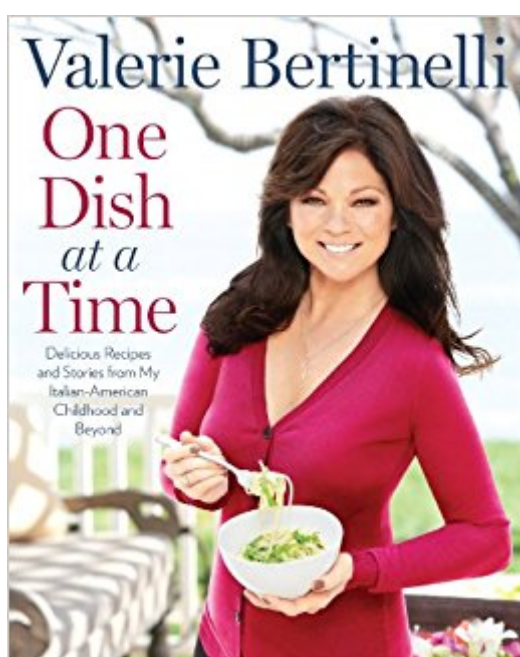


The book was found

One Dish At A Time: Delicious Recipes And Stories From My Italian-American Childhood And Beyond



Synopsis

More than 100 recipes for the Italian dishes of the much-beloved celeb's childhood, presented with tips and hints for enjoying them without overindulging. As a member of a large, food-loving Italian family, Valerie Bertinelli has always equated food with good times and togetherness. But at one point her love of food threatened not only her health, but her livelihood as an actress, when personal demons drove her to overeat and make poor food choices that caused her weight to balloon by 50 pounds. Now happily svelte, remarried, and riding a new career high, Valerie has made peace with food, giving it a central place in her home and family celebrations. One Dish at a Time offers an intimate look into the beloved actress's kitchen, where she prepares a collection of treasured recipes from her Italian heritage. Along the way, she shares her insights into the portion control and mindful indulgence she has come to practice on her journey to enjoying the pleasures of the table again. Filled with gorgeous photos including the actress in her kitchen, nutrition information accompanying each recipe, and Valerie's tips for maintaining a healthy lifestyle, One Dish at a Time is designed to please baby boomer fans and home cooks alike.

Book Information

Hardcover: 256 pages

Publisher: Rodale Books; First Edition edition (October 16, 2012)

Language: English

ISBN-10: 1609614607

ISBN-13: 978-1609614607

Product Dimensions: 8.3 x 0.9 x 10.3 inches

Shipping Weight: 2 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 112 customer reviews

Best Sellers Rank: #62,092 in Books (See Top 100 in Books) #43 in Books > Cookbooks, Food & Wine > Italian Cooking #180 in Books > Cookbooks, Food & Wine > Regional & International > European

Customer Reviews

See Recipes from One Dish at a Time Herbed Mashed Cauliflower [Click here for a larger image](#)
Chicken Paillard with Salsa Verde [Click here for a larger image](#) Cherry Clafouti [Click here for a larger image](#)

Valerie Bertinelli, widely known for her roles on television's One Day at a Time and Hot in

Cleveland, is the bestselling author of *Losing It* and *Finding It*. She lives in Los Angeles.

GREAT cookbook!!!!My wife watched her Thanksgiving cooking show and made us some really neat dishes from that show. So my wife bought her cookbook and is making us a variety of Bertinelli's recipes.This is an must purchase for a cookbook library, and makes a wonderful gift.My wife is a chef school graduate so when she raves about a cookbook I know there is something to it. But I know there is something good about it just from my plate!!!!I tried to find a contact address for Bertinelli but could not, so posted our thanks here after munching on her toasted pumpkin seeds tonight. And I also wanted to tell her we use the terms "big spoon, little spoon" regularly thanks to her...

I really loved reading this book. Her stories of her family are warm and genuine. There are just a couple of things wrong like a few typos and I really wish there were more pictures of the food but other than that it is a beautiful book. I have always enjoyed Valerie as and actor but now as a cook too. She is like the girlfriend next door. And she has some recipes from "Mrs. Van Halen "...which I just find that very cool. She did not put her buttermilk blueberry cake recipe in there (it is in an old woman's day issue, January) it is so delicious. You have to look it up and print it out. I made that twice so far and it only last a couple of days. Valerie is a beautiful person inside and out and it shows in this book. The recipes are simple and not complicated, just things you would make for a family gathering or just you and your hubby. I personally don't like complicated meals everyday of the week. I love the book and like I said look up her Buttermilk Blueberry Cake recipe, it is so delicious.I hope she writes another cookbook.

