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Canyon Ranch Giveaway

The Martha Stewart Show, Season 2, Episode 302

Martha Stewart and guest Dr. Corona give away a bag of wellness products and a three night stay at Canyon Ranch fitness resort

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Body and Soul Show

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Aired Unknown Jun 09, 2008 on NBC

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Dr. Brent Ridge discusses the benefits of a good night's sleep. Special thanks to Tempur-Pedic. Dr. Yvonne Sanders-Butter talks about her sugar-free school, Browns Mill Elementary School. She also shares two recipes from her cookbook, "Healthy Kids, Smart Kids": Chicken Salad Surprise and Baked Chicken. Alanna Finoko, the editor in chief of Body+Soul, shares facts about grapefruit and a recipe for Grapefruit Tea. Special thanks to Florida grapefruit growers for giving our studio audience a ruby red grapefruit. Fern Trespicio, senior editor at Body+Soul also joins Martha to discuss the benefits of forgiveness. Trainer Mary Tedesco demonstrates her Fat-Blasting Workout. The heart rate monitor can be purchased at os.com. Special thanks to Gym Source for providing the equipment. Dr. Richard Carmona, the 17th surgeon general of the United States, discusses how to achieve optimal health. Dr. Carmona is currently the vice chairman of Canyon Ranch. Special thanks to Canyon Ranch Lenox for giving our studio audience a three-night stay. LESS

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Dr. Liponis

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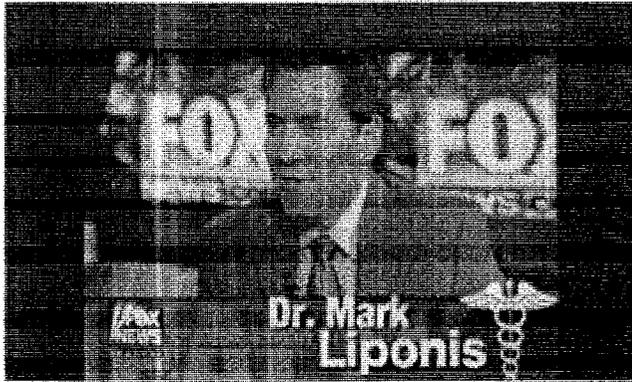
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Dr. Mark Liponis of the Canyon Ranch explains why your immune system may hold the key to living longer

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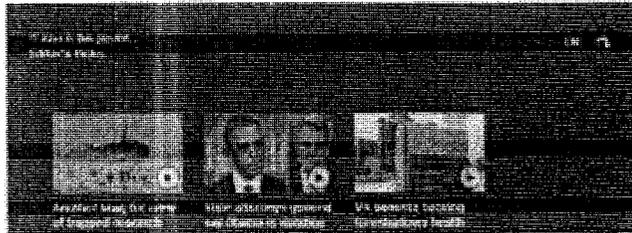
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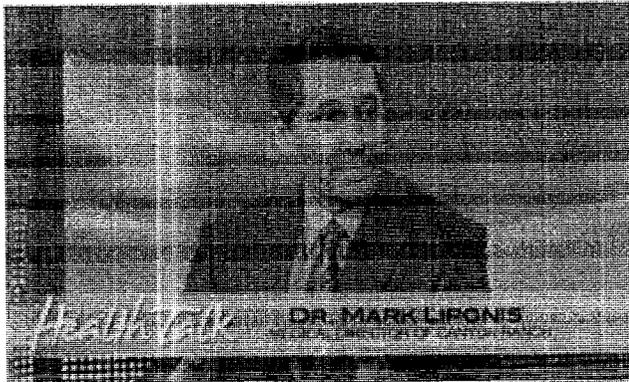
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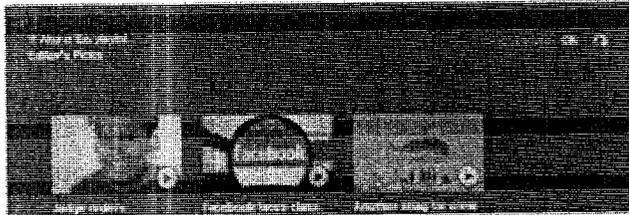
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Guests: Dr. Mark Liponis



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martha stewart

Spa Staycation

The best spa food tastes like a treat, not a diet. With these recipes, you don't have to leave home to try it.

Martha Stewart Living, August 2012

<http://www.marthastewart.com/912279/spa-staycation>

The words "home spa day" bring to mind DIY mud masks and cucumber slices on your eyes. A more appealing idea? Twenty-four hours' worth of healthy, delicious food. We asked the chefs from some of our preferred wellness-focused getaways to share the recipes behind their most popular dishes. The resulting breakfast, lunch, and dinner are not only tasty and light, but also built on smart strategies that can be applied to whatever you're cooking.

Scott Uehlein from Canyon Ranch reveals a simple trick to cutting calories and carbs in the morning. Deb Morgan of Kripalu Center for Yoga & Health, in Massachusetts, shows us how to turn healthy fats into a creamy dressing. And Fritz Zwahlen from Amanyara in Turks and Caicos -- a personal favorite of Martha's -- gives us an easier-than-it-looks technique for sealing in bold flavors. Presumably, you've got the cucumber slices covered.

Menu

[Alpine Muesli](#)

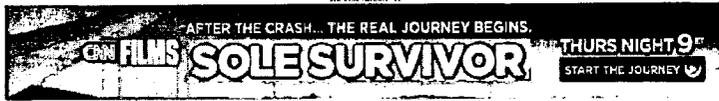
[Creamy Garlic, Parsley, and Feta Dressing](#)

[Banana-Leaf-Wrapped Grouper with Curry Sauce](#)

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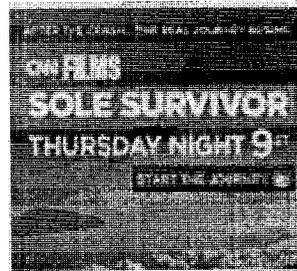
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Understanding the Holistic Approach to Healing

Health gurus and alternative medicine experts talk about holistic healing all the time. But what is it really and how can it help us improve our health? In this video, HealthMaker Mark Liponis, MD, discusses holistic healing.



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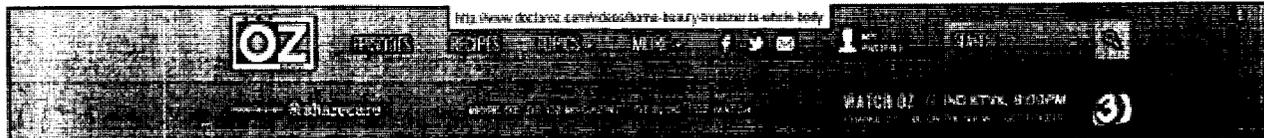
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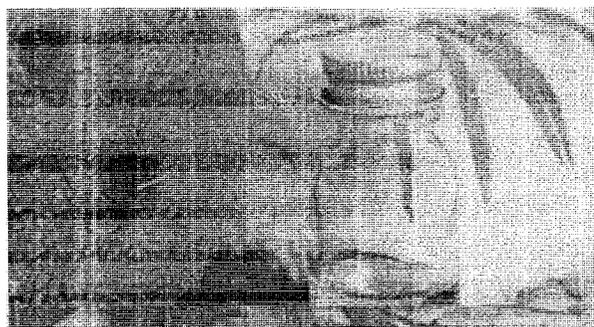
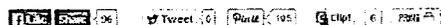
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At-Home Beauty Treatments for Your Whole Body

Try these easy-to-make home spa treatment recipes from Laura Hittelman of Canyon Ranch.

Posted on 1/07/2014 | Comments (2)



DIY Facial Peel

Ingredients

- 3 tsp papaya
- 3 tsp pineapple
- 1 tsp honey

Directions

Start with a clean dry face. Mix all ingredients together and massage mask onto your face and neck. Let sit for 10 minutes. Do this peel no more than twice a week.

DIY Body Scrub

Ingredients

- 1 cup coffee grounds
- 1/2 cup sugar
- 1 cup coconut oil



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The Newest At-Home Beauty Treatments, Pt 1

With all you have to do, pampering yourself can be low on your list. Dr. Oz brings the spa to you with three simple and affordable beauty solutions. Get the DIY recipes for a facial peel, body scrub and hydrating hair conditioner!

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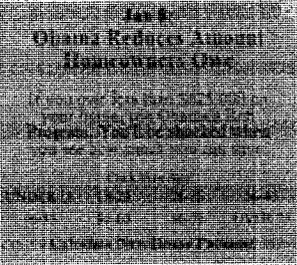
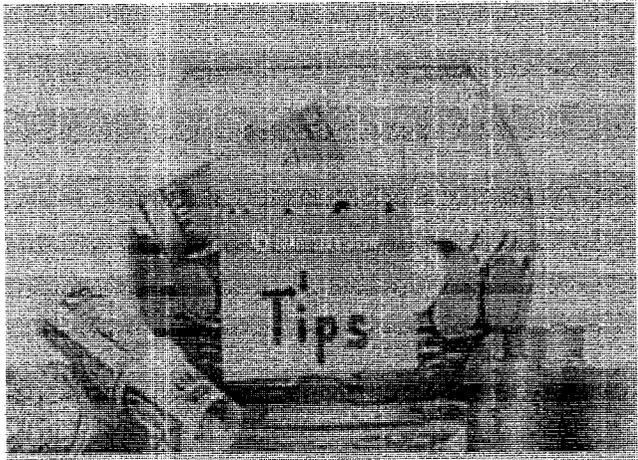
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From Harvard Medical School to world-renowned spa Canyon Ranch, Dr. Oz reached out to some of the biggest institutions in the world looking for quick fixes for your most common problems. Learn how to relieve back pain, clear skin and cure bad breath all for under \$5!

<http://www.doctoroz.com/slideshow/5-home-remedies>

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Chief Scott Uehlein on ABC Chanel 10

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 **Canyon Ranch Hotel & Spa in Miami Beach**
 Canyon Ranch Chef Scott Uehlein demonstrates how to make some healthy delicious quark medley

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 Matthias Kammerer, Mate Velez Couto and Canyon Ranch Spa Club - Las Vegas like this.

 **Honey Brown** They sound like terrific flavor combinations. Plying again to write down ingredients.
 June 24, 2013 at 7:53pm

 **Canyon Ranch Hotel & Spa in Miami Beach** Hi Morey! Did you try these recipes at home?
 June 27, 2013 at 11:56am

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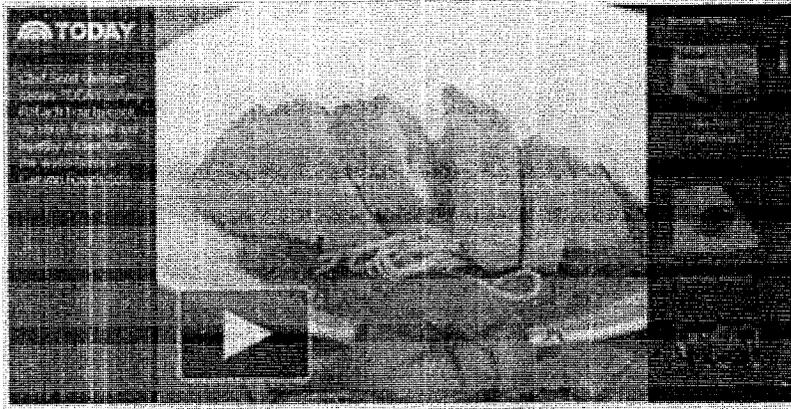


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Need a little relaxation in the kitchen? Steal some tasty and easy-to-make recipes from the world-famous Canyon Ranch Spa. In the new cookbook "Canyon Ranch: Nourish," executive chef Scott Uehlein shares more than 200 flavorful dishes that integrate the spa's commitment to health and wellness. Find out how make two delicious palate pleasers: chicken stuffed with caramelized garlic and chunky tomato sauce.

Recipe: Chicken stuffed with caramelized garlic (on this page)

Recipe: Chunky tomato sauce (on this page)

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STANDARD - TIMES
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SouthCoast native to cook on national TV

By Paula Chaboinneau

Standard-Times correspondent

Chef Barry Correia, a SouthCoast native, will be demonstrating cooking for a healthy lifestyle as part of a CBS "Early Show" segment between 7 and 9 a.m. Friday.

Jane Clayson, Bryant Gumbel's co-host on the show, came by last week and taped a segment called "I Want to Go to Canyon Ranch," said Mr. Correia, who works at the exclusive Canyon Ranch's Lenox resort as an executive chef. He and Ms. Clayson will demonstrate nutritious eating by making veggie wraps.

Mr. Correia, whose parents Stephanie and Walter live in Fairhaven, graduated from Fairhaven High School in 1979 and Johnson & Wales College Culinary program in 1981. After working for Hilton and other resort chains, Mr. Correia began his stint at Canyon Resorts in 1989.

"I'm still involved with Johnson & Wales. I'm on the advisory board for nutritional cuisine," said Mr. Correia.

Along with regular management and kitchen duties, Mr. Correia also has recipes in Canyon Ranch cookbooks as well as a new cookbook

called "Power Foods."

"The new book just came out.... It's in Walden Books, and features my recipes," said Mr. Correia. "The ranch also has a couple of cookbooks with some of my recipes. We have a Web site (www.canyonranch.com) if anyone is interested in learning how to use high quality nutritious cuisine that is low in fat.

"At the ranch we use organic foods that are pesticide and herbicide free. We try to buy from local organic growers as much as we can," he said.

Canyon Ranch is a health resort where guests experience a holistic approach to healthy living. Mr. Correia and his staff not only plan and prepare dining room menus, they also do a daily cooking demonstration for folks who are staying at the resort.

Mr. Correia said healthy eating — and living — begins at home.

"Look in your pantry and read the labels. Look for natural food ingredients and try to stay away from foods that are loaded with dyes and chemicals. Avoid buying hydrogenated products such as margarine," he said.



