



Fresh Italian Cooking for the New Generation: 100 Full-Flavored Vegetarian Dishes That Prove You Can Stay Slim While Eating Pasta and Bread

Alexandra Caspero

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Take a tour of Italy and enjoy the lighter side of Italian cooking with Alexandra Caspero. Alexandra is putting a new spin on traditional Italian fare by making dishes that are vegetarian and vegan.

As a registered dietitian and nutrition blogger, Alexandra is known for her simple, always vegetarian, mostly vegan and delicious recipes. Her spin on Italian cooking is a refreshing break from heavy, meat and cheese filled pasta dishes. *Fresh Italian Cooking for the New Generation* will bring familiar tastes and flavors of Italian food to vegetarians and vegans who may miss the traditional dishes. Savor mouthwatering recipes such as Spring Vegetable Lasagna, Tempeh Bacon Carbonara and Zucchini Pasta with Bolognese Sauce.

So whether you're a vegetarian or looking to eat healthier, say buon appetito to healthy and simple vegetarian Italian dishes.

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