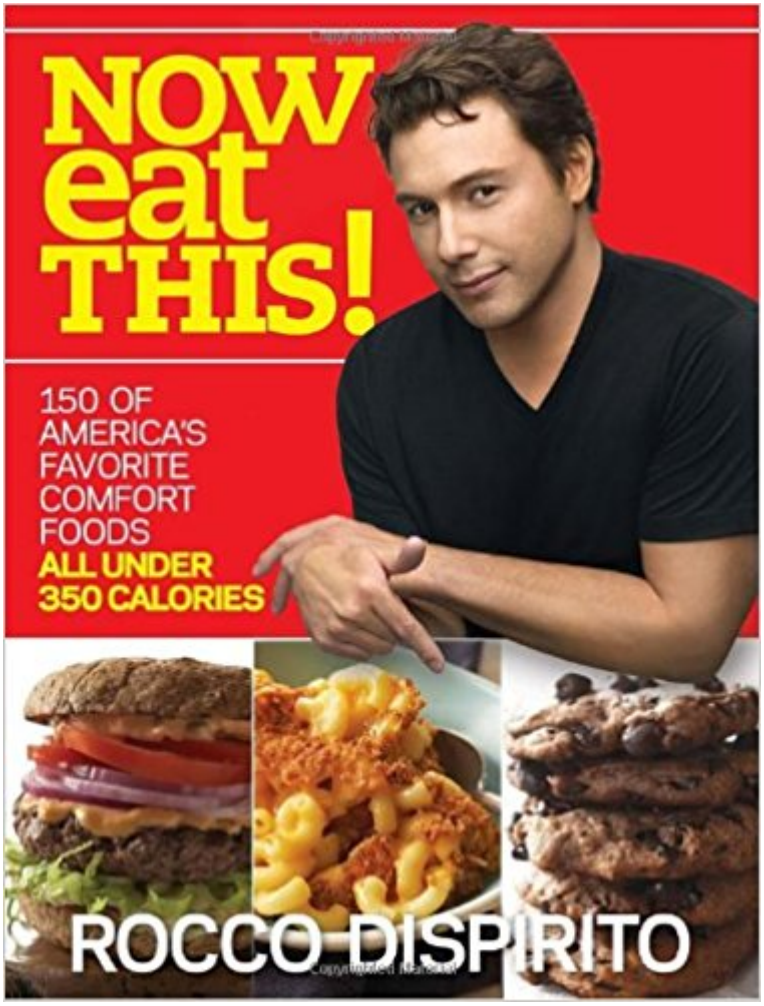
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Now Eat This!: 150 Of America's Favorite Comfort Foods, All Under 350 Calories



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Synopsis

Fried chicken, macaroni and cheese, brownies, and 147 other favorite recipies under 350 calories.Ã Â In this delectable cookbook, award-winning chef Rocco DiSpirito transforms AmericaÃ¢â ¬â„¢s favorite comfort foods into deliciously healthy dishesÃ¢â ¬â •all with zero bad carbs, zero bad fats, zero sugar, and maximum flavor. WhatÃ¢â ¬â„¢s more, Rocco provides time-saving shortcuts, helpful personal advice, and nutritional breakdowns for each recipe from a board-certified nutritionist. So prepare your favorite foods without the guilt. Finally, a world-class chef has made healthy food taste great!

Book Information

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Customer Reviews

Featured Recipe: No Cream-No Cry Penne Alla Vodka The dirty little secret about Penne alla Vodka is not the vodka but the hefty amount of heavy cream. Vodka is colorless, odorless, and without much flavorÃ¢â ¬â •not really attributes of a superstar ingredient. ItÃ¢â ¬â„¢s the combination of cream and tomato sauce that gives this dish its signature flavor. The traditional cream is swapped here for low-fat Greek yogurt. --Rocco DiSpirito Ingredients 8 ounces whole-wheat penne 2 cups RoccoÃ¢â ¬â„¢s How Low Can You Go Low-Fat Marinara Sauce (page 206 of Now Eat This!) or store-bought low- fat marinara sauce Pinch of crushed red pepper One 7-ounce container 2% Greek yogurt 1 cup chopped fresh basil Salt and freshly ground black pepper 6 tablespoons grated Parmigiano-Reggiano cheese (Serves 4) Directions 1. Bring a large pot of lightly salted water to a boil. Add the pasta and cook according to the package directions, about 9