Chef Barry Correia



Canyon Ranch · 26,216 like this
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Set your DVR's - - Dr. Mark Liponis, Medical Director for Canyon Ranch will be outlining his Hunter Farmer Diet as part of the National Public Television program Hunter-Farmer Healthy Weight Solution airing in many markets beginning June 1st. Check your local listings for dates and times and be sure to tune in!



The Hunter/Farmer Healthy Weight Solution - National Public Television Special
www.youtube.com

Join Dr. Mark Liponis for a brand-new National Public Television Special: Americans are overweight, and they're getting heavier. Other than wanting

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Get Bikini Body Ready With Chef Scott Uehlein!

The weather is heating up all over the country, so Access Hollywood Live is gearing up for swimsuit season, and the first step to a great bikini body is a healthy diet. Canyon Ranch's famed chef and author of "Canyon Ranch Moush" Scott Uehlein shows... [more](#)

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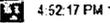
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Family-Friendly, Budget-Friendly Healthy Foods From Canyon Ranch

Parents know that feeding their children the most nutritious food possible can be a bit more expensive than unhealthier options. Canyon Ranch's corporate Chef Scott Uehlein joins Billy Bush and Kit Hoover on Access Hollywood Live to share recipes that... [more](#)

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Family-Friendly Healthy Recipes From Canyon Ranch (*Access Hollywood Live*)

First Published: August 21, 2013 12:41 PM EDT

Credit: Access Hollywood



Canyon Ranch's corporate chef Scott Uehlein shows Kit Hoover and Billy Bush some tasty family-friendly recipes

LOS ANGELES, CALIF. -- Most parents aim to feed their kids nutritious and tasty meals. And, buying and serving healthy dishes doesn't have to be more expensive.

Canyon Ranch's corporate chef Scott Uehlein stopped by *Access Hollywood Live* to spotlight healthy foods that are budget-friendly.

Canyon Ranch is well-known as a health and wellness destination, for celebrities like Eva Longoria, Shakira and Gerard Butler, but Scott also knows how to make meals that are low in cost and high in good-for-you ingredients.

Chicken Kale Peanut Salad

(1 serving)

- o 3 oz. mixed vegetables
- o 1 oz. fresh kale
- o 1 oz. cabbage, diced
- o 4 oz. chicken breast
- o 1.5 oz. peanut dressing (see recipe below)
- o Cilantro sprigs

Julienne cut the kale and rough chop the cabbage. Toss both with mixed vegetables and the grilled chicken breast. Add cilantro to taste. Mix with dressing and serve.

Peanut Dressing

(16 servings)

- o 6 oz. peanuts, roasted

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- o 1/4 cup rice wine vinegar
- o 1/4 cup low sodium tamari
- o 1/4 cup sugar
- o 1/4 cup canola oil
- o 2 tbsp. water
- o 2 tbsp. jalapeno peppers, minced
- o 1 oz. fresh cilantro, chopped



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Roast peanuts in 350-degree oven for 4 to 6 minutes, until golden brown. Take roasted peanuts and all remaining ingredients and place them in a blender. Pulse 6 times just to emulsify but not puree. Hand stir in chopped cilantro.

For more healthy recipes, check out www.canyonranch.com.

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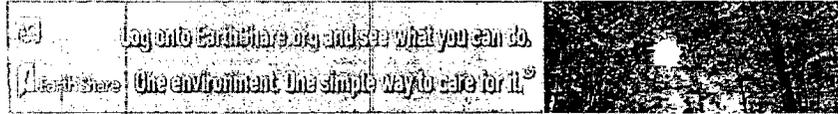
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THE Hollywood REPORTER

TV Ratings: Regis Who? 'Live With Kelly and Michael' Hits Six-Year High

11:12 AM PDT 6/5/2013 by Alex Ben Block

42 4 0 0 0 Email (4) Print (join/563537) Comments <http://img/9J7cFJec>



"Live With Kelly and Michael"

Disney-ABC/Don Steele

After adding Michael Strahan last fall, the syndicated talk show enjoys its best May sweep with the key female demo in several seasons.

Everybody loves **Regis Philbin**, but they also seem to love **Michael Strahan** when he's seated next to Kelly Ripa.

OUR EDITOR RECOMMENDS



<http://www.hollywoodreporter.com/news/tv-ratings-live-kelly-michael-432373>

TV Ratings: 'Live With Kelly & Michael' Tops Talkers Against

Disney distribution's *Live With Kelly and Michael* rose from fifth place in the last May sweep to a virtual tie for second place with

DeGeneres this year. National ratings released Tuesday by Nielsen have *Live* scoring a 2.5 household rating, a 15 percent increase from last year.

Live had the largest year-to-year viewership increase of any syndicated talk show, up an impressive 9 percent to an average of 3.2 million viewers a day. The show most importantly improved by 15 percent among the key demographic group of women 25-54, with a 1.5 demo rating -- its highest numbers in six years.

Dr. Phil was the highest-rated syndicated talk show for the fifth straight May sweep, with a 3.0 household rating and an average of 3.9 million viewers a day. He was also the top talker among women 25-54. His 1.9 rating in the demo was up 12 percent from last May.

TV Ratings: Regis Who? 'Live With Kelly and Michael' Hits Six-Year High

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Ellen continues to show her growing clout in the ratings. She had a 2.5 household rating, which is an average of 3.3 million viewers a day. She was No. 2 in the demo with a 1.6 rating, up 7 percent from May 2012.

Dr. Oz, recently renewed through 2017 on the Fox station group, was fourth among talk shows with a 2.2 rating and an average of 2.8 million viewers a day. *Maury* took fifth place among talkers with a 2.0 household rating, an average of just under 2.8 million viewers a day. *Katie*, the first-year talk show starring **Katie Couric**, took sixth place – first among the freshman crop of talk shows once again. She had a 1.7 rating and about 2.1 million viewers a day.

Steve Harvey continues to impress. His talk show had a 1.5 rating, which is just over 2 million viewers a day. He has grown 25 percent since his September debut in households and beat *Katie* in the key female demo, with a 0.9 compared to Couric's 0.8 rating.

The Harvey-hosted *Family Feud* was also big news. Its 4.5 household rating marked a 50 percent increase over the game show's performance last May. *Wheel of Fortune* is still in first place in primetime access with a 6.3 household rating, and *Jeopardy* remains second with a 5.8 household rating.

The venerable *Entertainment Tonight* continues to lead all entertainment news magazines as it has for 91 sweep periods in a row, dating back to 1990. It has a 3.5 household rating.

And of course *Judge Judy* is still the queen of TV syndication. She had a 6.7 household rating for May sweep. Among off-net situation comedies, *The Big Bang Theory* continues to dominate. It has a 6.4 household rating in sweeps, which made it second only to *Judge Judy* among syndicated shows.

The May sweep covered TV shows aired between April 25 and May 22.

'Dr. Phil' Repeats »)



(<http://www.hollywoodreporter.com/news/tv-ratings-dr-phil-regains-415554>)

TV Ratings: 'Dr. Phil' Regains Status as Top Talker, 'Katie' Surges With 'Mary Tyler'

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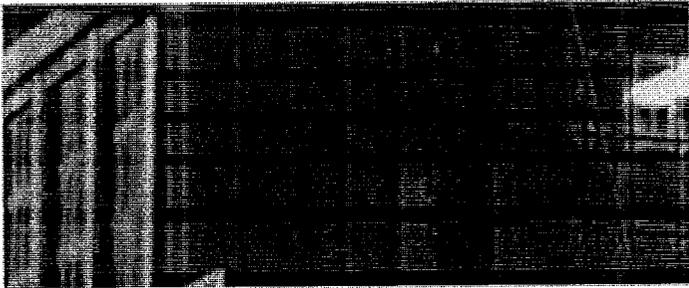
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"The Dr. Oz Show" Season 5 Premieres With Strong Ratings: Scores Double Digit Growth in Key

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ed and nationally-syndicated *The Dr. Oz Show* began its fifth season Monday, September 9, to impressive ratings.

For example, in Los Angeles *The Doctor Oz Show* season premiere was the top rated program on KABC-TV between 9am and 7:30pm among W25-54 with a 1.6 Nielsen Station Index demo rating. That was a 14% increase over its fourth season premiere and a 45% jump over its demo lead-in. In Chicago, on WFLD, *Doctor Oz* surged 150% in the key demo both over its lead-in and its year-ago time

period average. And, in top market New York, the show was up 13% among W25-54 compared to its own year-ago performance on WNYW. The Dr. Oz Show also maintained or built ratings over its lead-in in 9 of the top 10 markets in both HH and the key W25-54 demographic.

"It is a great feeling to start out our fifth season in such a strong position," said executive producer Mindy Borman. "We will look to build on this initial success with a season that will be representative of all that we have learned over the last four years. Dr. Oz will continue to provide our viewers access to the best, life-enhancing information available presented in the most fun and imaginative way possible."

Added executive producer Amy Chiaro, "This is just the beginning of a season full of fun and firsts, as we continue to tackle the topics that no other show can and present easy, simple solutions and advice to improve the lives and health of our viewers every day."

Offering viewers a healthy dose of fun every day, the fifth season promises to be the most entertaining yet for *The Dr. Oz Show*, proving that laughter truly can be the best medicine. With a line-up of A-list celebrity guests, who will don the iconic purple gloves, examine organs, and get advice about their health concerns, *The Dr. Oz Show* will show a side of these celebs that you won't see on any other show. This season will also see the return of several immensely popular show elements from earlier seasons such as featuring one lucky audience member as Dr. Oz's 'Assistant of the Day' (AOD) to help him with one major segment on that day's show and the 'Truth Tube' - a vertical on-stage monitor which gives the audience graphical insight into what's going on in a guest's body - from blood work to weight loss - numbers never lie. As always, Dr. Oz will continue to be out there fighting for his viewers on consumer issues, providing access to information they didn't know existed.

Upcoming episodes include "Duck Dynasty's" the Robertson Family, self-proclaimed America's healthiest family, talking about quack medicine, Louie Anderson and Sweet Brown. Plus, a crazy stunt to find out if are you sleep compatible with your partner, how to get in and out of your fast food restaurant for 500 calories, and Dr. Oz's new favorite "F" word: Fasting! In a first for "The Dr Oz Show," viewers take over an entire show via social media and get to decide all of the show topics.

About The Dr. Oz Show

The three-time Daytime Emmy® Award-winning "The Dr. Oz Show", hosted by the two-time Daytime Emmy Award-winning host, Dr. Mehmet Oz, is now in its fifth season. "The Dr. Oz Show", which is currently seen in 118 countries worldwide, debuted domestically in 2009 with the biggest ratings in nine years in daytime television.

Dr. Oz, the world-renowned cardiothoracic surgeon, served as health expert on "The Oprah Winfrey Show" since 2004, sharing advice with viewers to help them live their best life from the inside out. Dr. Oz has co-authored six New York Times Best Sellers including "YOU: The Owner's Manual", "YOU: The Smart Patient", "YOU: On a Diet", "YOU: Staying Young", "YOU: Being Beautiful" and "YOU Having a Baby" as well as the award-winning "Healing from the Heart". He has a regular column in TIME Magazine and O The Oprah Magazine.

Dr. Oz is vice-chair of the Department of Surgery and Professor of Surgery at Columbia University. He directs the Cardiovascular Institute and Complementary Medicine Program at New York Presbyterian Hospital and performs 100 heart operations annually. His research interests include heart replacement surgery, minimally invasive cardiac surgery, complementary medicine and health care policy. He has authored over 400 original publications, book chapters, and medical books and has received several patents.

Cleared in over 99% of the country, "The Dr. Oz Show" is co-produced by Harpo Productions and Sony Pictures Television (SPT) and distributed by SPT. "The Dr. Oz Show" is executive produced by Mindy Borman and Amy Chiaro.

About Harpo Studios

Harpo Studios is the multi-award winning production company which creates original television programming for OWN: Oprah Winfrey Network, including the popular series "Oprah's Next Chapter," "Iyanla: Fix My Life," Emmy® nominated "Oprah's Master Class," and both Emmy® award-winning series "Oprah's Lifeclass," and "Super Soul Sunday." Oprah Winfrey's creative instincts inform the brand, co-producing the highly-rated syndicated talk shows "The Dr. Oz Show," "Dr. Phil," and "Rachael Ray." For 25 years, Harpo produced the number-one-rated, award-winning "The Oprah Winfrey Show." Harpo Print, LLC and Hearst Magazines publish the monthly O, The Oprah Magazine publication, while Harpo Films is dedicated to high-quality scripted dramatic programming, and Harpo Radio, Inc. produces Oprah Radio on Sirius XM Radio (XM Channel 111 and Sirius Channel 204).

About Sony Pictures Television

Sony Pictures Television (<http://www.sonypicturestelevision.com>), a Sony Pictures Entertainment company, is one of the television industry's leading content providers. It produces and distributes programming in every genre, around the world and for a multitude of platforms. In addition to one of the industry's largest libraries of award-winning feature films, television shows and formats, Sony Pictures Television (SPT) boasts a current program slate that includes top-rated daytime dramas and game shows, landmark off-network series, original animated series and critically acclaimed primetime dramas, comedies and telefilms. SPT has 18 wholly-owned or joint venture production companies in 13 countries outside the U.S. and also maintains offices in 33 countries. SPT's worldwide television networks portfolio includes 124 channel feeds available in 159 countries, reaching more than 840 million households worldwide. SPT also creates original content for and manages SPE's premium video website, Crackle. Additionally, SPT owns production company Embassy Row and is a part owner of cable channel Game Show Network (GSN), 3D channel 3net, premier horror/thriller website and VOD service FEARnet and national U.S. media sales company ITN Networks, Inc. SPT advertiser sales is one of the premier national advertising sales companies and handles the commercial inventory in SPT's syndicated series as well as in U.S. digital businesses including FEARnet, DrOz.com and PlayStation.

