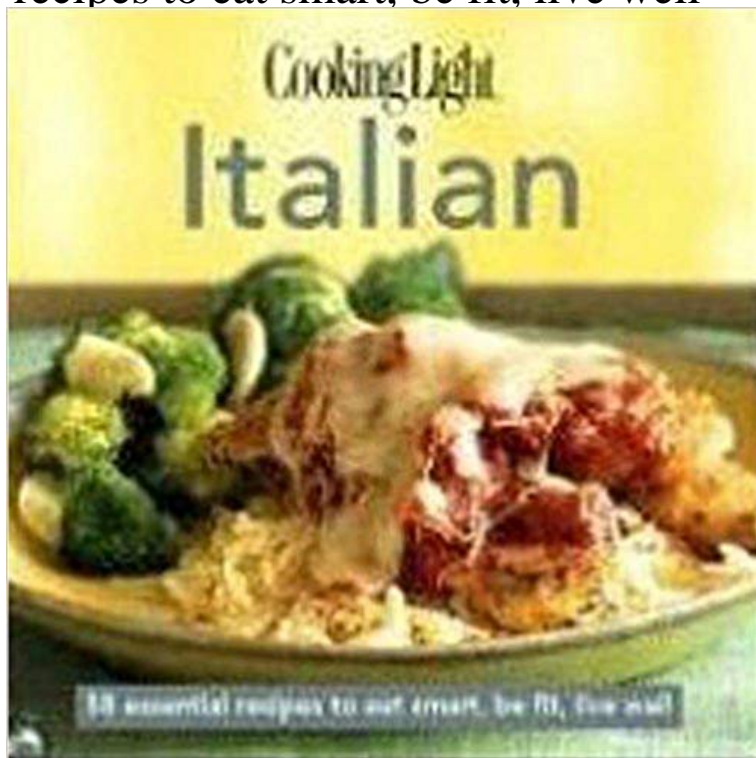


## Cooking Light Cooks Essential Recipe Collection -- Italian: 60 essential recipes to eat smart, be fit, live well



When we gush that this first-ever Italian cookbook from the experts at Cooking Light magazine contains only the most bellissimo dishes, were not exaggerating. And did we mention healthy? This collection goes way beyond spaghetti and meatballs, showcasing incredibly good and good-for-you regional specialties some familiar, some not, but all with the Cooking Light Test Kitchens seal of approval.

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