



# One Dish at a Time: Delicious Recipes and Stories from My Italian-American Childhood and Beyond

*Valerie Bertinelli*

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## One Dish at a Time: Delicious Recipes and Stories from My Italian-American Childhood and Beyond

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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 yet considered 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.

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