General Media Inquiries:

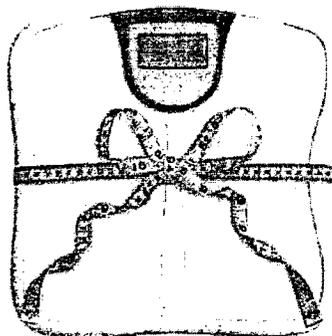
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Syndicated TV Ratings: 'The Big Bang Theory' is Again Number 1 in Households & With Viewers, 'Dr.Phil' Retains Top Talker Status for Week Ending January 20, 2013

Categories:

Written By Amanda Kondoloy
January 30th, 2013

0



The *Big Bang Theory* was the top regular syndicated program in Household ratings and with total viewers for the week ending January 20, 2013.

Dr. Phil topped The Talk shows for the fifteenth week this season. *Ellen* was second.

Top 25 Syndicated Shows for the week ending January 20, 2013:

Rank	Program	Dist.	Days	HH rating	Viewers (000)
1	BIG BANG-SYN (AT)	WB	MTWTF..	7.9	12617
2	WHEEL OF FORTUNE	CTD	MTWTF..	7.7	12204
3	JUDGE JUDY (AT)	CTD	MTWTF..	7.4	10093
4	JEOPARDY (AT)	CTD	MTWTF..	6.8	10447
5	BIG BANG WKND B (AT)	WBS	5.7	9160
6	TWO-HALF MEN-SYN (AT)	WB	MTWTF..	5.5	8245
7	FAMILY FEUD (AT)	2/T	MTWTF..	5.1	7636
8	BIG BANG WKND A (AT)	WBS	5.1	8183
9	WEEKEND ADVENTURE	DALS	5.0	6796
10	LAW & ORDER: SVU-SYN (AT)	NBUS	4.3	5980
11	Family Guy-MF-SYN (AT)	2/T	MTWTF..	4.1	6215
12	Family Guy-WK-SYN (AT)	2/TS	4.1	5694
13	ENTERTAINMENT TONIGHT(AT)	CTD	MTWTF..	3.9	5627
14	WHEEL OF FORTUNE WKND	CTDS	3.4	5291
15	INSIDE EDITION (AT)	CTD	MTWTF..	3.3	4787
16	DR. PHIL SHOW (AT)	CTD	MTWTF..	3.2	4270
17	HOW I MET-MTHR-MF-SYN(AT)	2/T	MTWTF..	3.0	4277



TV LISTINGS

Tonight in Prime Time

	8:00 PM	8:30 PM	9:00 PM	9:30 PM	10:00 PM	10:30 PM
abc ABC	Marvel's Agents of S.H.I.E.L.D. NEW	The Goldbergs NEW	Trophy Wife NEW	Killer Women NEW		
CBS	NCIS NEW	Intelligence NEW	Person of Interest NEW			
NBC NBC	The Biggest Loser NEW	Chicago Fire NEW				
FOX	Dads NEW	Brook Nine-Nine NEW	New Girl NEW	The Mindy Project NEW	Local Programming	
CW	The Originals	Supernatural	Local Programming			

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1/8/14 Syndicated TV Ratings: 'The Big Bang Theory' is Again Number 1 in Households & With Viewers, 'Dr.Phil' Retains Top Talker Status for Week Ending Janu...

18	LAW & ORDER:CH-MF-SYN(AT)	NBU	MTWTF..3.0	4087
19	Criminal Minds-SYN (AT)	CTDS 2.9	4176
20	ELLEN DEGENERES SHOW	WB	MTWTF..2.8	3719
21	LIVE WITH KELLY & MICHAEL	DAD	MTWTF..2.7	3455
22	HOW I MET-MTHR-WK-SYN(AT)	2/TS 2.7	3968
23	LAW & ORDER-SYN (AT)	NBUS 2.7	3617
24	TWO-HALF MEN WKND A (AT)	WBS 2.7	3892
25	DR. OZ SHOW (AT)	SPT	MTWTF..2.6	3429

Why Aren't The Simpsons on This List?!

While *The Simpsons* repeats are available nationally its ratings are not counted in the weekly syndicated ratings because *The Simpsons* does not sell any national advertising in syndication.

Please note that the syndicated weekly results are delayed versus normal reporting. While we get the broadcast and cable ratings for the prior Monday-Sunday period every Tuesday, there is an extra week of lag time with the syndicated ratings and these numbers are not for last week, but for the week before last.

For syndicated shows which air on multiple days, the viewership shown is the average of all telecasts.

BUENA VISTA items are syndicated packages of old Disney movies.

DAD = Disney ABC Domestic Television, SPT= Sony Pictures Television, 2/T=Twentieth Television, ESP = ESPN, CTD = CBS Television Distribution.

AT = Additional Time/Telecasts, more than the typical number of episodes or time periods/week

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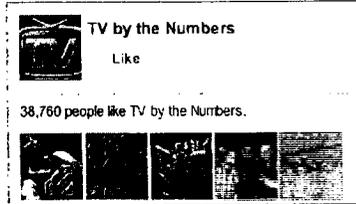


15 Stars Who are Bankrupt (She Budgets)

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JR35
Posted January 30, 2013 at 3:44 PM
Ellen's show at 3.7 million viewers? Movin' on up.



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Cable News Ratings for Tuesday, January 7, 2014

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'Keeping Up With The Kardashians' & '#Richkids of Beverly Hills' to Have Two-Night Premiere January 19 & 20 on E!

NFL 2013 TV Recap: 205 Million Fans Tuned In; 34 of 35 Most Watched Shows This Fall

New Episode of 'Oprah: Where Are They Now?' Featuring Ralph Macchio, Tia & Tamara Mowry & More Friday, January 10 on OWN (Video)

Pre-Olympic Special 'Shaun White: Russia Calling' Set to Air Saturday, January 25

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Oxygen Reveals the 12 Modelstants Competing on 'The Face' Season 2

'The Pete Holmes Show' Renewed for 13 Weeks by TBS



Mike

Posted January 30, 2013 at 5:24 PM

Good to see Dr. Oz back in the top 25.



LC

Posted January 30, 2013 at 8:47 PM

How many times has 'SVU' been in the Top 10?



Joan

Posted January 31, 2013 at 6:09 AM

Michael should win the hall of fame and Kelly: NO TALENT: Ripa should be in the hall of fame



Mike

Posted January 31, 2013 at 10:35 AM

They are saving that position for all of your lame same old comments each week Joan.



Joan

Posted January 31, 2013 at 11:13 AM

Mike, She is not a good talk show host- she stutters and stammers and repeats herself and she cant dance and she definitely cant sing. So, all I have to say to you is [Does the truth hurt?



Mike

Posted January 31, 2013 at 6:29 PM

How is ur opinion the truth? It's not it's an opinion, and many people out there have a different opinion.

I have no problem with Kelly but you sure do. I bet it hurts you that she has a big paying daytime talk show job that has garnered her many fans. I'm sure that she cries herself to sleep every night that you don't like her. I'm sure that her husband, her kids, her many fans, and her big bucks console her though.



Joan

Posted February 1, 2013 at 6:23 AM

Yes Mile, It is MY opinion, So just GROW UP.
What exactly is her talent?
See you next week Mike



Jul

Posted February 1, 2013 at 3:55 PM

Gotta agree with Joan...She is just annoying and not funny at all...Not sure if it is an act or not but she acts like a complete bimbo...



Big Apple

Posted February 2, 2013 at 8:42 AM

Ripa is a very naive, ignorant, insecure, narcissistic person with very poor broadcasting skills especially for someone in the business so long. It's like she stopped maturing when she left home in her late teens.



Naomi

Posted February 3, 2013 at 8:17 AM

You're so right on, Joan.



aok98

Posted February 3, 2013 at 8:56 AM

I'm glad to see FF enjoying such good ratings.



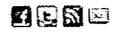
Ed

Posted February 4, 2013 at 2:49 PM

Makes me sad to not see Seinfeld in the top 25.

 **Mark3**
Posted February 4, 2013 at 5:04 PM
Family feud is so much fun! I always watch. Good ratings too after 37is years.)

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Exhibit Q

Exhibit Q

AUG 29 1993

Remedial Eating

LIKE EAGER STUDENTS buying new school supplies, eaters who would be healthy begin to buckle down in fall, investing in health-minded cookbooks and nonstick skillets, exotic spice blends and oil sprays — all in the service of stocking a low-fat larder. Hope springs eternal.

But autumn's dietary hope is less ill-founded, say, than January's, with its repentant, post-holiday gloom, or spring's moment of panic, when swimsuit season dawns. Smart, back-to-school eating seems to affirm the slow and steady accumulation of knowledge and to suggest, at least by association, the wisdom of slimming down at a gradual pace.

And by gradual, I mean a thoughtful strategy that sends the remedial eater back to the pantry for a lean curriculum of dishes and condiments that can be coupled and recycled for the long, slow road to thinness.

At Canyon Ranch in the Berkshires, where autumn makes an early and bittersweet debut, the guests' appetite for dietary virtue, according to the spa's chef, Barry Correia, is matched only by their yen for the sort of comforting, Yankee fare that's generally anathema to healthful eating. In addition, students in his cooking classes ask for recipes that can be recycled into a range of guises to curtail time in the kitchen.

Correia has discovered that he can satisfy both urges, with a meatloaf recipe that's a blend of well-seasoned ground turkey, peppers and onions. He uses egg whites and bread crumbs to compensate for the lower fat content of the meat. And to make his loaf truly soul-warming, he serves it with mashed potatoes (spiked with roasted garlic and jalapeño pepper instead of butter and cream) and mushroom pan gravy (enriched with the flavor of caramelized onions instead of pan drippings).

By doubling the recipe, he then has enough left over for warm open-face sandwiches, or cold ones. Likewise, by doubling the mashed potatoes recipe, the leftover potato purée, shaped into cakes and baked in a hot oven until crisp, becomes lunch when served with a salad.

Using New England cranberries, Correia has fashioned a pungent sweet-and-sour "ketchup" that's a versatile condiment on warm meatloaf sandwiches and with paillards of grilled chicken, beef, pork or steamed rice. At



There is virtue in turkey meatloaf with jalapeño mashed potatoes and cranberry ketchup.

Start the new semester with a lean curriculum of old favorites.

Canyon Ranch, guests also use the cranberry concoction in place of butter on bread and toast.

Just as the cool autumn winds of New England summon an urge for blue-plate specials, they can also engender a major carbohydrate craving. How else to explain the region's devotion to baked beans and brown bread?

For a less fatty, more savory carbohydrate fix, Correia offers pasta with white beans and potatoes. And like most of his recipes, this one can be made into a leftover salad with the addition of a warm vinaigrette, or it can be baked with more broth and a sprinkling of Parmesan cheese to make a casserole.

All of the above, which can be made in one afternoon's puttering, leaves the dieter feeling as smug as a student with a perfectly ordered pencil box. Dessert, of course, is another matter. Fall may be the season of poachable fruit — apples in cider with vanilla, pears in pear juice with ginger — but for those who want their cake and diet, too, Canyon Ranch's spice cake with honey rum sauce is one of the better options.

Like most low-fat desserts, the cake is breadlike and is moistened with shredded apples. But its flavor has a punch reminiscent of gingerbread and its sauce is sweet enough to soften the ebb of summer and fortify healthy resolves.

CRANBERRY KETCHUP

- 2 cups fresh cranberries
- ½ cup finely chopped red onion
- 1½ cups apple cider
- ¼ cup balsamic vinegar
- 3 tablespoons honey
- 1 tablespoon frozen orange juice concentrate
- ¼ teaspoon ground cinnamon
- ¼ teaspoon ground cardamom
- ¼ teaspoon salt
- Freshly ground pepper to taste.

1. Place the cranberries, onion and cider in a medium-size saucepan over medium heat. Bring to a boil. Reduce the heat and simmer until the cranberries are soft, about 5 minutes. Transfer the mixture to a food processor and process until smooth. Scrape the mixture back into the saucepan.

2. Stir in the balsamic vinegar, honey, orange juice concentrate, cinnamon, cardamom, salt and pepper. Simmer until the mixture is thickened, about 20 minutes. Let cool. Store, tightly covered, in the refrigerator.

Yield: One and one-quarter cups.

TURKEY MEATLOAF

- Vegetable oil spray
- 1 pound ground turkey breast
- 1 small onion, peeled and diced

- 1 green bell pepper, cored, seeded, deribbed and diced
- 1 cup dried bread crumbs, preferably whole wheat
- ½ cup, plus 2 tablespoons, tomato sauce
- 2 egg whites
- 1 tablespoon Worcestershire sauce
- 2 teaspoons salt
- Freshly ground pepper to taste.

1. Preheat the oven to 350 degrees. Spray a baking sheet lightly with vegetable oil and set aside. Place all ingredients in a large bowl and use your hands to mix gently until well combined.

2. Shape the turkey mixture into a loaf and place on the baking sheet. Bake until firm to the touch, about 40 minutes. Cut into slices and serve with mashed potatoes and mushroom gravy.

Yield: Four servings.

ROASTED GARLIC AND JALAPEÑO MASHED POTATOES

- 2 large baking potatoes
- 6 tablespoons plain nonfat yogurt
- 6 tablespoons lowfat milk
- 10 cloves roasted garlic, peeled
- 1 jalapeño pepper, stemmed, seeded and minced
- Pinch of cayenne
- ½ teaspoon salt, plus more to taste
- Freshly ground pepper to taste.

1. Peel the potatoes and cut them into 1-inch cubes. Place in a medium-size saucepan, cover with water and bring to a boil over medium heat. Reduce the heat and simmer until tender, about 12 minutes. Drain and pass the potatoes through a ricer into a medium-size bowl.

2. Stir the yogurt and milk into the hot potatoes. Add the roasted garlic, jalapeño, cayenne, salt and pepper and mix well. Divide among 4 plates and serve immediately.

