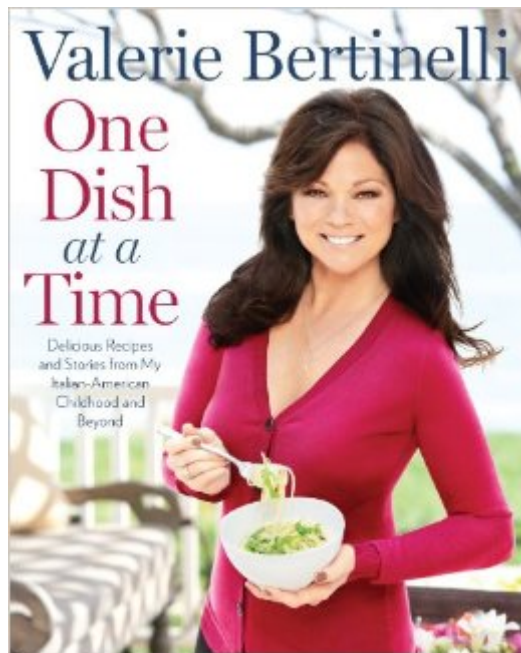


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# One Dish At A Time: Delicious Recipes And Stories From My Italian-American Childhood And Beyond



## 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 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.

## Book Information

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## Customer Reviews

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 an 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...not just the food and photos, but the stories and the eye into the life of Valerie Bertinelli. I am 5 years older which seemed like a lot when she was Barbara on One Day at a Time...NOW, not so much. I enjoy her writing, the stories of family love and the sharing of recipes new and old. I love to cook good food and have the time and inclination to keep a well stocked pantry and cook from scratch using not much processed...less all of the time. Although, she gives a nod to using some items for convenience and time, most recipes are pure scratch. Obviously, the Italian family recipes sound wonderful but I also enjoy the Jenny Craig adaptations. Mainly, though, I love the "voice", warmth and charm of the narrative. And, like Ms. Bertinelli, I am a lover of Chipotle Tabasco!

The well-known TV actress, Valerie Bertinelli delivers an awesome cookbook with mouthwatering recipes, heartwarming stories of her childhood, stunning photos and much more. I have been collecting Italian recipes over 25 years, and have tried some of her favorites over the years, which left me completely satisfied. "One Dish At A Time" includes more than 100 recipes, suggestions for social gatherings, and tips on portion control and indulgence. Her recipes are from her Italian heritage, which I compared to recipes from my Italian grandparents, and found that both are well-worth the time to add to my favorite recipe box. Her recipes are simple, but delicious, and will welcome any social event, or home-cooked dinner for your family. Her tips and advice for a healthy lifestyle are also interesting and educational. This amazing cookbook is designed to please any home cook, and those who enjoy cooking Italian! Delightful, and a great gift idea for family and friends, who love to exchange recipes and try new exciting cooking recipes in your own kitchen. Highly Recommended!

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

I really liked this cookbook. The pasta fagiolo soup was awesome as well as the pot roast. I'm looking forward to trying the Indonesian recipes too. I'd recommend this cookbook.

I enjoyed reading this book, the pictures along with the family stories gave the recipes a great personal feel. I tried a few recipes so far and they all were wonderful tasting meals. My favorite part is learning new recipes and learning new ideas for old favorites like meatballs and meat ragu.

This book has lots of pictures and are very easy recipes. It is all lightened up family friendly recipes. They have the nutritional contents as well so that is great for all the people using My Fitness Pal or counting their calories in general.She integrates child hood stories in with the recipes which is cool. I grew up with her so it is neat hearing what her home life was really like versus what we see on TV.I like it is family friendly food that is kicked up a notch with nutrition.

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