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The Italian Diabetes Cookbook: Delicious and Healthful Dishes from Venice to Sicily and Beyond by Amy Riolo is a well-organized and executed cookbook. It is

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almost as though Riolo has been using cookbooks for so long as a cook that she knows exactly what cooks are looking for.

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Venice to Sicily and Beyond by Amy Riolo Paperback \$14.59. In Stock. Ships from and sold by Amazon.com. The Mediterranean Diabetes Cookbook, 2nd Edition: A Flavorful, Heart-Healthy Approach to Cooking by Amy Riolo Paperback \$15.39. In Stock.

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popular belief, Italian food is the perfect
cuisine for those looking for heart healthy
and diabetes-friendly dishes.

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With THE ITALIAN DIABETES

COOKBOOK [January 2016, \$18.95 US /

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Mediterranean expert Amy Riolo brings

together a wonderful collection of

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authentic and naturally healthy recipes
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In the Italian Diabetes Cookbook, author Amy Riolo looks to honor this tradition with 150 easy-to-prepare, satisfying, and robust Italian dishes that can be enjoyed

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by the whole family while helping discerning food lovers everywhere achieve their health goals. Cover Price: \$18.95, 315 pages, 7.9" x 8.9", English

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[\$18.95 US / \$23.50 CAN], award-winning author and Mediterranean expert Amy Riolo brings together a wonderful collection of authentic and naturally healthy recipes from her Italian homeland. The book includes 150 easy-to-prepare, satisfying, and robust Italian dishes that can be enjoyed by the whole family—while

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Contrary to popular belief, Italian food is
the perfect cuisine for those looking for

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Real Italian food, that is, which is
healthful, delicious, and the most popular
cuisine in the world. At its core, classic
Italian cuisine is all about preparing fresh
ingredients like fruits and vegetables,
whole grains, beans, legumes, dairy,
seafood, and poultry in time-honored

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techniques that preserve both tradition and
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Ideas

Savory, satisfying foods prevail in this weight-loss themed cookbook. Think: roast chicken with gravy, stuffed turkey tenderloins, Italian-style baked fish, and herbed pork roast. The premise is...

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~~Cookbook~~

very slightly adapted from a recipe from
Amy Riolo's The Italian Diabetes

Cookbook serves 4. Ingredients. 1 tbsp
extra virgin olive oil; 1 lb shrimp, peeled
and deveined (as fresh as possible) 1/2 tsp
Kosher salt; 1/4 tsp freshly ground black
pepper; crushed red chile flakes, to taste (I

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used fresh cayenne pepper) juice and zest
from 1 lemon; DIRECTIONS

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Contrary to popular belief, Italian food is
the perfect cuisine for those looking for
heart healthy and diabetes-friendly dishes.

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Real Italian food, that is, which is
healthful, delicious, and the...

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Cookbook: Delicious recipes to help you
achieve a healthy balanced diet Phil

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It's totally worth it. So imagine my surprise (awe, actually) when I caught a glimpse of author and chef Amy Riolo's latest book, *The Italian Diabetes Cookbook* (American Diabetes Association, 315 pages, \$18.95 paperback). Subtitled *Delicious and*

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Healthful Dishes from Venice to Sicily and Beyond, this book carries a hefty promise. And it delivers.

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With its huge series of near-effortless recipes and handy dietary tips, it's the

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Real Italian food, that is, which is healthful, delicious, and the most popular cuisine in the world. At its core, classic Italian cuisine is all about preparing fresh ingredients like fruits and vegetables, whole grains, beans, legumes, dairy, seafood, and poultry in time-honored

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