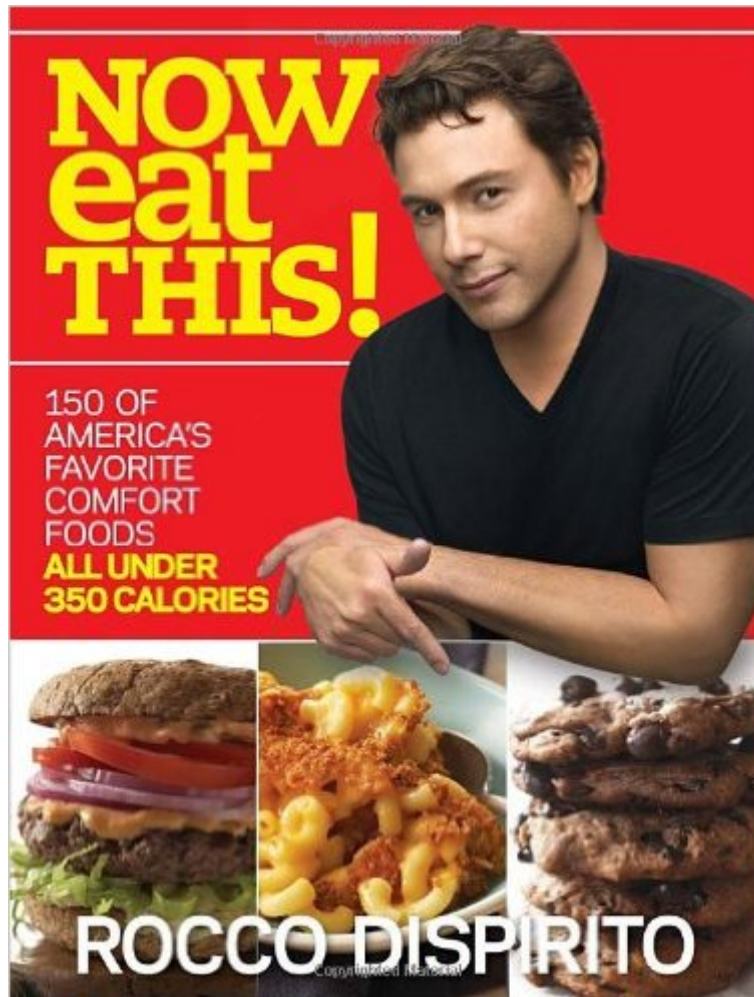


The book was found

# Now Eat This!: 150 Of America's Favorite Comfort Foods, All Under 350 Calories



## Synopsis

Fried chicken, macaroni and cheese, brownies, and 147 other favorite recipes under 350 calories. In this delectable cookbook, award-winning chef Rocco DiSpirito transforms America's favorite comfort foods into deliciously healthy dishes—all with zero bad carbs, zero bad fats, zero sugar, and maximum flavor. What's more, Rocco provides time-saving shortcuts, helpful personal advice, and nutritional breakdowns for each recipe from a board-certified nutritionist. So prepare your favorite foods without the guilt. Finally, a world-class chef has made healthy food taste great!

## Book Information

Paperback: 272 pages

Publisher: Ballantine Books; 1 edition (March 2, 2010)

Language: English

ISBN-10: 0345520904

ISBN-13: 978-0345520906

Product Dimensions: 7.3 x 0.8 x 9.7 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars See all reviews (459 customer reviews)

Best Sellers Rank: #8,363 in Books (See Top 100 in Books) #28 in Books > Cookbooks, Food & Wine > Special Diet > Low Fat #50 in Books > Cookbooks, Food & Wine > Special Diet > Weight Loss #67 in Books > Cookbooks, Food & Wine > Regional & International > U.S. Regional

## Customer Reviews

I checked this book out from the library and intend on buying it. So far we have tried the Mac & Cheese (w/ Onion & Garlic Puree), Spaghetti Carbonara, Deep Dish Pizza, Nachos, & Brownies...all pretty much exactly as written and all in 3 days. The 1st three were AMAZING!! The Nachos were okay but I couldn't follow the recipe exactly due to our not having the black bean dip (subbed drained and rinsed black beans and green chilies)...if we'd followed it exactly I am certain that it would have been wonderful, as our version was "missing something". I am looking forward to trying the Indian Beef Curry and French Onion Soup soon. I LOVE that he incorporates Greek Yogurt into a lot of his recipes...such a wonderful healthy ingredient with a great texture, especially Fage brand. I would give this book 4.5 stars if I could, but the scoring would not allow. The reason being is that there is an insane amount of artificial sweeteners in this book. I understand that he is trying to keep the recipes' calories and fat grams under certain amounts but I have a hard time believing that he,

as a world-reknowned chef and serious athlete, would use Splenda & sugar-free chocolate syrup, etc as a normal part of his diet. I was really hoping that he would have included more of the "whole food, nothing artificial"-type recipes, like those that he had on the Biggest Loser. For example, the Brownies, which are supposedly the "star of the book" according to an interview that I read, had a "chemical" finish. I really wanted to try the chocolate chip cookies but haven't been able to find the chocolate chips in the recipe, so I opted for the more accessible Brownies. Please note that I have been making whole-food black bean brownies and white bean chocolate cookies (LOVE THESE!