Yield: Four servings.

MUSHROOM GRAVY

- 1 tablespoon vegetable oil
- 2½ tablespoons chopped onion
- 1 clove garlic, peeled and minced
- 1 cup thinly sliced white mushrooms
- 1 tablespoon all-purpose flour
- 1 cup lowfat milk
- Salt and freshly ground pepper to taste.

1. Heat 1 teaspoon of the vegetable oil in a medium-size skillet over medium heat. Add the onion and garlic and cook until softened, about 2 minutes. Stir in the mushrooms and cook until browned, about 5 minutes. Remove the mushroom mixture from the skillet and set aside.

2. Place the remaining 2

teaspoons of vegetable oil and the flour in the skillet and stir to combine. Turn the heat to low and cook, stirring constantly, until the flour turns a deep brown color. Still stirring, gradually pour in the milk. Cook until the mixture thickens and the flour no longer tastes raw, about 4 minutes. Stir in the mushroom mixture and season with salt and pepper. Serve immediately.

Yield: Four servings.

BUTTERNUT SQUASH AND CIDER SOUP

- 1 shallot, peeled and minced
- 1 clove garlic, peeled and minced
- ¼ cup water
- 3 cups peeled, seeded and cubed butternut squash
- ½ cup chicken broth, homemade or low-sodium canned
- ¼ cup apple cider
- ¼ cup light sour cream
- ½ teaspoon salt, plus more to taste
- ½ unpeeled red Rome or Delicious apple, cored and finely diced
- Cracked black pepper.

1. Heat a medium-size saucepan over low heat. Add the shallot, garlic and water. Cook until the shallot and garlic are softened, being careful not to let them burn, about 2 minutes. Add the squash and the chicken broth and bring to a boil. Reduce the heat, cover and simmer until the squash is soft, about 20 minutes.

2. Carefully pour the mixture into a blender jar. Holding the top down with a towel, blend until smooth. Add the cider, light sour cream and salt. Continue blending until well combined. Soup can be made ahead up to this point. Place in a clean saucepan over low heat until heated through. Season with additional salt if needed.

3. Ladle the soup among 4 bowls. Garnish with the diced red apple and cracked black pepper. Serve immediately.

Yield: Four servings.

PASTA WITH WHITE BEANS

- ½ cup dry white beans, soaked in water overnight
- 1 tablespoon olive oil
- ½ cup chopped celery
- 2 teaspoons garlic, peeled and minced
- ½ teaspoon crushed red pepper flakes
- ½ medium potato, peeled and diced
- ¾ pound penne or farfalle
- ¼ cup chicken broth, homemade or low-sodium canned
- 2½ cups diced tomatoes
- ¼ cup julienned basil leaves
- Salt and freshly ground pepper to taste
- 1 tablespoon Parmesan cheese.

1. Drain the beans and place in a medium-size saucepan. Cover with water and bring to a boil. Reduce the heat and simmer until tender, about 40 minutes. Drain and set aside.

2. In a medium-size skillet, heat the olive oil over medium heat. Add the celery, garlic, red pepper flakes and potato and cook until tender. Meanwhile, bring a large pot of lightly salted water to the boil. Add the pasta and cook until just tender. Drain and set aside.

3. When the vegetables are tender, add the chicken broth, stirring to scrape up any browned bits. Place the pasta in a large bowl. Add the vegetable mixture, the beans, tomatoes and basil and toss well. Season with salt and pepper. Divide among 4 plates and sprinkle with Parmesan. Serve immediately.

Yield: Four servings.

SPICE CAKE WITH HONEY RUM SAUCE

The cake:

- 2½ cups whole-wheat flour
- 1½ teaspoons baking soda
- 1 teaspoon ground cinnamon
- ½ teaspoon ground cloves
- ½ teaspoon ground nutmeg
- 1 teaspoon salt
- 2 cups shredded, unpeeled green apples
- 2 eggs
- 6 tablespoons melted corn oil margarine
- ¼ cup honey
- ½ cup molasses
- 1¼ cups warm water

The sauce:

- ¼ cup honey
- 2 tablespoons rum
- 2 teaspoons fresh lemon juice.

1. To make the cake, preheat the oven to 350 degrees. Grease and flour a 9-by-13-inch cake pan and set aside.

2. In a large bowl, combine the flour, baking soda, cinnamon, cloves, nutmeg and salt. Stir in the shredded apples. In a medium-size bowl, whisk together the eggs, melted margarine, honey, molasses and warm water. Pour over the dry ingredients and stir just until combined.

3. Pour the batter into the prepared pan. Bake until a toothpick inserted in the center of the cake comes out clean, about 30 minutes. Place on a rack to cool.

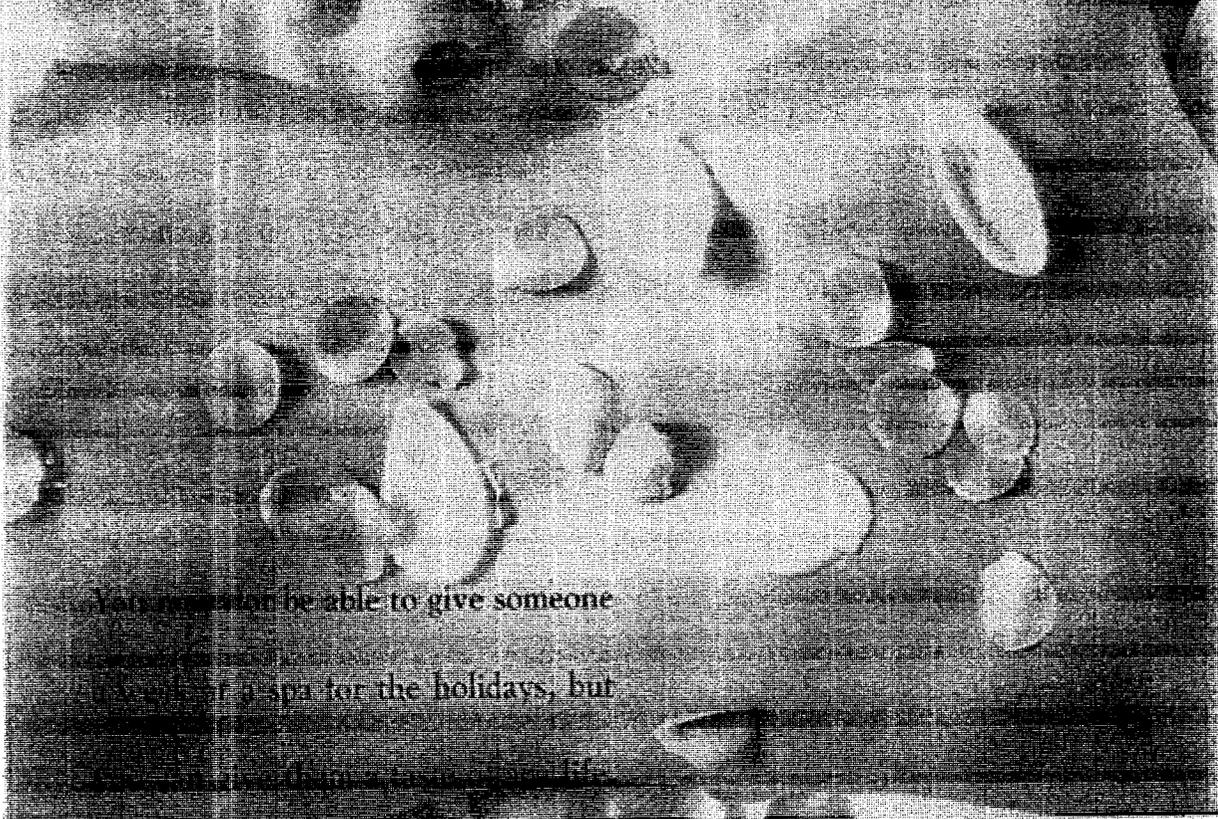
4. To make the sauce, place the honey and the rum in a small saucepan over low heat. Heat just until the mixture is hot and the honey has a thin consistency. Remove from the heat and stir in the lemon juice.

5. Cut the cake, either warm or at room temperature, into squares and place on plates. Spoon some of the sauce over and around the cake and serve immediately.

Yield: Twelve servings. ■

SPA-IN-A-BOX

Pampering presents you can mail-order



You may not be able to give someone a spa for the holidays, but you can give them a spa-in-a-box.

Several spas now export their wares, including everything from skin-care products to healthy-eating cook-books. Here, a sampling of the best by-mail items.

FRESHENERS FOR THE FACE AND BODY

Golden Door, Escondido, CA

Just about everything used at this lush spa, from makeup to sponges, is available through mail-order, but some of the best bets are the body and bath potions and men's after-shave lotion. The bath treatment consists of Moisture Scrub, an exfoliator that contains plant extracts and vitamins, followed by Botanical Bath & Shower Gel, an herb-scented liquid soap (\$11 for 4 oz.; \$27.50 for 12 oz. of each product). The men's After-Shave Lotion is citrus scented and bolstered with elastin, collagen and sea extracts (\$25 for 4 oz.; \$65 for 12 oz.). Call 800-231-1444.

CULINARY SECRETS

Canyon Ranch, Tucson, AZ, and Lenox, MA

The food at Canyon Ranch is remarkable for its deceptiveness: It tastes rich and satisfying, but it's ultra-low in fat. How the chefs get it that way is revealed in *Great Tastes: Healthy*



Cooking From Canyon Ranch, a nine-chapter cookbook featuring recipes for crabcakes, "faux" guacamole (made with asparagus instead of avocado), mahi mahi with kiwi-pineapple salsa, chicken burgers with three-mustard sauce, cheesecake and raspberry strudel. \$23 plus \$4.75 shipping. To order, call 800-726-8040, or fax 602-749-0554.

CALIFORNIA-BASED BEAUTY

Glen Ivy Hot Springs Spa, Corona, CA

Many of the beauty solutions from this spa near L.A. incorporate local ingredients. The Rose Clay Shampoo is made with California rose-red clay, and the Mineral Water Hair Conditioner is based on mineral water from the spa's own springs (each, \$6.50 for 8 oz.). For the bath, there are three different mineral salts: purifying (a mix of fruit oils and minerals), relaxing (with essence of orchids) and energizing (Dead Sea salts with sandalwood and mint balm oil). Each 14 oz. jar is \$20. To order, call 800-454-8772, ext. 540.

ANTI-AGERS FROM THE DESERT

Green Valley Spa, St. George, UT

The skin-care collection offered by Green Valley is based on a tincture made according to Indian lore and bolstered with ingredients plucked from the spa's desert surroundings, such as sage and ephedra. Sand (\$14 for 4 oz.; \$8 for 2 oz.) is an exfoliating cream made with yucca root; Ashes (\$10 for 4 oz.; \$6 for 2 oz.), cleansing grains for the face made with potato powder and pearls; and Breeze (\$16 for 8 oz.; \$6 for 2 oz.), a hydrating tonic for the face rich in minerals. Also available is a bath preparation called Fairy Dust (\$8 for 8 oz.), which contains salts from Utah's red sandstone cliffs. To order, call 800-237-1068.

SUN SENSE

The Centre for Well-Being at The Phoenician, Scottsdale, AZ

This spa's skin-care experts went all the way to Europe to find the best ingredients for combating the hot Arizona sun. Formulated specially for the spa: Desert Sun Lotion SPF 25 (\$18 for 3.4 oz.) and Desert Sun Sport Creme SPF 15 (\$15 for 1.7 oz.). Their after-sun products are also exclusive to the spa and include Aromatherapy Mineral Bath made from aromatic oils and minerals from Hungary (\$35 for 8 baths' worth) and Mineral Body Scrub with Aromatherapy Oils, an exfoliating pumice scrub (\$20 for 6.5 oz.). To order, call 602-423-2452.

NEW ENGLAND KNOW-HOW

Norwich Inn and Spa, Norwich, CT

To help guests adhere to an exercise regime at home, the spa sells Dyna-Bands, the same elastic strengthening tools they use in some of their classes (\$5 each; instructions included). For post-workout cleanup, Norwich also offers a Body Scrub Shower Loofah gel for exfoliation (\$16 for 12 oz.) and the Avocado Body Lotion they use in every treatment (\$18 for 12 oz.; \$100 for a gallon, with pump). To order, call 800-ASK-4SPA.

ISLAND EXPORTS

Ihilani Spa, Kapolei, HI

Well practiced in the art of getting people to relax, this new Hawaiian spa has all the right gear for down-time. Both their white calf-length waffle cotton robe (\$85) and white knee-length cotton kimono (\$64) are available by mail, as are the Sensi slippers with sole-massaging bottoms (\$22). More restoratives: Kiwi Shower Scrub (\$19) and exfoliating soapstones (\$16 each) in watermelon and fieldberry scents. To order, call 808-679-0079.

TROPICAL TREATS

Grand Wailea Resort Hotel & Spa, Maui, HI

This tropical spa bottles its own purified Hawaiian water from a Maui spring (\$4.50 for a one-liter bottle, \$2.50 for a half liter) and is known for its therapeutic soaks. Three that can be replicated at home: Tropical Enzyme Bath (\$48 for 8 oz.), a papaya-lemon-jasmine mixture; Limu Seaweed Bath (\$28 for 8 oz.); and the Hawaiian Mineral Bath (\$38 for 9 oz.), a muscle-soothing combination of sea salt and ogo seaweed. The spa's five-pack of aromatherapy massage oils (\$25.50) can also be used in the bath. They range from a relaxing blend of tangerine, rose and geranium oils to a revitalizing mix of eucalyptus, pine and lavender. To order, call 808-875-1234, ext. 2866.—Daryn Eller

NANCY BROWN

FRIDAY
JAN 6 1995

A la Carte

Spa cuisine sheds 'diet food' image

By Alison Arnett
GLOBE STAFF

An. January, the resolute month, the time when we're all sure we'll follow the new diet to the T, when nothing can dampen our enthusiasm. I was pondering this while biting into a fat-free muffin recently, wondering why even the fourth and fifth bites weren't very satisfying.

