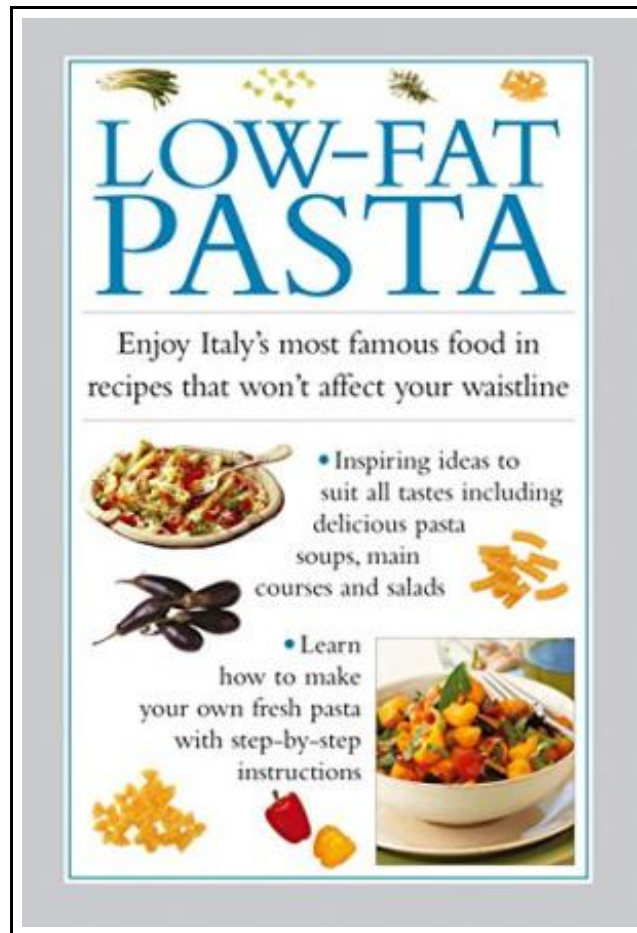


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Anness Publishing. Hardback. Book Condition: new. BRAND NEW, Low-Fat Pasta, Valerie Ferguson, Enjoy Italy's most famous food in recipes that won't affect your waistline. This is a stunning collection of more than 30 authentic dishes using healthy, seasonal produce. It features low-fat versions of classic recipes, including Lentil & Pasta Soup, Spaghetti with Clam Sauce, Lasagne, and Pasta with Pesto Sauce. It includes recipes for all occasions, from quick midweek lunches and suppers to more elaborate creations to serve at dinner parties. It includes a guide to the different types of pasta and a Fat & Calorie Counter for key ingredients. Nutritional information is given for each recipe to help you monitor your fat and calorie intake. For anyone looking to cut down on their fat intake pasta is the perfect food. It contains very little fat but is high in complex carbohydrates, which provide a steady release of energy to help you keep on the go. Pasta is also very versatile and combines superbly with many low-fat ingredients, including vegetables, fish and seafood, poultry and lean meat, as well as herbs and spices. It is perfect for all kinds of dishes. The recipes in this book are quick and easy to create and most contain less than 14g of fat per portion. They may be low on fat but still taste delicious so that you can enjoy satisfying meals and look after your health as well.

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