I have to be honest and say I am not a cook. I am devoted to my takeout menus. There is a reason I laminate them and keep them in a folder. I have tried losing weight eating. I ate low fat, no taste food and it only left me feeling miserable and desiring meat dishes and sweet desserts. My doctor suggested that I get healthy (translation: lose some weight or your heart, kidneys and other organs are going to quit on you.) He compared my body to a toxic waste dump and said the only thing that would help me was a return to eating real food I prepared myself. Enter Rocco's cookbook. Rocco was a guest chef on the Biggest Loser. After that show, he was encouraged and inspired to write a cookbook with real food and recipes that anyone could eat and still lose weight. This book includes all my favorite comfort foods that I tend to eat over and over again at fast food joints, order for takeout and at local shopping malls and restaurants. I am adding one new recipe a week to my meal plan. Here are a few of my favorites and how many calories and fat grams Rocco reduced in each recipe: 1. Chicken Alfredo (made with whole wheat linguine) cut out 920 calories and 65 grams of fat. 2. Chicken Cordon Bleu cut out a 1,000 calories and 75 grams of fat. 3. Filet Mignon BÃ©arnaise with Roasted Cauliflower - cut out over 400 calories 33 grams of fat. 4. Loaded Baked Potato Skins - cut out 450 calories and 33 grams of fat. These recipes use fresh ingredients, sometimes cooking spray (you could substitute olive or canola oil), and sometimes natural sweeteners like stevia, etc. The taste is incredible. The portions for some recipes may seem small, but I offer this suggestion. Turn off your TV and computer.

I was very excited to try this book out. I read the details and the reviews and I figured I could live with the bad desserts as long as the actual meals part turned out good. The pictures looked amazing and the ingredients weren't too difficult to find in my area. I consider myself to be a pretty good cook and have made other meals from many other Chefs' recipes with great success. I made the penne alla vodka, the calamari, the mozzarella sticks, the artichoke dip, General Tso's chicken and the chicken fried steak. I also made the marinara sauce to go with the pasta dish. Artichoke dip

was fine, no complaints but it also wasn't that great either. Penne alla Vodka using his sauce. It was time consuming, messy and terrible tasting. The sauce was bland. I didn't even let my husband try it as I threw it all away. Mozzarella sticks. The time is wrong and the measurements are off. I made this the first time and the mozzarella sticks melted through (as he has you make them on a wire rack on the baking pan. He stated, I believe, 15 minute cook time. It was done in 5. I tried again after watching Rocco in a video clip from Rachel Ray. I thought it was a funny because the ones he prepared in person looked just like the ones I made, but the ones that came out of the oven were double breaded. I double breaded them and then the cheese stayed in but again, done in 5 minutes. General Tso's chicken. The combination of the vinegar in the sauce made it so sour. I had to again throw it all out. Calamari and Chicken Fried Steak are both plagued by the same problem. Rocco is not specific in the amount of seasoning needed.

[Download to continue reading...](#)

Now Eat This!: 150 of America's Favorite Comfort Foods, All Under 350 Calories Counting Calories: How to Count Calories and Lose Weight Fast (Low Carb Food List: What to Eat While on a Low Carb Diet) Eat To Live: 350 Slow Cooker Recipes That Will Save You Time & Calories Low Carb Diet: Lose Weight Your Way with 23 Low-Carb Versions Of Your Favorite Comfort Foods: (low carbohydrate, high protein, low carbohydrate foods, ... Ketogenic Diet to Overcome Belly Fat) Good Calories, Bad Calories Hungry Girl 300 Under 300: 300 Breakfast, Lunch & Dinner Dishes Under 300 Calories Hungry Girl: 200 Under 200: 200 Recipes Under 200 Calories 30 Under 300: healthy, unique recipes under 300 calories (gluten free, sugar free, dairy free, vegan) Whole Food: The 30 Day Whole Food Challenge - Whole Foods Diet - Whole Foods Cookbook - Whole Foods Recipes (Whole Foods - Clean Eating) Eat What You Love--Everyday!: 200 All-New, Great-Tasting Recipes Low in Sugar, Fat, and Calories The Allergy Self-Help Cookbook: Over 350 Natural Foods Recipes, Free of All Common Food Allergens: wheat-free, milk-free, egg-free, corn-free, sugar-free, yeast-free Art Smith's Healthy Comfort: How America's Favorite Celebrity Chef Got it Together, Lost Weight, and Reclaimed His Health! Quit Smoking: Stop Smoking Now Quickly And Easily- The Best All Natural And Modern Methods To Quit Smoking (Quit Smoking Now Quickly & Easily So You Can ... & Defeat Nicotine Addiction Once & For All) Delicious Dessert Recipes Under 160 Calories. Naturally, Healthy Desserts That No One Will Believe They Are Low Fat & Healthy (Diet Cookbooks, Cookbook healthy Collection) The Skinny Steamer Recipe Book: Delicious Healthy, Low Calorie, Low Fat Steam Cooking Recipes Under 300, 400 & 500 Calories Eat More of What You Love: Over 200 Brand-New Recipes Low in Sugar, Fat, and Calories Eat What You Love: More than 300 Incredible Recipes Low in Sugar, Fat, and Calories Living in "The Now" in Easy Steps

(Understanding Eckhart Tolle, Dalai Lama, Krishnamurti, Meister Eckhart and more!): 7 Lessons & Exercises to Stop Your ... Live in the Now (The Secret of Now Book 1) Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole Foods, Whole Food Diet, Whole Foods Cookbook) Whole Food: The 30 Day Whole Food Challenge - Whole Foods Diet - Whole Foods Cookbook - Whole Foods Recipes

[Dmca](#)