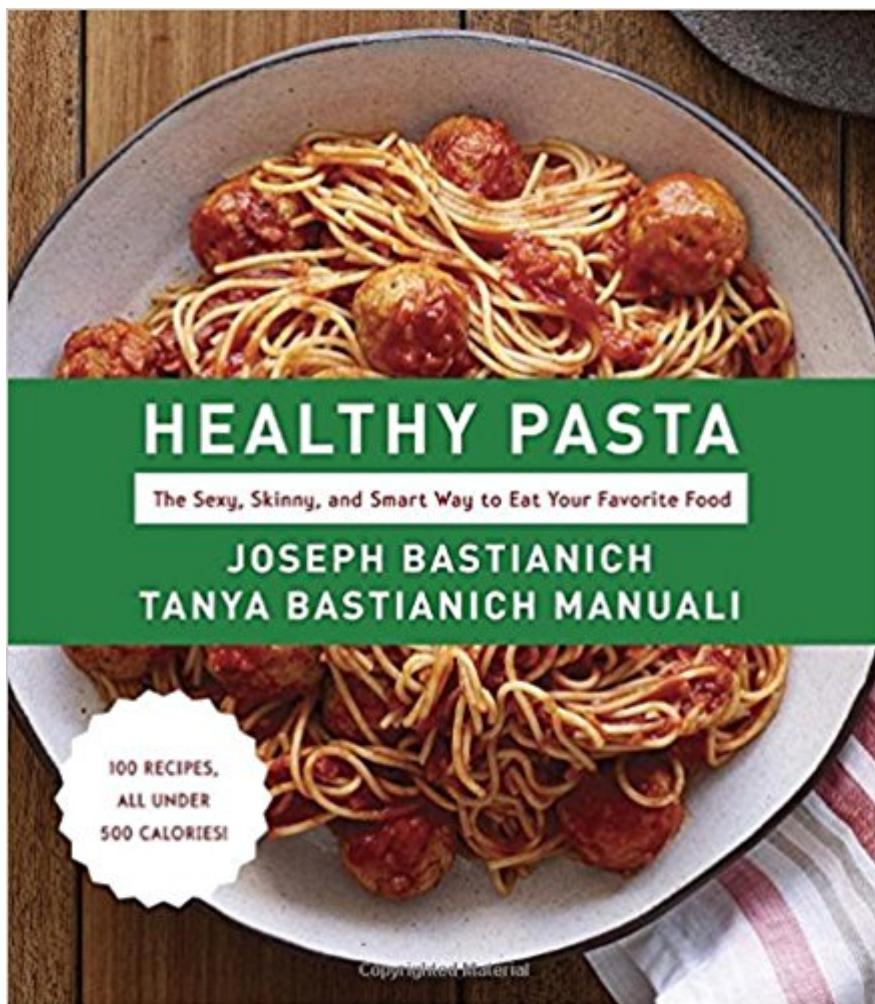


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# Healthy Pasta: The Sexy, Skinny, And Smart Way To Eat Your Favorite Food



## Synopsis

Having grown up with Lidia Bastianich as their mother, Tanya and Joe Bastianich are no strangers to great-tasting Italian cooking. Today, the siblings both have illustrious careers in the culinary world—writing cookbooks, running restaurants, hosting television shows—and yet they are still faced with the question that many of us encounter in the kitchen every day: how can we enjoy the pasta that we crave in a healthy and satisfying way? Here, the brother and sister have paired up to give us that answer in 100 recipes, each under 500 calories per serving, that are as good for you as they are delectable. This wonderfully informative, easy-to-use cookbook provides simple ways to make pasta an integral part of a healthy and well-balanced lifestyle, even if you’re gluten-free. Do not be fooled: this is not a diet book. There are no tricks and no punishing regimens—it is just a simple guide to enjoying more of the food you love in ways that are good for you. Using ingredients and cooking methods that maximize taste but minimize fat content, Joe and Tanya will teach you what different grains mean to your diet, how to pair particular grains with sauces, why better-quality pasta is healthier for you, the health benefits of cooking pasta al dente, and how to reduce fat and calories in your sauces. The recipes consist of regular, whole-grain, and gluten-free pastas, including classics like Spaghetti with Turkey Meatballs and Linguine with Shrimp and Lemon, as well as new combinations like Gnocchi with Lentils, Onions, and Spinach; Bucatini with Broccoli Walnut Pesto; Summer Couscous Salad with Crunchy Vegetables; Spaghetti and Onion Frittata; and many more. All under 500 calories! This book will revolutionize the way you think about pasta. Buon appetito!

## Book Information

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> European

## Customer Reviews

JOSEPH BASTIANICH is the co-owner of Batali & Bastianich Hospitality Group as well as Eataly throughout the Americas. He has co-authored two award-winning books on Italian wine, and his memoir, *Restaurant Man*, was a New York Times best seller. He was formerly a judge on FOX's *MasterChef*, is on Sky's *MasterChef Italia*, and both stars in and serves as a producer on CNBC's *Restaurant Startup*. TANYA BASTIANICH MANUALI received her PhD in Renaissance art history from Oxford University. She co-owns and is the executive producer of Tavola Productions, owns restaurants, and oversees the production and expansion of Lidia's food line. Tanya has co-authored five previous books with her mother and has also written a book on breast cancer in art.

Linguine with Pancetta, Peas, and Zucchini

Use a vegetable peeler to peel the zucchini lengthwise into thin ribbons, stopping when you get to the very center where it is all seeds. You can use this same technique with carrots and peel long carrot ribbons, or also choose to use half carrots and half zucchini. The zucchini (or carrots or both) sliced this way also make a light, fresh summer salad when tossed raw with lemon juice, olive oil, and fresh herbs.