The blueberry muffin didn't taste bad — it just somehow didn't taste right on the tongue, sweetness with no underlying substance. No-fat is the watchword of the dieting times, though. So it seemed a good moment to find out where spa cuisine is now — what's hot in the places where eating slim is *de rigueur*.

William Mulkey, the executive sous chef of Canyon Ranch in Tucson, gave some insight into the perplexing question of producing food low in fat and high in taste. The Canyon Ranch menus, used at both the Arizona and Lenox, Mass., spas, go by a principle of 60 percent carbohydrate, 20 percent protein and 20 percent fat. "We're picky about how we use fat, strategically placing it for flavor," Mulkey says.

Fat isn't used as a cooking medium, he says. So vegetables are put into a hot saute pan without any oil or water and then slowly steamed. The vegetarian dish might then be sprinkled with pumpkin seeds, giving a crunch and the flavor and the satisfaction of fats. Or one tablespoon of olive oil might be added to a pasta dish right before it's served.

Canyon Ranch, which has nutritionists and a development department constantly working on spa food ideas, has classically trained chefs using techniques in a different way from their original culinary training. "When you aren't using protein as the focus of the plate, you have to work harder," Mulkey says. The spas' chefs concentrate on vegetarian food, which is "enjoying a wonderful renaissance."

It takes longer to cook this way, but the benefit is that low-calorie food is less institutionalized than it once was, he says. "We're bringing classical ideas to spa cuisine."

That's not to say that meat is forbidden. "We serve veal chops," Mulkey says. "Of course, they're very small veal chops" with a marsala sauce made of condensed skim milk. "We're not into deprivation, but moderation and wellness."

Presentation is a key element in satisfying a spa diner, says Francis Acunzo, president of Le Pli spa in the Heritage on the Garden complex. "People are used to seeing more protein on the plate, so you have to satisfy the eye with garnishment and color." In fact, people have come to associate a beautiful plate with spa cuisine, he says, a change from when "diet" food seemed dreary.

Daniel Bruce, executive chef of the Rowes Wharf at the Boston Harbor Hotel, has long focused on lighter and more healthful food, not only for the hotel's spa guests but for regular diners. He believes in forgoing fats altogether when possible.

"I use a lot of broth and aromatics, reduced down to intensify flavor," he says. "Everybody's ready to lose 10 pounds this time of year, so I try to satisfy without fats." Bruce makes a tomato dressing for salad greens by roasting tomatoes, adding balsamic vinegar and then pureeing the mixture to put over slightly wilted arugula.

He finds that turning the old French vinaigrette formula — three parts oil to one part vinegar — upside down so that aged balsamic is the flavoring agent perks up warm salads. And he continues his fervor for fresh, clean and low-fat flavors right into dessert. "I'm doing three layers of citrus sorbet made with a touch of milk so that it isn't just icy. Then it's served with an almond nougatine cookie and finished with a glaze of reduced blood orange juice."

Meanwhile, a National Restaurant Association study shows that

Americans' commitment to lower-calorie eating seems to be slipping, at least in restaurant dining. The proportion of those consumers committed to eating low-fat in restaurants dropped from 39 percent in 1989 to 31 percent last year. It's not a lack of knowledge, the survey showed. "Nevertheless, many people are deliberately choosing to eat what they want at least some of the time," says Herbert Cain, association president, "rather than what they know is better for them."

That leaves restaurants in a touchy situation since many diners say they want more healthful items but then don't order them. The association research shows that more Americans seem to view restaurant meals as a treat, a vacation from dietary regime. Making those spa stops a necessity come March.

The Copley Plaza begins a series of cooking and wine demonstrations this weekend that will continue through April 1. Some of the chefs participating will be Andrea Robert of Maison Robert, Joe Hovland of Papa-Razzi, Frank Ho of Euroasia, Raoul Jean-Richard of the Bay Tower Room and Prabhas (Jam) Navaraj of Locke-Ober. The \$10 fee for the demonstration is a donation to the Boston Food Bank. For information on demonstrations or the diners to be prepared, call 267-5300.

The chefs to be featured at the 10th anniversary Anthony Spinazzola Foundation Gala Feb. 3 at the World Trade Center include Bobby Flay of the Mesa Grill in New York City; Allen Sussler of Chef Allen's of Miami; and Elka Gilmore of San Francisco. The black-tie event starts at 7:30 p.m. Tickets are \$125. A companion event will be held at the Westin Hotel, Providence, at 7 p.m. Feb. 2; tickets for the companion event are \$75. For details, call 344-4413.

Alison Arnett's e-mail address is alacarte@globe.com

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APRIL 1995



**SPA
CUISINE**
A New Look

FOOD MANAGEMENT 7

Spa Cuisine

A NEW LOOK

Spa—just the brisk, fresh, streamlined sound of the word conjures up images and sensations of soothing relaxation, fitness, rejuvenation and, above all, good health.

Over the years, the promise and prospect of combining pleasure and healthfulness has become an irresistible temptation and from it has grown a vital and healthy industry. There are at present about 100 spa resorts in the U.S., and that number is steadily growing as more and more resorts add spa amenities. What began millennia ago as fashionable hotels and resorts constructed traditionally at the sites of mineral springs have developed to offer, among their variety of

RECREATIONAL FOODSERVICE FEATURE

healthful rigors and harmless indulgences, complete cuisines designed to be as pure and good for guests as "taking the waters" was once thought to be.

Spa cuisine has evolved considerably since Dr. John Harvey Kellogg's early 1900s regimen of vegetable meatloaf, caramel-cereal coffee and nut burgers at his famous Battle Creek, Michigan, sanitarium, one of America's first spas. Today, this healthful cuisine has grown to envelop a broad landscape of sensory delights, ranging from Tutti Frutti Muesli to Vegetable Strudel.

This month, *FM* takes a look—a *new* look—at the food offered along with the many activities at three of America's most popular and well-known spas. The first featured is PGA National Resort & Spa in Palm Beach Gardens, Florida, a recreation seeker's dream with five championship golf courses, 19 tennis courts and nine swimming pools. The menu offers spa and traditional versions of contemporary Florida cuisine and features foods grown locally.

The second, Canyon Ranch, with two locations in Arizona and Massachusetts, is for the serious health and fitness enthusiast. With programs and cuisine based on the latest scientific findings, the Ranches offer an avenue to both physical and spiritual well-being.

At the third of the featured spas, Sonoma Mission Inn & Spa, situated in the Mayacamas Mountains north of San Francisco, luxury is its draw. Famous for its hot mineral springs, the spa also offers 40 types of body and beauty treatments and fitness classes. The menus feature spa, California and Italian cuisines, and many fine wines.

On the following pages is a sampling of the dishes and services that are luring millions of health seekers to these appealing recreational destinations.

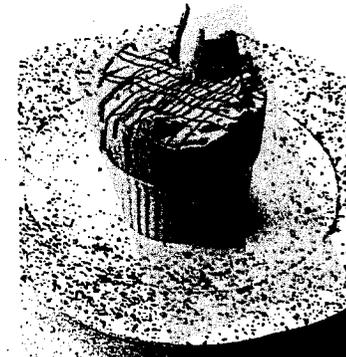
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PGA National Resort & Spa



Canyon Ranch



Sonoma Mission Inn & Spa

PHOTO CREDITS APPEAR ON PAGE 128.

By Lisa Peterson, M.S., R.D., & Karolyn Schuster



Staff members directly involved with menu and recipe development of the Tucson Canyon Ranch include Leslie Hale, food development assistant (left), Marilyn Majchrzak, food development manager, and John Lavader, executive chef (in pool). The Ranch in the Berkshires offers cooking while Tucson guests enjoy hikes in the desert. Both properties offer aquatic fitness classes (below).

How To Build A Successful Spa Cuisine Program

- Offer an expansive variety of menu items at breakfast. After a day of fitness activities, guests are hungry the next morning. Emphasizing carbohydrates, include assorted hot and cold cereals, freshly baked breads, waffles, pancakes, yogurt, fruit smoothies, fruit, juices, tea and coffee. An egg white omelette bar in Tucson and a breakfast bar in Lenox are well received.

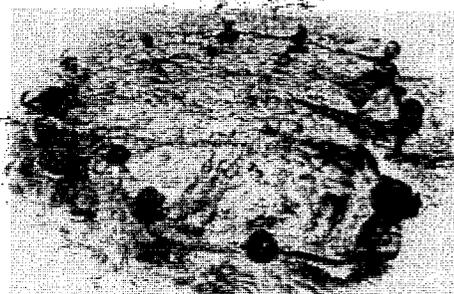
- Make versatile, well-flavored stocks. To discourage the use of salt and infuse flavor into soups, sauces, dressing and cooking liquids, make intensely flavored stocks by utilizing roasted bones, herbs and aromatic vegetables like leeks, carrots, onions and celery. Reduce stocks to concentrate flavors.

- Use herbs and spices. Turmeric adds a yellow hue to scrambled egg whites and suggests the presence of yolks. Parsley stems add sodium-free flavor to stocks, just as chives, mint and dill freshen fruit and vegetable salads.

- Offer cooking and recipe preparation demonstrations. "Lunch and Learn" cooking demonstrations interest guests in the meal service philosophy and give them a feeling of empowerment and information to take home. Recipes from the menu are prepared in simple steps for home use.

- Include a large selection and variety of carbohydrate-based dishes on menus. Bakery items, cereals, salads, especially those made with grains and starches, and vegetarian and pasta dishes offer nearly innumerable opportunities for encouraging high carbohydrate, low-fat and high-fiber intakes. Seek to include high-fiber foods, as well.

- Make salads interesting and satisfying. Toss vegetables with fruit vinaigrettes that burst with flavor. Vary the cuts, colors and textures of the vegetables used in salads. Toss vegetables with grains and starches like tortilla strips, Asian noodles, rice and potatoes.



CANYON RANCH

TUCSON, ARIZONA & LENOX, MASSACHUSETTS

“You can change your life when you change the way you eat.” These promising words appear on the cover of the Menu Guide, given at check-in to all guests at Canyon Ranch Spas in Tucson, Arizona, and Lenox, Massachusetts. The four-page folder is a veritable diet and nutrition education resource as well as a guide to the dining options at the Ranches.



Paupiette of Chicken, served with piquant yogurt and mustard sauce, is one of several delicate entrees served at Canyon Ranch. Package rates at both Canyon Ranch properties may include a 50-minute massage (far right).

One of many tools available to guests to help them meet their health and fitness goals, the guide highlights key diet issues like metabolic rates and the benefits of drinking water, for example, while spelling out the dining options guests “consider” at the Ranches. “Balanced selections” is one option and allows 1,200 or 1,800 calories per day with a nutrient distribution of 60% calories from carbohydrate, 15% to 20% from protein and 10% to 20% from fat. If guests want to modify the balance, the guide recommends they choose from high carbohydrate menu selections like pasta, grains, breads, cereals, fruits and vegetables. Guests also have the option of ordering à la carte and balancing daily intake by using the nutritional information contained in the menu descriptors.

There is, indeed, a lot of science happening at the Ranches, with state-of-the-art medical diagnostic and fitness equipment and behavioral counseling that employs biofeedback and hypnotherapy. There are dietitians, physicians, nurses, physical therapists, sports pros and psychologists at the guests’ beck and call. For beauty treatments, there are herbalists, skin care specialists and salon stylists.

And, just as important, there are talented chefs at the Ranches to ensure (and convince) guests that food is as

important a component of an entire health package as exercise. The Tucson Ranch’s executive chef John Luzader, for example, who oversees the property’s menu and recipe development, trained at the Culinary Institute of America, in Hyde Park, New York, and has experience as a patissier as well as in spa cuisine. With the input of Marilyn Majchrzak, M.S., R.D., the food development manager, Jona Liebrecht, Tucson’s general manager, and Enid Zuckerman, a founder/owner of Canyon Ranch, Luzader creates and produces dishes like Pepper Steak Sandwich and Vegetable Strudel for guests who stay, on the average, seven to 10 days.

The attractiveness and delicious flavors of Luzader’s food belie the fact that they are prepared with an emphasis on fat, cholesterol and sodium reduction and a reliance on high and only moderate amounts of fiber and protein, respectively. Despite what appears to be stringent, even complicated limitations, Luzader finds creating his spa menus simple.

“We use food in moderation,” Luzader explained. “Since we prescribe to moderation, first it is important that each ingredient be the best we can find and, second, it must deliver the most depth, flavor and color contrast possible.”

Seeking out the vitality, rather than the complexity, of an ingredient is key to the menu success at Canyon Ranch. Even small amounts of butter and cream are welcomed and savored in recipes, and as Majchrzak observes, “It is simplicity in cooking that leads to the creation of a flavorful dish our guests will enjoy and that meets our nutritional guidelines.” —LP



Setting & Services

THE FACILITY



Tucson opened in 1979; 70 acres; 180 guest rooms. Lenox opened in 1989; 120 acres; 120 guest rooms. Tucson’s staff is 750 and Lenox’s staff is 500, for a staff-to-guest ratio of 3:1.

THE SPA

100,000 square feet in Lenox includes exercise and weight rooms; indoor tennis courts,

swimming pool and jogging track; racquetball and squash courts; herbal and massage rooms; beauty treatment salons; saunas, steam rooms and whirlpools. 62,000 square feet in Tucson includes seven gyms; racquetball and squash courts; hydromassage rooms; outdoor and indoor swimming pools and yoga/meditation dome.

HEALTH & HEALING CENTER

Available are medical, exercise physiology and behavioral health professionals; registered dietitians; movement therapists.

