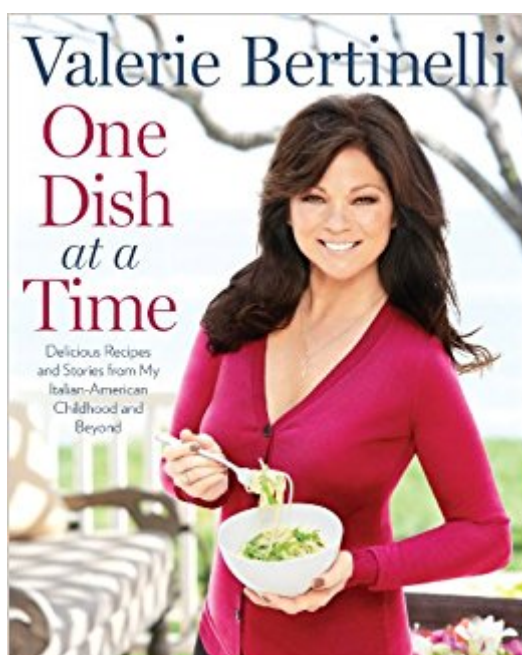


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# One Dish At A Time: Delicious Recipes And Stories From My Italian-American Childhood And Beyond



## 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 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

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

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