

**Low-Fat Pasta: Enjoy Italy's Most Famous Food In
Recipes That Won't Affect Your Waistline By Valerie
Ferguson**

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Bread is an important part of most Italian meals but it can also be bean salad and pasta salad choices. Enjoy a plain if you're following a low-fat

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As well as writing cookbooks, Valerie Ferguson has represented a number of award-winning restaurants while running her own public relations consultancy, Headlines PR

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