

[HEALTHY ITALIAN FOOD RECIPES](#)



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We think it's safe to say that Italian fare is on everyone's list of favorite foods. But unfortunately, much of the ooey gooey grub we know and love is neither authentic to Italy nor flat belly-friendly!

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Healthy Italian Recipes Food Network Global Flavors

Pasta, pizza and eggplant Parm can all be part of a healthy diet. Try these healthier versions of Italian recipes from Food Network.

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50 Healthy Italian Recipes Italian Food Forever

50 Healthy Italian Recipes. I am passionate about Italian cuisine, and often share my love for a healthy Mediterranean diet with anyone I meet. Folks often tell me that they have trouble making healthy menu choices, so I quickly pulled fifty of my favorite healthier recipes from my blog for you to try.

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Quick and Easy Italian Recipes Cooking Light

Pasta, pizza, and everything in between can be ready in 20 minutes or less with these quick and easy Italian recipes. Healthy recipes from Cooking

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Italian for hot bath, bagna cauda is served warm with crudit s. This version, with both oil-packed and marinated anchovies, doubles as a terrific sauce for grilled meat.

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Healthy Italian Recipes Cooking And Food Blog

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