



# The Book of Light Italian Dishes

*Maxine Clark*

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## **The Book of Light Italian Dishes** Maxine Clark

Long associated with stick-to-your-ribs goodness, Italian cooking is undergoing a renaissance. Rich pasta sauces and diet-sabotaging appetizers are making way for low-fat, low-calorie versions of authentic Italian favorites. From innovative antipasti to healthy seafood entrees, this book features easy-to-follow recipes from every region of Italy. Color photos.

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