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Skinny Italian: Eat It And Enjoy It - Live La Bella Vita And Look Great, Too!



Synopsis

Eat Spaghetti and Still Fit Into Your Skinny Jeans To many of us, "diet" is a four-letter word. And rightfully so. Starving yourself thin or keeping track of each bite like pennies in your checkbook is no way to live. So what's a girl with skinny jean dreams supposed to do? Teresa Giudice has the answer. In fact, she was born with it. The first-generation Italian-American mom of four and svelte star of *The Real Housewives of New Jersey* credits her knockout figure to her Old World upbringing. And now, in her fun, encouraging, and budget-friendly cookbook, she skewers the myth that looking fabulous has to be a chore. In *Skinny Italian*, she reveals how to: substitute tedious meal plans with simple, flavorful recipes; choose fresh, flavorful ingredients instead of counting calories; slow down and enjoy a faster metabolism; replace starvation with celebration by adopting an Italian attitude to cooking, eating, and entertaining; love food, love eating, and still love your body afterward! Teresa shows how anyone can master the cornerstones of Italian cuisine. Learn how to make six different tomato sauces from scratch, how to choose and use the right olive oil, and how to prepare over sixty Giudice family recipes straight from Salerno. From Gorgeous Garlic Shrimp to Beautiful Biscotti, you'll want to make these sumptuous recipes again and again. Discover how easy and economical wholesome, homemade cooking can be. *Skinny Italian* is not a diet book. It's an "eat it and enjoy it" book. Join Teresa and discover how gorgeous can be a sumptuous side effect to living la bella vita.

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Customer Reviews

I bought this book for 2 reasons, never having watched the TV show. First, diet Italian food, who wouldn't like that? and Second, the wonderful little section on Italian herbs and spices. That alone is

worth the price of the book. The recipes are simple and easy, but far too few to make a good cookbook, let alone a diet cookbook. Everything I've cooked from it, has turned out. That lemon chicken is excellent. But there isn't much there! What is in there is pretty good in flavour, ease of preparation and relatively inexpensive. The diet advice is sketchy at best. A little on portion control, a good comment on Italian American food as served by such popular joints like the Olive Garden. Basically pointing out that the way food is eaten in Italy is much different, pasta is a side dish, not a main dish, and it isn't usually swimming in cholesterol. BUT as diet advice goes, this isn't enough for most people to lose weight on. As a guide to the reason why Mediterranean diets work for health and weight loss, this is lacking. However the nutritional analysis; calorie counts, fat, carb and protein grams at the back was EXCELLENT and I wish more cookbooks did that! Edited to add: I've tried: Italian salad dressing page 41, Basil Lemon Drizzle p 48 which is very nice over chicken or fish, I did the swordfish recipe from page 51 using salmon and it was great. Garlic shrimp page 54, Pork chops on page 66, Chicken in lemon thyme marinade page 70, veal piccata (using chicken) page 189 and skinny snapper page 219. I also tried several of her tomato sauces, and found them good although success with the Quickie sauce depends on the quality of canned tomato and paste that you use because the only other things are basil--which really needs to be fresh or its a waste of time as she correctly points out in the herb section, and top quality olive oil. The guide to canning tomatoes in chapter 9 is excellent, she uses a technique similar to one my grandmother taught me. Regardless of this author's life her cookbook is an excellent introduction to home style Italian cooking. The recipes are not at all intimidating and they are easy to complete as written which can't be said about most Italian cookbooks written by chefs or restaurants. I upgraded this to a 5 star, because those recipes earned it. back to my original review: Now to my more serious complaints. I was completely repulsed by Joe's sidebar on the behaviour of some other woman on that TV show. Yes the actions were dreadful, but to stick them in the cookbook? Too much information! The author actually names a dish after this Danielle character, likening her to a prostitute. Again, extremely inappropriate in a cookbook. I was completely turned off, not on, by the constant references to sex. Even she is a little stumped for explanations when she names a fish dish sexy! It feels like a grade 6 class of little boys who just discovered dirty jokes. Sexual innuendo and references abound as the author blends both food with sex in a crude and very inappropriate manner. I really don't care that she thinks her husband is juicy, nor do I want to know why! I think this book has some very good recipes, that wonderful herb guide in particular, and could have used more good recipes, perhaps a bit more to explain why each was a "diet" food beyond the nutritional composition at the back of the book. She had a golden opportunity to explain the advantages of a Mediterranean diet, and include

a wider variety of recipes. In the end she wasted a lot of space on personal complaints and attacks, and WAY too much on sexual innuendo. Not everything is about sex all the time and it gets tiresome when her only superlative is whether or not a food is "sexy".

