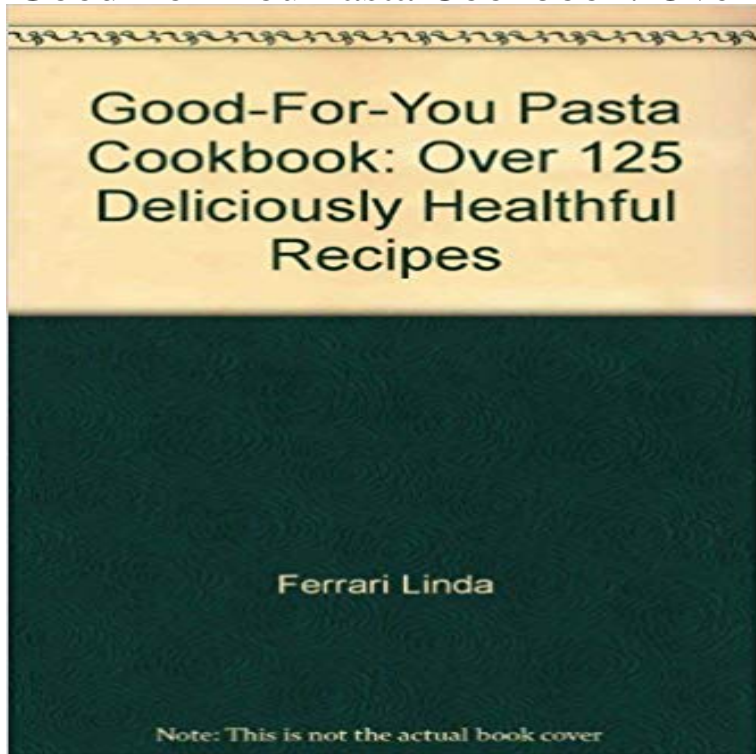


## Good-For-You Pasta Cookbook: Over 125 Deliciously Healthful Recipes



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.

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