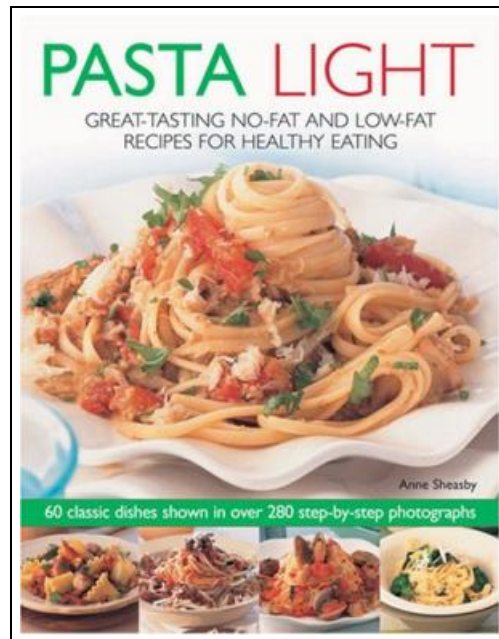


Pasta Light (Paperback)



Filesize: 1.46 MB

Reviews

Good e-book and useful one. It typically does not expense an excessive amount of. I am just delighted to tell you that this is basically the finest book we have read during my very own existence and could be he best ebook for actually.

(Audra Hodkiewicz)

PASTA LIGHT (PAPERBACK)



Anness Publishing, United Kingdom, 2009. Paperback. Condition: New. Language: English . Brand New Book. This book features 60 delicious and authentic Italian pasta recipes made healthy for the modern kitchen - shown in over 280 specially-commissioned photographs. It tells all about pasta and how to use it, including easy-to-follow techniques for making pasta at home. Each dish contains less than 5 grams of fat per portion, and many have less than 1 gram. All recipes are illustrated in colour, with step-by-step photographs and a glorious picture of the finished dish. It offers expert advice on healthy eating, with guidelines for cutting down on fat and dietary advice throughout. Every recipe has detailed notes on nutritional values, including fat and calorie content per serving. Pasta Light opens with a useful introductory section on healthy eating, with information about the role fat plays in our diet, as well as suggestions on ways to cut down. There is a guide to the wide variety of pasta types and a concise techniques section shows how easy it is to make your own pasta at home. The main section of the book then features a collection of 60 delicious pasta recipes. Each easy-to-follow recipe comes with step-by-step, illustrated instructions and a glorious picture of the finished dish so you can see exactly what you are aiming to achieve. Throughout, there are nutritional breakdowns for each dish that provides information on calorie and fat contents per serving, showing just how healthy delicious food can be.



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