



Weight Watchers Slim Ways: Italian

Weight Watchers International Staff

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Trust Weight Watchers to give you all the great taste of authentic Italian cooking wrapped up in a healthy package. Enjoy this popular cuisine without a twinge of guilt! Revel in pasta, pizza, and risottos; sample the delights of truly Italian vegetables, soups, bread and desserts. Not only will you find your favorites here -- cleverly revised for any healthier eating plan -- you'll find loads of new ideas as well. Enjoy Penne with Vodka Cream Sauce, Rigatoni with Sausage and Fennel, Pumpkin Risotto, Seared Tuna with Onions and Anchovies, Potato and Smoked Gouda Pizza or Osso Buco. Top it off with Tiramisu, Chocolate Grappa Cake or Italian Cheesecake. Whatever combination you choose, it'll be a winner! You'll also enjoy a section on the basics of Italian cooking -- how to make pasta from scratch, perfect polenta, classic Tomato Sauce, and more. With a glossary of Italian foods and cooking terms, and 150 delicious recipes, this is Italian cooking at its best!

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