I love this cookbook! The recipes are easy to follow and don't require a lot of hard-to-find ingredients. The stories that go along with the recipes add a personal touch. Ms. Bertinelli is so pleasant. This cookbook actually inspired me to cook brussel sprouts for the first time ever and I liked them!

I have already cooked 3 dishes.The food is great. The layout is wonderful. Makes me think of my moms cooking. Amazing!

Love the recipes. Love Valerie & reading about her love of family & good food. The Sicilian Love Cake is worth the price of the book. My daughter took it home with her for the pizzelle & Neopolitan

cookie recipes which are just like our old, traditional family recipes. Delicious! I will be purchasing another book because I doubt I will get mine back!

Great, everything you would expect from Valerie. I have her next one on preorder.

Love Valerie's show on Food Network and I love the recipes in here. Plus I love Italian food.

Great cookbook; easy to follow; simple instructions; a variety of recipes - it's a great gift idea for the foodie in your life

[Download to continue reading...](#)

One Dish at a Time: Delicious Recipes and Stories from My Italian-American Childhood and Beyond
Italian: Short Stories for Beginners + Italian Audio: Improve your reading and listening skills in Italian. Learn Italian with Stories (Italian Short Stories Book 1) Italian: Short Stories for Beginners: Improve your reading and listening skills in Italian. Learn Italian with Stories (Italian Edition)
Childrens Italian books: Animal counting fun. Contare con gli animali è un divertimento: Learn Italian with stories.Children's English-Italian Picture Book ... books for children Vol. 2) (Italian Edition) Cooking for One: 365 Recipes For One, Quick and Easy Recipes (Healthy Cooking for One, Easy Cooking for One, One Pot, One Pan) American Heart Association One-Dish Meals: Over 200 All-New, All-in-One Recipes Casseroles: 365 Days of Casserole Recipes for Quick and Easy Meals (Casserole Cookbook, Party Recipes, Family Meals, One Dish Recipes, Dump Dinner, Make Ahead Meals) Italian Short Stories for Beginners, Volume 2 [Italian Edition]: 8 More Unconventional Short Stories to Grow Your Vocabulary and Learn Italian the Fun Way! Italian Short Stories For Beginners: 8 Unconventional Short Stories to Grow Your Vocabulary and Learn Italian the Fun Way! (Italian Edition) CAKE COOKBOOK: The Top 100 Cake Recipes: cake recipes, cake cookbook, cake, cake recipe, cake recipe book, delicious cake recipes (cake recipes, cake ... cake recipe book, delicious cake recipes) Short Stories in Italian 2: My Childhood Dream (Italian Edition) Mi piace aiutare (italian kids books, italian baby books): libri per bambini, libri per ragazzi (I Love to Help) (Italian Bedtime Collection) (Italian Edition) Children's book in Italian: Gifts for you, Mama.Dei regali per te, Mamma: Childrens Italian book (Bilingual Edition) Children's Picture book English Italian. ... books for children Vol. 8) (Italian Edition) Children's book Italian: Peekaboo baby. Cucu' mio piccolino: (Bilingual Edition) English-Italian Picture book for children. Bilingual English Italian books ... books for children Vol. 1) (Italian Edition) Children's book in Italian: Where are the Easter Eggs? Dove sono le uova di Pasq: Childrens Italian books,Children's Picture

Book English-Italian ... for children) (Volume 10) (Italian Edition) Bedtime Stories for Kids: Short Bedtime Stories for Children: (Bedtime Stories for Babies, Bedtime stories for Kids Ages 4-8, Uncle Nick's Bedtime Stories ... (Uncle Nick's Bedtime Stories for Kids) Cast Iron Recipes Cookbook: 50 Most Delicious of Cast Iron Recipes (Cast Iron Recipes, Cast Iron Cookbook, Cast Iron Cooking, Cast Iron Cooking Recipes): ... Recipes (Easy Recipes Cookbook Book 2) Halloween quick easy recipes. Scary dish, desserts and drinks recipes: Includes recipes for kids Bilingual Italian: Jojo's Stinky day: Children's Picture Book English-Italian (Bilingual Edition), Bath time book, A bilingual picture book in Italian ... English childrens books: Jojo) (Volume 3) Cast Iron Skillet Cookbook Box Set: Delicious Breakfast, Lunch, Dinner, Dessert And Side Dish Recipes In A Cast Iron Skillet (4 Books In 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)