



# CookingLight Italian: 60 Essential Recipes to Eat Smart, Be Fit, Live Well

*Cooking Light Magazine*

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You want top-rated, delicious, reliable meals on your table when you only have time for the best. We hope to expand your repertoire with recipes that our staff considers crucial and that will give you great results every time. These are the recipes our staff can't do without—and neither should you.

In this volume of *The Cooking Light Cook's Essential Recipe Collection*, you'll find:

**Over 55 essential kitchen-tested Italian recipes!** From Spaghetti Alla Norma to Herbed Focaccia to Quick Pizza Margherita to Lemon-Buttermilk Panna Cotta with Blueberry Sauce, *Cooking Light Italian* offers you over 55 of *Cooking Light* magazine's best-of-the-best recipes.

**Over 100 bold and bright full-color photos!** Each essential recipe is accompanied by a beautifully vivid, full-page color photograph, along with an additional image and information on a particular ingredient or technique that's crucial to the recipe. Just one look at Sautéed Scallops with Parsley and Garlic may inspire you to make it. And the technique photo of browning scallops shows you the best way to prepare the recipe.

**Complete nutritional information for each recipe!** In your quest to eat smart, be fit, and live well, you'll find the complete nutritional analysis for each recipe amazingly helpful. Looking for a low-cal dish? Try Shrimp Scampi. Need less sodium? Veal Marsala is ideal. Or maybe you want to increase your calcium intake. If so, Seafood Lasagna is a good choice.

**A complete guide to all things Italian!** Have a question about how to make your own focaccia? Or are you in search of a choice ingredient? Then check out our Cooking Class. This section is devoted to the ins and outs of all things Italian. You'll learn all about the Italian pantry, how to make your own ricotta cheese, and how to prepare homemade pizza dough. Everything you need to cook great Italian recipes is here!

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