



Elisa Celli's Italian Light Cooking

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If you think that America's cuisine is authentic Italian food, you are in for a delicious culinary surprise. Classic Italian cooking uses only fresh vegetables and herbs, durum semolina pasta, and the finest olive oils and cheeses. Add to these an abundance of fresh seafood, chicken, veal, or beef, and you have a cucina not only exciting to serve and eat but naturally low in fat and good for you!

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