Eat Italian, Be Healthy!

The dictum “eat your vegetables” could trigger a flashback to suppertime battles of childhood. But the invitation to “savor broccoli rabe sautéed in extra virgin olive oil and garlic,” initiates a blend of sense and sensuality.

Healthful eating is sexy and sophisticated— when you eat the Italian way.

Certified Culinary Professional Sharon Sanders—who lived, worked, and married in Florence, Italy—will share her passion for authentic Italian regional, seasonal cooking and dining, as she shares the secrets of how Italians maintain “la bella figura” while living “la dolce vita.”

Sanders is an author and consultant on the food and life of Italy. Her book, Cooking Up an Italian Life was a selection of BookSpan’s The Good Cook club and is one of the “Top 10 Italian Cooking and Wine Books” selected by Italian food authority Kyle Phillips. She blogs at simpleitaly.com.

Sharon has authored/edited/ghostwritten more than two dozen books, many during her stint as an editor at Rodale. She has contributed to Cooking Light and other national publications, and was a longtime staff reporter/deputy features editor at the Chicago Sun-Times. She teaches Italian cooking classes in her Lehigh Valley kitchen and has taught at Sur la Table, Williams-Sonoma, and food-wine festivals across the United States.

Sharon lived and worked for several years in Tuscany, where she met and married her husband Walter Sanders. She and Walter host intimate group immersion experiences in April and October at Villa Pipistrelli, near Siena, Tuscany. She is a Certified Culinary Professional, and member of the International Association of Culinary Professionals.

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