

Rocco Gets Real



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- Rocco comes to the home cook's rescue with more than 130 quick-and-easy dishes, many of which are featured on his AandE TV show, "Rocco Gets Real." - Chapters focus on the center of the plate, including pasta, chicken, beef, pork, fish, and seafood. - Special chapters include Healthy Meals (recipes seen on "The Biggest Loser") and

Rocco's Holiday Table. - Rocco's recipe notes teach, inspire, and encourage home cooks through every step in the kitchen. - Short ingredient lists, quick and easy prep, and clever shortcuts mean streamlined techniques that don't compromise flavor. - Full-color photography throughout the book.

作者介绍:

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