minutes; drain. 2. While the pasta is cooking, bring the marinara sauce and crushed red pepper to a simmer in a large nonstick saute pan over medium heat. Cook the sauce, stirring it occasionally with a heat-resistant rubber spatula, until it is slightly thickened, about 5 minutes. Remove the saute pan from the heat. 3. Stir about 1/2 cup of the marinara sauce into the yogurt until smooth (this tempers it and prevents the yogurt from curdling). Then whisk the yogurt mixture back into the marinara sauce. 4. In a large serving bowl, toss the sauce with the drained penne and the basil. Season with salt and pepper to taste. Sprinkle the cheese on top, and serve. Healthy Tips Whole-wheat pasta has a dense texture that makes it a little tougher than regular pasta. Some people like that chewiness; some donÃ¢â ¬â„¢t. If youÃ¢â ¬â„¢re in the latter category, overcook it a bit. Toward the end of the cooking time, keep testing it until itÃ¢â ¬â„¢s as tender as you like it. Fat: 4.8 g Calories: 320 Protein: 18 g Carbohydrates: 55 g Cholesterol: 11 mg Fiber: 6 g Sodium: 416 mg Featured Recipe: Seared Tuna With Green Beans, Lemon, And Wasabi This dish isnÃ¢â ¬â„¢t a makeover, per se. But there are so many beloved--and believe it or not, unhealthy--seared tuna dishes out there in the restaurant world that I thought I should offer at least one healthy version. The tuna is never the problem. Tuna is rich in nutrients, low in fat, delicious, and just a good bet all around. ItÃ¢â ¬â„¢s the stuff thatÃ¢â ¬â„¢s put on top thatÃ¢â ¬â„¢s the problem--anything from seared foie gras to deep-fried tempura crispies. Sure, it tastes great, but those additions turn a healthful dish into an artery-clogging one. --Rocco DiSpirito Ingredients 4 sushi-grade tuna steaks (3 ounces each) Salt and freshly ground black pepper Nonstick cooking spray 12 ounces haricots verts or slim green beans, trimmed Juice and grated zest of 1 lemon 1 garlic clove, minced 2 tablespoons wasabi paste 4 scallions (white and green parts), sliced thin on the diagonal 3 tablespoons black sesame seeds (Serves 4) Directions 1. Bring a large pot of salted water to a boil. Preheat a grill or grill pan over high heat. 2. Season the tuna steaks with salt and pepper to taste, and spray them lightly with cooking spray. When the grill is hot, add the tuna and cook for 1 1/2 minutes per side for medium-rare. Transfer the tuna to a platter and allow it to rest, uncovered, for 5 minutes. 3. Meanwhile, cook the haricots verts in the boiling water until they are just tender, about 3 minutes; drain. 4. In a medium bowl, whisk together the lemon juice and zest, garlic, and wasabi paste. Add the haricots verts, scallions, and sesame seeds. Toss to coat, adding salt and pepper to taste. 5. Thinly slice the tuna. Fan each portion onto each of 4 plates. Pile a mound of dressed haricots verts on top of the tuna, and serve. Fat: 3.8 g Calories: 166 Protein: 23 g Carbohydrates: 11 g Cholesterol: 38 mg Fiber: 5 g Sodium: 211 mg

Popular television chef DiSpiritoÃ¢â ¬â„¢s latest cookbook retools diet cookery in hope of

convincing even the most stubborn gourmand to cut calories yet still maintain a regimen of delicious, satisfying foods not immediately perceived as diet food. To accomplish this, he takes up underused ingredients such as Greek yogurt, whole-wheat pasta, cauliflower, and reduced-sugar ketchup, whose benefits go beyond mere calorie trimming to add fiber and enhance nutrition. DiSpiritoÃ¢â ¬â„¢s goal is to reduce calories in popular Ã¢â ¬Å“comfort foodsÃ¢â ¬Â• to less than 350 per serving, and his methods yield some astonishing calorie reductions. Onion rings fall from about 1,800 calories to 342. Fried chicken loses more than half. In addition to building in lower fats, DiSpirito does his best to lower cholesterol, carbohydrate, and sodium levels as well. The frustrated gourmet compelled to address weight loss will thrill to DiSpiritoÃ¢â ¬â„¢s novel approach, but it requires thorough pantry restocking. --Mark Knoblauch

The recipes are sensible and doable with brand names of products named. None of them seem to require a long commitment to make. This is a very practical book which has given me lots of ideas for adjustments on other recipes. Well thought out and even a 76 yr old can see that the author is very attractive even terribly cute.

I love, love his cook books. The fact that they are extremely healthy, they are delicious!! Easy to prepare! Plus every ingredient that he uses in his recipe have nutritional value!! Who could ask for more!! I mean what a way to start out your morning with blueberry cheesecake oatmeal.... To die for!!

Love the different ways to reduce calories and fat. This book is a favorite in our house and has been borrowed many times by friends for new recipes.

Every recipe I have made from this book has turned out amazing! I like to eat healthy, but often I get bored as most healthy foods lack flavor, and I often resort to comfort foods, so instead I make these. They've been a lot of fun and definitely feel more experimental than standard recipes, as they call for creativity to keep calorie and fat count down. Some of my favorites include the fried chicken, onion rings, chicken and dumplings, and the brownies. In the last month I've already lost 5 pounds just by replacing junk and fast food with these recipes.I have never had so much fun in the kitchen before and my friends all went out to get this book after I cooked for them. I highly recommend!

I use many of the recipes from this book. So far all f them are delicious especially the lasagna! The

great thing is that they are simple and don not have an over abundance of ingredients. Some of the ingredients were new to my pantry but it is worth saving calories to purchase them. For instance, the lasagna calllar on my grocery list.s for canned artichokes, never bought them before but now they are a regular on my grocery list.

I adore this cookbook. I bought it several months ago and decided I should help others in making a decision by writing a review. Here are 4 things I love about it: 1.) The pictures (so I know if I'm making it properly and can say, "oh that's how it's supposed to look!). 2.) The recipes are easy to follow and easy to read while cooking. 3.) The finished product on my table or as a leftover in the fridge is absolutely delicious and my boyfriend has NO CLUE that we're eating healthier! 4.) I'm a Weight Watchers member and it is SO very helpful to have the calories, fat, protein, and fiber for each recipe to calculate the points. I wish more chefs would do this in cookbooks! *The complaint is that approx. cook time and prep time are not listed. But for the most part, it doesn't take too long to make each recipe.

Gave as a gift and wish I had really looked at it before I gave it to them...not crazy about the recipes..

My husband and I had a lifestyle change. we lost 30 lbs. He was getting tired of the same old stuff so I bought this book. Everything that I have made so far he loves which, it is hard to get a man to love healthy food. Anyway, my friend bought the book she loves it and I am planning on getting the book for family members as Christmas gifts. It shows you great ways to incorporate healthy food and good food to form a balanced diet. The recipes are low fat. I don't think I saw one above 15 grams of fat per serving. The only thing I would watch would be the sodium. Some of the recipes are high in sodium, otherwise I love this book and would recommend it to anyone.

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