THE PROGRAMS

Lenox and Tucson, offering more than 30 and 40 fitness classes per day, respectively, also feature hiking, biking, tennis, canoeing, kayaking, and skiing (Lenox only); workshops in stress man-

agement and lifestyle change; healthful cooking; personalized programs for disease prevention, smoking cessation, healthy aging and weight management.

FOODSERVICE

Lenox serves breakfast, lunch and dinner in its 140-seat dining room; Tucson serves breakfast, lunch and dinner in its 175-seat dining room. Menus include 1,200 and 1,800

calorie/day plans or guests may choose from à la carte menus; all meals are included in daily room rate; and fresh fruit for snacks available at various locations. No alcohol is served.



Canyon Ranch facilities in the Berkshires of Massachusetts (far right) and in Tucson (right).

WILD BERRY CHEESECAKE

Submitted to *Food Management*
By Mik Wagner
Spa Chef
PGA National Resort & Spa
Palm Beach Gardens, FL

Yield: 24 servings (3 9" cakes)

Graham cracker crumbs 3 lbs.
 Pasteurized egg whites 12
 Honey 1½ cups
 Nonfat ricotta cheese 3 cups
 Low-fat cottage cheese 3 cups
 Low-fat cream cheese 3 cups
 Sugar ½ cup
 Vanilla extract 3 tbsps.
 Plain gelatin, softened in ½ cup warm water 6 tbsps.
 Raspberries ½ cup
 Blueberries ½ cup
 Blackberries ½ cup
 Strawberries ½ cup

Mixed berries

3 cups
 1. Combine crumbs, egg whites, ¼ cup honey and 6 tablespoons water; stir until well blended. Press firmly onto the bottom and sides of 3 9" springform pans; reserve.
 2. Combine ricotta, cottage cheese, cream cheese, sugar, vanilla and remaining honey; fold in gelatin. Fold in raspberries, blueberries, blackberries and strawberries; pour into reserved crusts. Cover and refrigerate 4 hours.

3. Puree mixed berries; strain seeds. Spoon atop chilled cakes. Slice cakes and serve cold.

CALORIES FROM FAT	SODIUM PER DAY	CHOLESTEROL PER DAY	FIBER PER DAY
18%	23%	7%	16%

Approximate nutrient analysis per serving

Calories 490 Protein 19.4 gm
 Fat 9.6 gm Saturated Fat 3.8 gm
 Carbohydrates 77.9 gm Cholesterol 19.8 mg
 Sodium 687.2 mg Dietary Fiber 3.0 gm
 Calcium 228.6 mg Potassium 230.6 mg

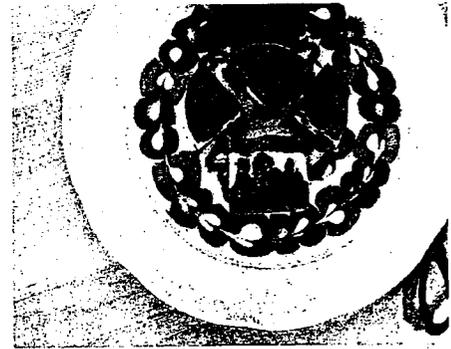
GRILLED SALMON WITH THREE PEPPER RELISH

Submitted to *Food Management*
By Mark Vann
Executive Chef
The Grille at Sonoma Mission Inn & Spa
Sonoma, CA

Yield: 24 servings

For the relish:

Red onions, diced 1 lb.
 Extra virgin olive oil 2 oz.
 Green bell peppers, diced 1 lb.
 Red bell peppers, diced 1 lb.
 Yellow bell peppers, diced 1 lb.
 Garlic, minced 1 oz.



Laced with four types of berries, creamy and refreshing Wild Berry Cheesecake is a spa dessert favorite at PGA.

Yellow mustard seeds 3 oz.
 Thyme, chopped 1 oz.
 Balsamic vinegar 4 oz.
 Salt ½ tsp.
 Black pepper ½ tsp.

For the vinaigrette:

Balsamic vinegar 32 oz.
 Shallots, minced 4 oz.
 Honey 4 oz.
 Garlic, minced 2 oz.
 Thyme, chopped 1 oz.
 Dijon mustard 2 oz.
 Overcooked rice 1 lb.
 Salmon fillets, 5 oz. each 24
 Red new potatoes, boiled to just tender, halved 4½ lbs.
 Mixed salad greens 4½ lbs.

1. To prepare relish: Sauté onions in oil 1 minute; add bell peppers and sauté 4 minutes. Add garlic, mustard seeds, thyme and vinegar; simmer 1 minute. Cool; add salt and pepper. Reserve.
2. To prepare vinaigrette: Combine all vinaigrette ingredients; process until smooth. Reserve.
3. Grill salmon and potatoes until done; reserve, keep hot.
4. To serve: Toss greens with reserved vinaigrette; mound on serving plates. Top with reserved salmon fillets and relish. Garnish with potatoes; serve immediately.

For the yogurt-mustard sauce:

Plain nonfat yogurt 3 cups
 Prepared brown mustard ½ cup
 Freshly ground black pepper 1 tsp.
 Balsamic vinegar 1½ tbsps.

Boneless, skinless chicken breasts, trimmed of any visible fat, 5 oz. each, pounded to ¼"

Carrots, finely diced 24
 Spinach, chopped 2 cups
 Olive oil ½ cup
 Parsley, minced ½ cup
 Thyme, chopped 4 tbsps.
 Rosemary, chopped 4 tbsps.
 Parmesan cheese, grated ½ cup
 Unprocessed wheat bran ½ cup

1. To prepare sauce: Combine all sauce ingredients; blend until smooth. Reserve; refrigerate.
2. Sauté carrots and spinach in oil until tender; remove from heat. Add parsley, thyme, rosemary, cheese and bran; blend well. Spoon 2 tablespoon mixture onto each chicken breast; roll up. Wrap tightly in plastic wrap; secure ends well.
3. In simmering water, cooked wrapped chicken 8 minutes; remove from water and discard plastic wrap. Slice chicken; serve hot with reserved sauce.

Approximate nutrient analysis per serving

Calories 213 Protein 35.8 gm
 Fat 4.8 gm Saturated Fat 1.1 gm
 Carbohydrates 4.4 gm Cholesterol 84.1 mg
 Sodium 181.1 mg Dietary Fiber 1.1 gm
 Calcium 116.4 mg Potassium 543.5 mg

OMELETTE WITH TOMATO, BASIL & MUSHROOMS

Submitted to *Food Management*
By Chris Pedersen
Executive Chef
The Cafe at Sonoma Mission Inn & Spa
Sonoma, CA

Yield: 24 servings

For the tomato, basil & mushroom mixture:

Garlic, chopped ½ cup
 Mushrooms, sliced 9 lbs.
 Olive oil ½ cup
 Fresh basil leaves 1½ lbs.
 Plum tomatoes, diced 12 lbs.
 Black pepper ½ tsp.

Olive oil ½ cup
 Egg whites 144

1. To prepare tomato, basil and mushroom mixture: Sauté garlic and mushrooms in oil 2 minutes; add basil. Sauté 30 seconds; add tomatoes and pepper. Simmer 5 minutes;

Please turn to the following page.

CALORIES FROM FAT	SODIUM PER DAY	CHOLESTEROL PER DAY	FIBER PER DAY
28%	8%	28%	20%

Approximate nutrient analysis per serving

Calories 404 Protein 33.6 gm
 Fat 12.9 gm Saturated Fat 1.8 gm
 Carbohydrates 37.8 gm Cholesterol 78.0 gm
 Sodium 186.1 mg Dietary Fiber 3.9 gm
 Calcium 112.6 mg Potassium 1,432.7 mg

PAUPIETTE OF CHICKEN

Submitted to *Food Management*
By John Luzader
Executive Chef
Canyon Ranch
Tucson, AZ

Yield: 24 servings

CALORIES FROM FAT	SODIUM PER DAY	CHOLESTEROL PER DAY	FIBER PER DAY
20%	8%	28%	8%

reserve, keeping warm.

2. For each serving: Heat oil in a nonstick pan; add 6 egg whites and let set loosely over low heat. Stir once; drizzle ¼ teaspoon water around edges of eggs (to loosen them) as they begin to set. Carefully flip eggs, spoon reserved filling (about 14 ounces per serving) onto eggs. Fold and roll onto plate; serve hot.

CALORIES FROM FAT	SODIUM PER DAY	CHOLESTEROL PER DAY	FIBER PER DAY
28%	12%	0%	28%

Approximate nutrient analysis per serving
 Calories 273 Protein 27.8 gm
 Fat 8.5 gm Saturated Fat 1.1 gm
 Carbohydrates 26.0 gm Cholesterol 0.0 mg
 Sodium 358.9 mg Dietary Fiber 5.2 gm
 Calcium 190.0 mg Potassium 1,681.1 mg

VEGETABLE STRUDEL

Submitted to *Food Management*
 By John Luzader
 Executive Chef
 Canyon Ranch
 Tucson, AZ

Yield: 24 servings
For the red pepper coulis:
 Red bell peppers, diced 12 cups
 Onions, diced 3 cups



Vegetable stock 9 cups
 Hot pepper sauce 1 tsp.
 Worcestershire sauce ¼ tsp.
 White pepper ¼ tsp.
 Mint, minced 2 tbsps.

For the strudel:
 Asparagus, minced 3 cups
 Carrots, julienne 6 cups
 Napa cabbage, shredded 9 cups
 Red bell peppers, julienne 3 cups
 Crookneck (yellow) squash, julienne 3 cups
 Red onions, chopped 1½ cups
 Shiitake mushrooms, sliced 3 cups
 Broccoli, minced 3 cups
 Phyllo dough sheets 30

1. To prepare coulis: Combine peppers, onions and stock; bring to a boil. Simmer briefly; cool 5 minutes. Process until smooth; strain. Add pepper sauce, Worcestershire sauce, pepper and mint; reserve, keeping warm.
 2. To prepare strudel: Steam asparagus, carrots, cabbage, peppers, squash, onions, mushrooms and broccoli for 3 minutes; drain and shock. Drain very well; reserve.
 3. Spritzing each sheet with cooking oil spray, layer phyllo in 3 5-sheet stacks. For each strudel, arrange

Layered with crispy phyllo dough and sauced with a tangy red pepper coulis, Canyon Ranch's Vegetable Strudel features a filling of eight types of vegetables.

vegetables lengthwise along 1 long edge of phyllo stack leaving 1½ inches on each short end; roll the phyllo, tucking in ends, to form a roll. Transfer to baking sheets, seam side down; spritz with cooking oil spray. Score to mark 8 slices; bake at 350° F until golden. Slice and serve hot with reserved coulis.

CALORIES FROM FAT	SODIUM PER DAY	CHOLESTEROL PER DAY	FIBER PER DAY
18%	15%	0%	18%

Approximate nutrient analysis per serving
 Calories 135 Protein 4.8 gm
 Fat 2.4 gm Saturated Fat 0.0 gm
 Carbohydrates 25.4 gm Cholesterol 0.0 mg
 Sodium 444.4 mg Dietary Fiber 3.2 gm
 Calcium 58.7 mg Potassium 501.7 mg

FISH 'N CHIPS

Submitted to *Food Management*
 By John Luzader
 Executive Chef
 Canyon Ranch
 Tucson, AZ

Yield: 24 servings

For the tartar sauce:

Nonfat mayonnaise 4 cups
 Sweet pickle relish ½ cup
 Lemon juice 2 tbsps.
 Parsley, minced 2 tbsps.
 Cayenne pepper ¼ tsp.

Potatoes, scrubbed, cut into wedges (8 per potato) 6 lbs.

Whole wheat flour 2½ cups
 Eggs whites, beaten 6
 Whole wheat bread crumbs 3 cups
 Scrod fillets, 4 oz. each 24
 White pepper ½ tsp.

1. To prepare tartar sauce: Combine ingredients; reserve.
 2. Spritz wire rack and sheet pan with cooking oil spray; arrange potatoes on pan. Bake at 450° F 25 minutes or until golden brown and tender. Reserve, keeping hot.
 3. Dredge fillets in flour; dip in egg whites. Dredge in bread crumbs; sprinkle with pepper. Bake at 450° F 12-15 minutes or until golden and crisp. Serve hot with reserved potatoes and tartar sauce.

CALORIES FROM FAT	SODIUM PER DAY	CHOLESTEROL PER DAY	FIBER PER DAY
6%	14%	10%	18%

Approximate nutrient analysis per serving
 Calories 277 Protein 25.4 gm
 Fat 1.8 gm Saturated Fat 0.2 gm
 Carbohydrates 38.1 gm Cholesterol 48.8 mg
 Sodium 421.5 mg Dietary Fiber 3.7 gm
 Calcium 28.3 mg Potassium 952.4 mg

Incorporating the tropical and exotic flavors of guava, jerk seasoning and banana salsa, Guava Barbecued Shrimp is a PGA specialty served over delicate cellophane noodles.

GUAVA BARBECUED SHRIMP

Submitted to *Food Management*
 By Mik Wagner
 Spa Chef
 PGA National Resort & Spa
 Palm Beach Gardens, FL

Yield: 24 servings

For the spa soy sauce:
 Light (reduced sodium) soy sauce ½ cup
 Orange juice ½ cup
 Prepared horseradish 1 tbsp.

For the guava barbecue sauce:

Ketchup 15 oz.
 Brown sugar 3 tbsps.
 Guava puree ½ cup
 Honey 3 tbsps.
 Apple cider vinegar ½ cup
 Jerk seasoning 1½ tbsps.
 Oil 1½ tbsps.

