

**Now Eat This! Italian: Favorite Dishes From The Real  
Mamas Of Italy--All Under 350 Calories By Rocco  
DiSpirito**

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Rocco DiSpirito's Chicken Parmigiana Rocco's version has 11 grams of fat and 324 calories. Recipe courtesy "Now Eat This! Italian: Favorite Dishes from the Real

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### **Rocco dispirito | linkedin**

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

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