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Rocco DiSpirito's Recipes | The Dr. Oz Show

Rocco DiSpirito's Recipes. Chef Rocco DiSpirito shares low-calorie, low cholesterol alternatives to some of the most comforting foods. In many of these recipes, he manages to cut the sodium and slash the number of calories in half, so you can have nutritious versions of the meals you crave.

Rocco Dispirito Cookbooks, Recipes and Biography | Eat ...

Biography Rocco DiSpirito, chef and proprietor of Manhattan's Union Pacific and Rocco's restaurants, attended the Culinary Institute of America at age 16, then studied at the Jardin de Cygne in Paris for two years.

Rocco DiSpirito - amazon.com

ABOUT ROCCO DISPIRITO Rocco DiSpirito is a chef and the author of nine award winning books including the back to back # 1 New York Times bestsellers NOW EAT THIS!

Now Eat This!: 150 of America's Favorite Comfort Foods ...

DiSpirito also starred in the Food Network series Melting Pot, the NBC hit reality series The Restaurant, and the A&E series Rocco Gets Real. He is a content partner on Rachael Ray, and a frequent guest on Good Morning America and Top Chef.

Rocco DiSpirito - Wikipedia

Rocco DiSpirito (born November 19, 1966) is an American chef based in New York City. Life and career: DiSpirito was born in Queens, New York City, New York. He graduated in 1986 from the Culinary Institute of America in Hyde

How chef Rocco DiSpirito lost 30 pounds: It starts with a ...

Rocco DiSpirito first skyrocketed to fame as the James-Beard award winning chef and owner of Union Pacific, a popular Manhattan restaurant that became the darling of food writers like Ruth Reichl.

Rocco DiSpirito's Italian Recipes - AOL Lifestyle

Rocco DiSpirito's Italian Recipes Check out some of our favorite recipes from Rocco DiSpirito's latest cookbook, *Now Eat This! Italian*, and some video recipes from his series, *Now Eat This!*

The Negative Calorie Diet: Lose Up to 10 Pounds in 10 Days ...

The #1 New York Times bestselling author, chef, and healthy living expert Rocco DiSpirito returns with a revolutionary whole foods-based diet plan and cookbook featuring more than seventy-five delicious recipes and 100 color photographs.

Holiday Recipes From Top Chefs - Page 2 of 4 - Diabetes ...

DiSpirito went on to write several more cookbooks, including *Rocco's Healthy + Delicious*, which featured more than 200 mostly plant-based recipes for everyday life. DiSpirito is recognized for his inspiring weight loss journey and is committed to proving that healthy and delicious are not mutually exclusive. Rocco's recipe for Pappardelle of Chicken with Winter Pesto will make any