For the banana salsa:

Green bananas, peeled, diced 2 cups
 Plum tomatoes, diced 2 cups
 Red onions, diced 1 cup
 Apple cider vinegar ½ cup



Brown sugar 2 tbsps.
 Cilantro, chopped 1 tbsp.
 Cellophane noodles (dry weight) 6 lbs.
 Ginger root, minced 2 oz.
 Herbs, chopped 12 oz.
 Stir-fry mixed vegetables 3 lbs.
 Shrimp (U 16-20) 6 lbs.
 Alfalfa sprouts 6 oz.
 Radicchio leaves 24
 Basil leaves 24

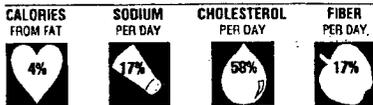
1. To prepare soy sauce: Combine all ingredients for the spa soy sauce and reserve.
 2. To prepare barbecue sauce: Combine all sauce ingredients; mix until well blended. Reserve.

Please turn to the following page.



Strawberry Chantilly (top) and Cinnamon Apple Turnovers (bottom) are featured along with other healthful fruit and bakery favorites on Canyon Ranch's dessert menu.

- To prepare salsa: Combine all salsa ingredients; mix until well blended. Refrigerate and reserve.
- Cook noodles, until done, with ginger and spa soy sauce; drain and add vegetables. Keep hot; reserve. Brush shrimp with reserved barbecue sauce; thread on skewers (4 per serving) and grill until done. Keep hot.
- To serve: Mound noodles on serving plate; top with shrimp. Garnish with sprouts, radicchio and basil leaves and serve immediately with reserved salsa.



Approximate nutrient analysis per serving

Calories 605	Protein 25.8 gm
Fat 2.7 gm	Saturated Fat 0.5 gm
Carbohydrates 116.0 gm	Cholesterol 172.5 mg
Sodium 511.8 mg	Dietary Fiber 3.4 gm
Calcium 129.5 mg	Potassium 476.4 mg

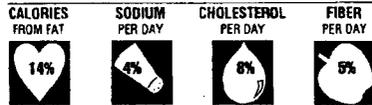
Approximate nutrient analysis per serving

Calories 45	Protein 4.2 gm
Fat 0.7 gm	Saturated Fat 0.4 gm
Carbohydrates 5.6 gm	Cholesterol 2.4 mg
Sodium 120.0 mg	Dietary Fiber 1.0 gm
Calcium 30.5 mg	Potassium 103.0 mg

STRAWBERRY CHANTILLY

Submitted to *Food Management*
By John Luzader
Executive Chef
Canyon Ranch
Tucson, AZ

- Yield: 24 servings**
- Low-fat cottage cheese** 3 cups
Buttermilk 6 tbsps.
Lemon juice 5 tps.
Brown sugar 3 tbsps.
Strawberries, hulled, quartered 6 cups
- Combine cottage cheese, buttermilk and lemon juice; process until smooth. Add sugar; blend well. Reserve.
 - Mound ¼ cup berries in serving cups; top with 2 tablespoons cottage cheese mixture. Refrigerate 1 hour; serve cold.



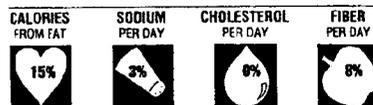
CINNAMON APPLE TURNOVERS

Submitted to *Food Management*
By John Luzader
Executive Chef
Canyon Ranch
Tucson, AZ

- Yield: 24 servings**
- Firm red apples, peeled, cored and thickly sliced** 16
Cinnamon ¼ cup
Brown sugar ¼ cup
Lemon juice ¼ cup
Vanilla ¼ cup
Phyllo dough sheets 24
- Combine apples, cinnamon and sugar; add juice and vanilla. Cover and cook until apples are tender, about 15 minutes.
 - To assemble each pastry: Spritz one phyllo sheet with cooking oil spray; fold sheet in thirds lengthwise and spritz again. Spoon ¼ cup apple mixture 1½ inches from bottom and slightly to the left side of the sheet; fold up bottom to cover filling. Fold lower corner of phyllo diagonally over filling (as if folding a flag), continue up length of sheet until

end of sheet is reached (a triangle will be formed). Continue with each phyllo sheet and remaining filling.

- Bake at 400° F until golden, about 15 minutes; serve hot.



Approximate nutrient analysis per serving

Calories 141	Protein 1.5 gm
Fat 2.4 gm	Saturated Fat 0.2 gm
Carbohydrates 29.1 gm	Cholesterol 0.0 mg
Sodium 94.9 mg	Dietary Fiber 1.6 gm
Calcium 23.9 mg	Potassium 137.2 mg

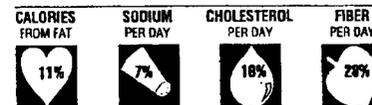
CURRY STEAMED YELLOW TAIL SNAPPER

Submitted to *Food Management*
By Mik Wagner
Spa Chef
PGA National Resort & Spa
Palm Beach Gardens, FL

- Yield: 24 servings**
- For the curry mix:**
- Curry powder** 4 oz.
Coconut milk ½ cup
Light (reduced sodium) soy sauce 2 tbsps.
Garlic, minced 1 tbsp.
Cilantro, chopped 1 tbsp.

- Ground cumin** 1 tbsp.
Chicken stock ¼ cup
Egg whites 7 oz.
Yellow tail snapper fillets, 4½ oz. each 24
Eggplants, 6 oz. each 24
Spinach, trimmed 3 lbs.
Green bell peppers, chopped 3 lbs.
Onions, minced 1½ lbs.
Black sesame seeds 2 tps.
Cooked rice, hot 12 cups

- To prepare curry mix: Combine curry, coconut milk, soy sauce, garlic, cilantro, cumin and stock. Beat egg whites until stiff, fold into curry mixture. Refrigerate and reserve.
- Sear snapper in a hot skillet that has been spritzed with cooking oil spray; reserve. Slice a lengthwise lid from eggplants; hollow out. Blanch until tender; reserve. Combine spinach, peppers, onions and reserved curry mix; sauté until spinach wilts. Spoon half of mixture into reserved eggplants; top with reserved snapper. Spoon remaining spinach atop snapper; bake at 350° F 8 minutes; sprinkle with sesame seeds and serve hot with rice.



Approximate nutrient analysis per serving

Calories 348	Protein 33.8 gm
Fat 4.4 gm	Saturated Fat 1.4 gm
Carbohydrates 43.6 gm	Cholesterol 47.2 mg
Sodium 221.1 mg	Dietary Fiber 5.6 gm
Calcium 169.2 mg	Potassium 1,264.0 mg

ORIENTAL PASTA SALAD

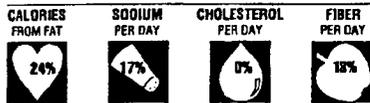
Submitted to *Food Management*
By John Luzader
Executive Chef
Canyon Ranch
Tucson, AZ

- Yield: 24 servings**
- For the dressing:**
- Thawed apple juice concentrate** 1½ cups
Rice vinegar 1½ cups
Dark sesame oil ¼ cup
Ginger root, minced 1 tbsp.
Salt 1 tbsp.
Freshly ground black pepper 1 tbsp.
Garlic, minced 1 tbsp.
Hot pepper sesame oil 1 tbsp.

- Soba noodles** 1½ lbs.
Water chestnuts, sliced 1½ cups
Cabbage, shredded 3 lbs.
Scallions, chopped 6 cups
Whole scallions bulbs 24
Red and yellow bell peppers, julienne 2 cups

- To prepare dressing: Combine all dressing ingredients; mix well to combine. Reserve.
- Boil noodles until tender; drain well. Add reserved dressing; toss well. Add water chestnuts, cabbage and chopped scallions; mix well. Cover; refrigerate overnight. Garnish with scallion bulbs and peppers; serve cold.

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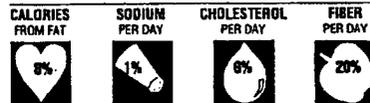
Approximate nutrient analysis per serving
Calories 210
Protein 5.8 gm
Fat 5.5 gm
Saturated Fat 0.8 gm
Carbohydrates 37.5 gm
Cholesterol 0.0 mg
Sodium 521.7 mg
Dietary Fiber 2.5 gm
Calcium 74.2 mg
Potassium 471.3 mg

WARM BERRY COMPOTE

Submitted to *Food Management*
 By John Luzader
 Executive Chef
 Canyon Ranch
 Tucson, AZ

Yield: 24 servings
Assorted types of berries 4½ lbs.
Light (reduced fat) sour cream ¼ cup
Brown sugar 2 tbsps.
Raspberries 1½ lbs.
White port wine 1½ cups
Honey 6 tbsps.
Almond flavored liqueur 3 tbsps.
 1. Combine berries; reserve. Combine sour cream and brown sugar; refrigerate and reserve.

2. Heat raspberries 2 minutes; strain and discard seeds. Add port and honey; heat until warm. Remove from heat and add liqueur and reserved berries.
 3. To serve: Divide berry mixture among serving bowls; top with reserved sour cream mixture. Serve immediately.



Approximate nutrient analysis per serving
Calories 94
Protein 1.0 gm
Fat 0.8 gm
Saturated Fat 0.3 gm
Carbohydrates 19.4 gm
Cholesterol 1.7 mg
Sodium 8.4 mg
Dietary Fiber 4.0 gm
Calcium 27.4 mg
Potassium 177.1 mg

TUTTI FRUTTI MUESLI

Submitted to *Food Management*
 By Mik Wagner
 Spa Chef
 PGA National Resort & Spa
 Palm Beach Gardens, FL

Yield: 24 servings
For the muesli:
Rolled oats 12 cups
Honey ½ cup

Raisins 1 cup
Prunes, chopped 1 cup
Dried apricots, chopped 1 cup
Dried apples, chopped 4 cups
Walnuts, chopped 1 cup
Lemon juice 2¼ tbsps.
Skim milk 1 qt.

For the tropical fruit compote:
Papayas, peeled, seeded, diced 2 cups
Mangoes, peeled, seeded, diced 2 cups
Pineapple, cored, trimmed, diced 2 cups
Pineapple juice 2 qts.
Brown sugar ½ cup
Unflavored gelatin, softened in
1 tbsps. warm water 2 tbsps.

Skim milk 12 cups
Mint sprigs 24

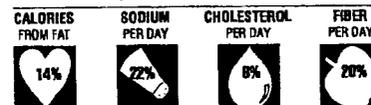
1. To prepare muesli: Combine all muesli ingredients with 3 cups water; mix well. Refrigerate overnight; reserve.
 2. To prepare compote: Combine fruit, juice and brown sugar; heat to a boil. Simmer, uncovered, 30 minutes; add gelatin and stir until thickened. Reserve.
 3. To serve: Mound ¼ cup reserved muesli in each serving dish; top with ¼ cup skim milk, 1 ounce reserved compote and garnish with mint sprig. Serve immediately.



Pepper Steak Sandwich is accompanied by a yogurt-based horseradish sauce.

Lime juice 3 tbsps.
Chives, finely chopped ½ cup
Rib eye beef steaks, trimmed of all visible fat, slightly frozen 1½ lbs.
Mushrooms, thinly sliced 12 cups
Red and green bell peppers, thinly sliced 12 cups
Light (reduced sodium) soy sauce ¼ cup
Fresh bread rolls, 3 oz. each, halved 24

1. To prepare sauce: Combine all sauce ingredients; blend well. Refrigerate and reserve.
 2. Slice steak as thin as possible; sauté beef slices until cooked through. Reserve, keeping hot. In the same sauté pan, toss together mushrooms, peppers and soy sauce; heat until tender. Reserve, keeping hot.
 3. For each sandwich, mound beef on bread half; top with 1 cup reserved vegetables and 1 tablespoon reserved sauce. Serve immediately.



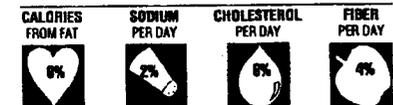
Approximate nutrient analysis per serving
Calories 332
Protein 16.7 gm
Fat 5.2 gm
Saturated Fat 1.6 gm
Carbohydrates 54.5 gm
Cholesterol 17.3 mg
Sodium 668.6 mg
Dietary Fiber 4.0 gm
Calcium 138.3 mg
Potassium 574.6 mg

STEAMED CHERRYSTONE CLAMS

Submitted to *Food Management*
 By Mark Varn
 Executive Chef
 The Grille at Sonoma Mission Inn & Spa
 Sonoma, CA

Yield: 24 servings
Cherrystone clams 24 lbs.
White wine 2¼ qts.
Shallots, minced 12 oz.
Garlic, minced 6 oz.
Crushed tomatoes 3 lbs.
Thyme, chopped 1½ oz.
Oregano, chopped 1½ oz.

Scrub clam shells to remove grit. Combine all ingredients and steam until clams just open. Serve hot. **FM**



Approximate nutrient analysis per serving
Calories 152
Protein 10.1 gm
Fat 1.0 gm
Saturated Fat 0.1 gm
Carbohydrates 10.4 gm
Cholesterol 23.2 mg
Sodium 51.3 mg
Dietary Fiber 0.8 gm
Calcium 76.6 mg
Potassium 505.4 mg

PEPPER STEAK SANDWICH

Submitted to *Food Management*
 By John Luzader
 Executive Chef
 Canyon Ranch
 Tucson, AZ

Yield: 24 servings
For the horseradish sauce:
Prepared horseradish ½ cup
Plain, nonfat yogurt 3 cups
Lemon juice 3 tbsps.

food

EDITOR: Cynthia David 947-2271

Scrumptious
spring rolls
Page 58

Polenta
power
Page 59

Losing weight Ranch-style

To lose weight, you need to eat more than you think. That's the weighty message from celebrated Canyon Ranch in Tucson, Arizona. If we don't eat enough calories, research shows, our bodies feel deprived, our metabolism slows (fearing we'll starve) and we have to eat less and less to maintain our weight.



FAST AND FRESH
Lucy Waverman

That's why you hear stories of people who gain lots of weight back after following a restricted 800-calorie-a-day diet. Moderation without deprivation is the answer. Here's the formula I learned during a recent stay. To keep your metabolism bouncing a long, multiply your weight by 10 and then multiply your weight by three. Add both figures together — that's the number of calories you need daily to maintain your weight.