Calories per Serving: 422

Serves 6

2 tablespoons extra-virgin olive oil  
3 ounces pancetta, diced  
1 cup chopped scallions  
2 garlic cloves, thinly sliced  
1 pound linguine  
1 cup frozen peas  
2 medium zucchini, peeled into ribbons (see headnote)  
Kosher salt  
Crushed red pepper flakes 1/2 cup fresh basil leaves, chopped  
1/2 cup fresh Italian parsley leaves, chopped  
1/2 cup freshly grated Grana Padano

1. Bring a large pot of salted water to a boil for pasta. In a large skillet over medium heat, add the olive oil. When the oil is hot, add the pancetta and cook until the fat is rendered, about 4 minutes. Add the scallions and garlic and cook until the scallions are wilted, about 3 minutes.
2. Add the linguine to the boiling water. Once the pasta is cooking, add the peas and zucchini to the skillet and season with salt and red pepper flakes. Toss until the zucchini begin to wilt, about 2 minutes. Ladle in 1 cup pasta water and simmer and reduce by half while the pasta cooks.
3. When the pasta is al dente, remove it with a spider or small strainer and add directly to the sauce, along with the basil and parsley, reserving the pasta water. Toss to coat the pasta with the sauce, adding a splash of pasta water if the pasta seems dry. Remove the skillet from the heat, sprinkle with the grated Grana Padano, toss, and serve.

Baked Rigatoni with Creamy Mushrooms and Squash

The combination of mushrooms and butternut squash is well suited for fall, but

you can substitute other roasted vegetables in this dish, according to the season. The white sauce is a lower calorie and lower fat version of the classic besciamella.  $\approx$  Calories per Serving: 494

$\approx$  Serves 6  $\approx$  1 pound mixed mushrooms (such as button, cremini, shiitake, oyster, chanterelle, or porcini), thickly sliced (about 6 cups) 1 tablespoon extra-virgin olive oil Kosher salt 1 small butternut squash, peeled and cut into  $\approx$  -inch cubes (about 3 cups) 1 tablespoon fresh thyme leaves, chopped 2 tablespoons unsalted butter 3 tablespoons all-purpose flour 2 cups 1% low-fat milk 1 cup low-sodium chicken broth 1 fresh bay leaf Pinch of freshly grated nutmeg Crushed red pepper flakes 1 pound rigatoni 1 cup shredded low-moisture part-skim mozzarella  $\approx$  cup freshly grated Grana Padano  $\approx$  1. Preheat the oven to 450 $^{\circ}\text{F}$  with two sheet pans on the top and bottom racks.  $\approx$  2. Bring a large pot of salted water to a boil for pasta. In a large bowl, toss the mushrooms with  $\approx$  tablespoon of the olive oil and season with salt. Spread on one of the preheated pans. Repeat with the squash and the remaining olive oil and season with salt and the thyme. Spread on the second sheet pan and roast both until browned and tender, stirring and switching the pans from top to bottom halfway through the cooking time, about 20 minutes in all.  $\approx$  3. Meanwhile, in a medium saucepan over medium heat, melt the butter. When the butter is melted, whisk in the flour to make a smooth paste. Let cook for 2 minutes to remove the raw flour smell, then whisk in the milk and chicken broth. Add the bay leaf and nutmeg and season with salt and red pepper flakes. Simmer, stirring occasionally, until thickened, about 10 minutes. Discard the bay leaf.  $\approx$  4. Add the rigatoni to the boiling water. When the pasta is very al dente, several minutes shy of the package cooking time, drain and rinse. In a small bowl, toss the mozzarella and Grana Padano together. In a large bowl, combine the pasta, white sauce, and roasted vegetables and season with salt. Toss to coat the pasta with the sauce.  $\approx$  5. Pour into a 13 by 9-inch ceramic or glass baking dish. Sprinkle with the grated cheese mixture. Bake until the sauce is bubbly on the edges and the top is browned, 15 to 17 minutes. Let rest for 5 minutes before serving.

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I have always been a fan of Lidia Bastianich and have a copy of all her cookbooks. Naturally, when her son started getting the limelight, I cannot help but pay attention. This, in my opinion, has been a long-time coming. Been waiting for him to release a cookbook since 2010, when he started as one of the judges of the TV show, Masterchef US. The wait was worth it though. Book does not

disappoint, both in the presentation and the content. There are some really handy tips in there - did not know that removing the skin of a tomato will lessen the sodium in it and the almond/breadcrumb topping is a keeper! Unlike other cookbooks, the ingredients in each recipe are commonly available and easy to find. I do not cook regularly myself, but all recipes in the book are quite easy to follow. Have already started making some of the olive-oil based ones :-) The total calories for each dish is a nice addition - but having the rest of the nutrition information would have been better, it being a healthier alternative and all. It might not be as definitive as his mother's cookbook , but it sure stands on its own, imparting a more healthy variation on classic pasta recipes.

Got this book after watching Lidia Bastianich cook on PBS. The recipes sound delicious and each one has a picture accompanying it so you can see what it should look like. A nice glossy paged book. The 'kids' of Lidia actually wrote it but they grew up with a mom who knew Italian cooking and it all looks delicious.

Bought the book because I saw Joseph on tv and he demonstrated the turkey meatballs. The recipe was easy to follow and delicious - the family loves it! Once you have some of the basic ingredients then you can make many recipes.

Anything the Bastianich cooks is on my list. Very easy recipes & yes healthy. Good for weight loss & not giving up a favorite food.

thank you

Yummy and easy-thanks! Book in condition as promised!

This book is full of interesting and quick pasta recipes, all under 500 calories per serving.

Found a good few recipes in this Pasta book. That are easy to follow and eat.

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