



Ciao Italia Pronto!: 30-Minute Recipes from an Italian Kitchen

Mary Ann Esposito

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What could be better than an authentic Italian dinner like this that takes only thirty minutes to prepare?

Little Ciabatta Toasts with Ricotta and Salami

Skillet Breaded Pork Chops with Rosemary

Cherry Tomatoes with Leeks and Thyme

Dried Figs in Red Wine

From years of cooking in her *Ciao Italia* television kitchen, Mary Ann Esposito understands what many people with busy lives, as well as those just beginning to learn their way around the kitchen, want to know: How do I prepare an authentic Italian meal without spending hours in the kitchen? In *Ciao Italia, Pronto!*, Mary Ann shows everyone how to prepare an authentic Italian meal in thirty minutes with more than eighty mouthwatering recipes from the entire gamut of Italian cuisine. She's gathered together a treasure trove of antipasti, soups, pasta dishes, main courses, vegetable side dishes, pizzas, calzones, and deserts that make easy and delicious meals for family and friends. Besides recipes for dishes like quick chicken cacciatore, macaroni with a rich lamb sauce or Cornish game hens with tomatoes and potatoes, Mary Ann shares her how-tos of cooking Italian quickly and authentically:

- how to maximize your time in the grocery store
- how to create a *Pronto!* pantry filled with staples
- how to have a cooking plan and multitask as the preparation gets underway
- how to get several meals out of a single preparation
- how to use seasonal fruits and vegetables to greatest effect.

For good measure, Mary Ann adds a dozen *Pronto!* menus to show readers how to combine the dishes, as well as a select list of mail order and online sources for specialty items. So, instead of bringing home fast food or prepared frozen dishes from the grocery store, involve the whole family, spend thirty minutes with Mary Ann, and bring a little *la dolce vita*---as Italians would say, "the good life"--- to your kitchen. Without fuss or bother, Mary Ann Esposito shows you how to bring an authentic taste of Italy to the table for your friends and family.

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