



# Italian Diabetes Cookbook: Delicious and Healthful Dishes from Venice to Sicily and Beyond

*Amy Riolo*

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Contrary to popular belief, Italian food is the perfect cuisine for those looking for heart healthy and diabetes-friendly dishes. *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 techniques that preserve both tradition and flavor. In the *Italian Diabetes Cookbook*, award-winning author Amy Riolo looks to honor this tradition with 150 easy-to-prepare, satisfying, and robust Italian dishes that can be enjoyed by the whole family — while helping fine food lovers everywhere achieve their health goals.

Inspiration for this book came to Amy when she visited her ancestral hometown of Crotona, Italy, for the first time. Each recipe includes notes on the history and cultural importance of each dish, and most contain wine pairings — an essential part of any authentic Italian meal! Highlights include: Ricotta, Grilled Eggplant, and Fresh Mint Bruschetta; Whole-Wheat Ziti with Goat Ragu; Swordfish with Olives, Capers, Herbs, and Tomatoes; Red Pepper, Yellow Tomato, and Artichoke Salad; Espresso Panna Cotta; and many more!

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