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Italian Food 15 Low Calorie Pasta Recipes Shape Magazine

From its gooey cheeses to zesty sauces, who can resist the comforting taste of a hearty pasta dish? But while Italian food gets a bad rep for wrecking havoc on you waistline, there are ways to make even the creamiest pasta better for you.

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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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Low Calorie Italian Casserole GF Low Cal Skinny

Low Calorie Italian Casserole made with zucchini, brown rice and artichokes is an easy, make ahead freezer casserole. A nourishing, healthy dinner that s filling & bursting with Italian flavorings.

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Low Fat Italian Recipes SparkRecipes

Low Fat - Low Calorie - Large Italian Meatballs. These meatballs are large and filling but still reasonable calorie wise. They are also gluten free.

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