



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

By Rocco DiSpirito

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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!

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Editorial Review

Amazon.com Review

Featured Recipe: No Cream-No Cry Penne Alla Vodka

The dirty little secret about Penne alla Vodka is not the vodka but the hefty amount of heavy cream. Vodka is colorless, odorless, and without much flavor—not really attributes of a superstar ingredient. It's the combination of cream and tomato sauce that gives this dish its signature flavor. The traditional cream is swapped here for low-fat Greek yogurt. --*Rocco DiSpirito*

Ingredients

- 8 ounces whole- wheat penne
- 2 cups Rocco's How Low Can You Go Low-Fat Marinara Sauce (page 206 of *Now Eat This!*) or store-bought low- fat marinara sauce
- Pinch of crushed red pepper
- One 7-ounce container 2% Greek yogurt
- 1 cup chopped fresh basil
- Salt and freshly ground black pepper
- 6 tablespoons grated Parmigiano-Reggiano cheese

(Serves 4)



Directions

1. Bring a large pot of lightly salted water to a boil. Add the pasta and cook according to the package directions, about 9 minutes; drain.
2. While the pasta is cooking, bring the marinara sauce and crushed red pepper to a simmer in a large nonstick saute pan over medium heat. Cook the sauce, stirring it occasionally with a heat-resistant rubber spatula, until it is slightly thickened, about 5 minutes. Remove the saute pan from the heat.
3. Stir about 1/2 cup of the marinara sauce into the yogurt until smooth (this tempers it and prevents the yogurt from curdling). Then whisk the yogurt mixture back into the marinara sauce.
4. In a large serving bowl, toss the sauce with the drained penne and the basil. Season with salt and pepper to taste. Sprinkle the cheese on top, and serve.

Healthy Tips

Whole-wheat pasta has a dense texture that makes it a little tougher than regular pasta. Some people like that chewiness; some don't. If you're in the latter category, overcook it a bit. Toward the end of the cooking time, keep testing it until it's as tender as you like it.

Fat: 4.8 g
Calories: 320
Protein: 18 g
Carbohydrates: 55 g
Cholesterol: 11 mg
Fiber: 6 g
Sodium: 416 mg

Featured Recipe: Seared Tuna With Green Beans, Lemon, And Wasabi

This dish isn't a makeover, per se. But there are so many beloved--and believe it or not, unhealthy--seared tuna dishes out there in the restaurant world that I thought I should offer at least one healthy version. The tuna is never the problem. Tuna is rich in nutrients, low in fat, delicious, and just a good bet all around. It's the stuff that's put on top that's the problem--anything from seared foie gras to deep-fried tempura crispies. Sure, it tastes great, but those additions turn a healthful dish into an artery-clogging one. --*Rocco DiSpirito*

Ingredients

- 4 sushi-grade tuna steaks (3 ounces each)
- Salt and freshly ground black pepper
- Nonstick cooking spray
- 12 ounces haricots verts or slim green beans, trimmed
- Juice and grated zest of 1 lemon
- 1 garlic clove, minced
- 2 tablespoons wasabi paste
- 4 scallions (white and green parts), sliced thin on the diagonal
- 3 tablespoons black sesame seeds

(Serves 4)



Directions

1. Bring a large pot of salted water to a boil. Preheat a grill or grill pan over high heat.
2. Season the tuna steaks with salt and pepper to taste, and spray them lightly with cooking spray. When the grill is hot, add the tuna and cook for 1 1/2 minutes per side for medium-rare. Transfer the tuna to a platter and allow it to rest, uncovered, for 5 minutes.
3. Meanwhile, cook the haricots verts in the boiling water until they are just tender, about 3 minutes; drain.
4. In a medium bowl, whisk together the lemon juice and zest, garlic, and wasabi paste. Add the haricots verts, scallions, and sesame seeds. Toss to coat, adding salt and pepper to taste.
5. Thinly slice the tuna. Fan each portion onto each of 4 plates. Pile a mound of dressed haricots verts on top of the tuna, and serve.

Fat: 3.8 g
Calories: 166

Protein: 23 g
Carbohydrates: 11 g
Cholesterol: 38 mg
Fiber: 5 g
Sodium: 211 mg

From [Booklist](#)

Popular television chef DiSpirito's latest cookbook retools diet cookery in hope of convincing even the most stubborn gourmand to cut calories yet still maintain a regimen of delicious, satisfying foods not immediately perceived as diet food. To accomplish this, he takes up underused ingredients such as Greek yogurt, whole-wheat pasta, cauliflower, and reduced-sugar ketchup, whose benefits go beyond mere calorie trimming to add fiber and enhance nutrition. DiSpirito's goal is to reduce calories in popular "comfort foods" to less than 350 per serving, and his methods yield some astonishing calorie reductions. Onion rings fall from about 1,800 calories to 342. Fried chicken loses more than half. In addition to building in lower fats, DiSpirito does his best to lower cholesterol, carbohydrate, and sodium levels as well. The frustrated gourmet compelled to address weight loss will thrill to DiSpirito's novel approach, but it requires thorough pantry restocking. -- Mark Knoblach

About the Author

At the age of sixteen celebrated chef Rocco DiSpirito entered the Culinary Institute of America, and at eighteen began working for legendary chefs worldwide. After graduating from Boston University with a degree in business, he began working for such renowned New York chefs as Gray Kunz. In 1995 Rocco opened Dava and quickly earned two stars from Ruth Reichl at *The New York Times*. At thirty-one, Rocco opened Union Pacific in New York City and received three stars from *The New York Times*.

Hailed as one of *Food and Wine* magazine's Best New Chefs, DiSpirito is the first chef to grace the cover of *Gourmet* magazine as "America's Most Exciting Young Chef," and was voted their "Leading Chef of his Generation." Referred to as America's original "Rockstar Chef," Rocco has been featured in *Harper's Bazaar*, *Cosmopolitan*, *W*, *The New York Times*, *Details*, *House Beautiful*, *Us*, *OK!* and *People*, including the Sexiest Man Alive issue.

DiSpirito received the James Beard Award for his first cookbook, *Flavor*. He went on to author *Rocco's Italian-American* (2004), *Rocco's Five Minute Flavor* (2005), *Rocco's Real-Life Recipes* (2007), and *Rocco Gets Real* (2009).

DiSpirito also starred in the Food Network series *Melting Pot*, the NBC hit reality series *The Restaurant*, and the A&E series *Rocco Gets Real*. He is a content partner on *Rachael Ray*, and a frequent guest on *Good Morning America* and *Top Chef*. He has appeared on *The Oprah Winfrey Show*, *The Ellen DeGeneres Show*, *Chelsea Lately*, *The Late Show with David Letterman*, *The Tonight Show with Jay Leno*, *Jimmy Kimmel Live*, and NBC's *The Biggest Loser*, and was the first chef to compete on the ABC megahit *Dancing with the Stars*.

In 2006 DiSpirito began his quest toward a more active and healthy life, competing in triathlons, including an Ironman 70.3. In November 2009 he was the spokesperson for and completed the Ironman in Clearwater, Florida, setting a personal-best time. Rocco lives in New York City and appreciates all that cooking has brought to him.

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Mark Bottoms:

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