I found a few good recipes and ideas. And I mean a "few". When I buy a cookbook I want good recipes and sometimes pictures of the food. I don't care about pictures of Theresa and her family. I know she's extremely full of herself, but enough with the pictures! I also seriously doubt that these are actually Theresa's recipes. Maybe her mom's? I guess if you are a Jersey Housewife fan, you might enjoy some of the comments/quotes. If you really want an excellent Italian cookbook - Marcella Hazan is the way to go.

I have actually tried two of the recipes which I think is more important than just basing the book on your personal opinion of Teresa Giudice. I made the Farfalle con Piselli and followed the recipe exactly. It calls for a chopped medium onion and 1/3 cup light cream, which, once put over heat like instructed to, the light cream evaporates and you are left with a pile of barely coated onions that you have to add to pasta. I had to add almost the entire pint of light cream to get it to a consistency that can be added to pasta, then, it was bland so I added nutmeg to give it flavor. Next up, Old World Pizza Dough. Not too bad, but tasted EXACTLY like what you can buy in the grocery store. No point in buying the ingredients for the dough when you can buy a \$2 bag and it tastes and bakes the same. The next day, I was at my dad's and my stepmom was making pizza dough and using the recipe that comes with the Cuisinart food processor, which I just got. Her dough looked great, so I went home and made it and it was so much better than Teresa's! Not only did it taste better, but this book that is supposed to help you get into your skinny jeans calls for 1/4 cup olive oil compared to the Cuisinart one which calls for 3 teaspoons! Pasta Cacio e Pepe and Skinny Pasta Al Burro are almost the same dishes, the only differences are that one uses spaghetti and one uses fettuccine, and the skinny pasta has an addition of two ingredients, butter and oil! Why make a cookbook where two of the recipes are almost identical? Not to mention the fact that those two recipes are pasta with grated cheese on them, that's it. Not exactly an intricate Italian dish. I have a lot of better, tastier recipes that I have found by simply googling around. I give this book two stars because it does have a lot of information on oils and herbs and spices and the drinks look good (although I didn't try them, I don't think you can mess up a Bellini too bad). I don't get why Teresa (or Heather) didn't write a cookbook with better Italian recipes and drop the whole weight-loss aspect of the book. Just give some good full-fat Italian recipes that taste good-not every cookbook has to be

a diet book. Unless you are a big Teresa Giudice fan, not worth the money as I don't feel it's a real cookbook, more of a component to the Real Housewives of NJ show.

I bought this book for the recipes, but I had seen several of these recipes on free recipes site. That being said when I buy a cookbook its for recipes, not funny little stories about people that I don't know. Sorry to say this is one book that will sit in my kitchen but not get used.

Look ... we're talking about a cookbook written by a bankrupt (allegedly bankrupt?) real housewife of New Jersey. Is anyone really buying this for the cooking tips? I gave it three stars because it makes a hilarious gag-gift, although it's less timely now than it was back in 2009 or 2010.If you can find a cheap copy, I suggest bringing it to a white elephant gift exchange.

I give this book 2 stars for the recipes only.The recipes are good! The rest of the book is Teresa trying to convince the world of her perfect life and perfect husband,which anyone familiar with this family,knows is not true. It is quite obvious when Teresa is knowledgable abt cooking and where she is not,you can tell the difference between Teresa and the co-author! This book did not need "Juicy Joe's Tidbits". This book is just a personal effort to embarass the people she does not care for and promote her so called perfect life. If it were just the recipes,it would get 5 stars,the rest is unecessary!"

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