To lose weight gently and keep it off, subtract 200 calories from your daily maintenance level and make sure you exercise at least 45 minutes three times a week.

This swing back to calorie-counting is a reaction to the failure of extreme low-fat dieting. Many people mistakenly believe that low-fat eating means unrestricted eating. But if you eat 10 low-fat cookies at 65 calories each, you've used up a good chunk of your daily calorie allowance under the Ranch plan.

Low-fat eating is still important, however. And it gives you more bang for your calorie buck. Half a cup of carbohydrates at 100 calories — pasta, rice, potatoes, beans and lentils — is a lot more satisfying than 1 tbsp. oil. Ranchers recommend that 20% of our calories come from fat, 10% less than Canada's Food Guide.

Now don't think the Canyon Ranch message is all grim. The plan also allows two "free" meals a month, eating whatever you want. Try these Ranch recipes and discover how delicious healthy eating can be.

BREAKFAST BREAD PUDDING

6 slices whole-wheat bread diced into 1/4-inch cubes
1 1/4 cups skim milk



SLIPPER UP ... Put some zing in your diet by trying this pepper steak sandwich with tangy horseradish sauce.

— Courtesy Canyon Ranch

2 tbsp. melted margarine or butter
5 egg whites
1/4 cup sugar or fructose
1 tsp. vanilla
1 tsp. cinnamon
1/4 cup seedless raisins
SPRAY muffin tins with nonstick vegetable coating. Preheat oven to 350F. Mix bread cubes and milk together to soak in a bowl and set aside.
IN another bowl, combine margarine, egg whites, sugar, vanilla and cinnamon. Mix well. Add raisins and mix again.
COMBINE egg mixture with bread mixture. Pour into prepared tins. Bake at 350F for 30 minutes or until firm. Makes 6 large muffins.

Per muffin: 185 calories; 6 fat grams

PEPPER STEAK SANDWICH

SAUCE:
2 tbsp. prepared horseradish

1/2 cup plain nonfat yogurt
1 1/2 tsp. lemon juice
1 1/2 tsp. lime juice
1 1/2 tbsp. finely chopped chives
SANDWICH:
4 oz. raw rib eye steak, slightly frozen, all fat removed
2 cups thinly sliced mushrooms
2 cups thinly sliced red and green peppers
2 tbsp. low-sodium soy sauce
4 (2 oz.) French bread rolls, cut in half
COMBINE all sauce ingredients in a small mixing bowl and blend well. Cover bowl and refrigerate until ready to use.
SLICE steak as thin as possible. In a medium non-stick skillet over low heat, saute steak, then set aside. In same skillet, toss together mushrooms, peppers and soy sauce. Cook over low heat until tender.
FOR each sandwich, place 1/4 of the steak on a roll and top with 1 cup vegetable mixture. Serve with 1 tbsp. horseradish sauce. Serves 4.
Per serving: 310 calories; 7 fat grams

Vitality[®]

JULY 1995

FAVORITE RECIPES



John Luzader

Great Grilling: Three Summer Favorites

SUMMER IS A GREAT TIME to grill your favorite foods.

These low-fat recipes from *Great Tastes: Healthy Cooking From Canyon Ranch* are quick and easy to prepare on your grill. The cookbook contains 235 recipes developed by John Luzader, executive chef at Canyon Ranch, a fitness resort in Tucson, Arizona, and its food-development staff.

Use fresh herbs to make the Halibut with Garlic and Thyme. The Grilled Vegetable Salad can be a main course or a side dish with chicken, fish or lean beef. Serve the Chicken Teriyaki with rice or a baked potato and a green salad.

As always, check meat carefully for doneness before serving.

 **VERY LOW FAT**—recipes with 10 gm. or less of fat per serving.

 **LOW CHOLESTEROL**—recipes with 10 mg. or less of cholesterol per serving.

 **LOW SODIUM**—recipes with 140 mg. or less of sodium per serving.

To order *Great Tastes: Healthy Cooking From Canyon Ranch*, 1995, send \$25 plus \$4.75 shipping and handling to: Canyon Ranch, P.O. Box 31524, Tucson, AZ 85731. For further information, call 1-800-726-8040.

HALIBUT WITH GARLIC AND THYME Vitality

▶ 4 4-oz. halibut fillets	▶ Pinch of salt
topping	▶ Pinch of black pepper
▶ 2 t. butter (at room temperature)	▶ 3 drops lemon juice
▶ 1 T. parsley, minced	▶ 1 T. fresh thyme or 1 t. dried thyme, minced
▶ 1/2 t. garlic, minced	

PER SERVING
145 calories
4.5 gm. fat
28% calories from fat
42 mg. cholesterol
79 mg. sodium

Prepare hot coals or a gas grill for grilling. In a small bowl, combine all ingredients except the fish. Grill the fish for 3 to 5 minutes per side or until done. Top each fillet with 1 t. of the butter mixture, then serve. Serves four.

GRILLED VEGETABLE SALAD Vitality

marinade	vegetables
▶ 1/4 cup balsamic vinegar	▶ 1 head endive lettuce, quartered
▶ 1 t. ground thyme	▶ 1 medium zucchini, cut into 1/4-inch diagonal slices
▶ 1 T. Dijon mustard	▶ 2 large bell peppers, seeded and quartered
▶ 2 t. olive oil	▶ 1 small head radicchio lettuce, quartered
▶ Pinch of black pepper	▶ 1 small red onion, sliced in 1/8-inch rounds
▶ 1 cup vegetable stock	

PER SERVING
80 calories
2 gm. fat
23% calories from fat
0 mg. cholesterol
164 mg. sodium

Prepare hot coals or a gas grill for grilling. In a large mixing bowl, combine marinade ingredients and mix well. Place vegetables in the marinade for 10 to 15 minutes. Grill vegetables for 1 to 2 minutes per side, turning once, and being careful not to char them. Serves four.

CHICKEN TERIYAKI Vitality

▶ 4 chicken-breast halves, skinned, boned and defatted	▶ 3 T. chicken broth
	▶ 1-1/2 T. rice vinegar
marinade	▶ 1 T. garlic, minced
▶ 1 t. dark sesame oil	▶ 1 T. shallots, minced
▶ 1-1/2 T. low-sodium soy sauce	▶ Pinch of ginger root, minced

PER SERVING
160 calories
4 gm. fat
23% calories from fat
72 mg. cholesterol
130 mg. sodium

Place marinade ingredients in a shallow baking dish and mix well. Lay chicken breasts in marinade and turn chicken to coat evenly. Cover and refrigerate for at least 2 hours or overnight. Prepare hot coals or a gas grill for grilling. Discard marinade and grill chicken for 3 to 4 minutes per side or until juices run clear when pierced with a knife. Serves four.

HILLING & BAKING NEWS

KANSAS CITY, MO
WEEKLY 4,400

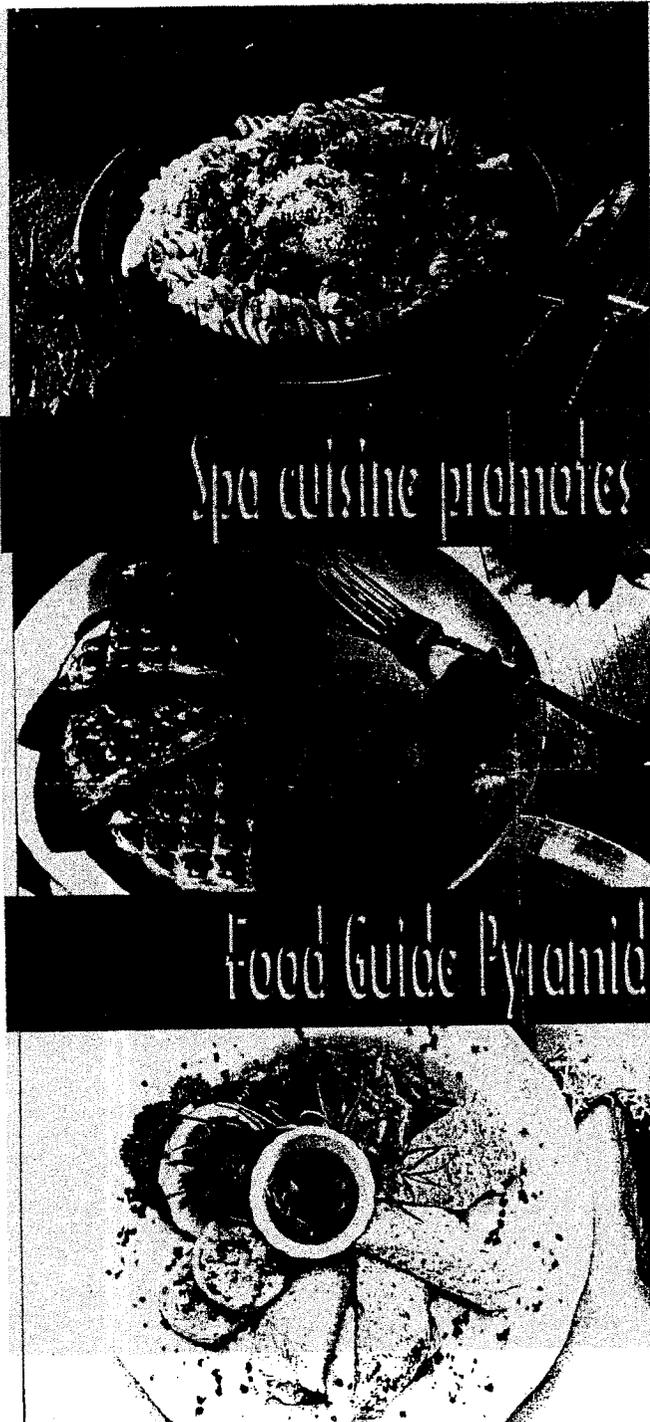
JUN 13 1995



Spa cuisine promotes Food Guide Pyramid

Health spas use the U.S. Department of Agriculture and the Food Guide Pyramid to promote meals high in grain-based foods.

See story on Page 2b.



As many Americans seek rejuvenation at health spas and fitness centers across the country, their lifestyle activities vary from hiking and playing golf to relaxing with salon facials and mudbaths. But the common thread linking all such resorts is cuisine that promotes health and energy, and many spa chefs and dietitians focus their meal plans on the complex carbohydrates represented in the base of the Food Guide Pyramid.

The Pyramid, developed by the U.S. Department of Agriculture and the Department of Health and Human Services is based on the Dietary Guidelines for Americans, which call for six to 11 servings daily from the bread, cereal, rice and pasta group. Many spas use the Pyramid in lectures and seminars to train guests to eat about 60% of their daily calories in complex carbohydrates. Yet, even spas that say they don't follow the Pyramid often rely heavily on grain-based foods to round out their cuisine.

The basic nutrition philosophy at Canyon Ranch Spa, Tucson, Ariz., follows the basics of the Food Guide Pyramid: It maximizes the amount of complex carbohydrates in the diet, offers a moderate amount of protein and minimizes fats, according to Marilyn Majchrzak, a registered dietitian and food development manager at the spa. "Our most important food philosophy is that we provide a diet of healthy ingredients with an emphasis on whole grains, breads and cereals as well as fresh fruits and vegetables," Ms. Majchrzak said.

The spa uses several different kinds of grain, she said, which are offered daily in menu selections. "On vegetarian dishes, we try to combine grains with legumes (to form a complete protein). For example, we just introduced a new item on our menus — lentil dal with curried rice, a cucumber yogurt sauce and traditional Indian flatbread."

Canyon Ranch uses grains and vegetables in developing meals that are high in volume and low in fat. The spa sets an allotment of fat grams for different meal segments, such as appetizers, entrees and desserts.

"This helps us mix and match to put a plate together," Ms. Majchrzak said. "For example, we could use a 4-oz chicken breast or piece of fish, and the rest of the plate is filled with vegetables and complex carbohydrates such as pasta, rice, quinoa or kamut."

About 4,200 meals are served every week at the resort, and Ms. Majchrzak said those meals include about 150 lbs of brown rice, 100 lbs of white rice and 50 lbs each of wild and arborio rice.

The spa also serves about 150 lbs of pasta weekly and offers a variety from durum semolina to buckwheat soba, udon noodles and even pasta made from quinoa and

'The complex carbohydrates are so much lower in calories than fat; clients are amazed that they can eat so much and still lose weight.'

— Franca Alphin, nutrition director, Duke Diet and Fitness Center

corn. "We offer pasta marinara as a standard and some other kind of pasta daily," Ms. Majchrzak said. "In addition to our regular menu, we have a pasta bar at which guests can have a pasta dish made to order."

She said the spa served 25 dozen loaves of bread each week, including raisin pumpkin-nickel, multigrain and sourdough, as well as bread sticks, flour tortillas, bagels and whole grain rolls.

"We use rolls primarily in order to be consistent about size and amount — a 1-oz roll is considered a serving," she said.

Because Canyon Ranch is located in the Southwest, one of the most popular meals among guests is chicken fajitas, Ms. Majchrzak said. "A local company makes lower fat tortillas for us," she said. "And we saute the chicken lightly and serve it with a lot of peppers. I think the key is how much oil you use to stir fry and the amount of fat in the tortilla itself."

The spa often discusses the Food Guide Pyramid in its nutrition classes, she said. One weekly class, called "What's New in Nutrition," keeps guests updated on nutrition issues in the media.

"Our dietitians recently brought up the fact that the pasta scare was definitely a slanted story," said Ms. Majchrzak, referring to a story published in *The New York Times* in February that portrayed pasta, bread and other starches as "fattening" (see *Milling & Baking News* of Feb. 21, Page 16). "They wanted to dispel the information that pasta is a bad food."

Ms. Majchrzak said Canyon Ranch menus came close to the recommendations of the Food Guide Pyramid by offering about 60% of daily calories from complex carbohydrates, 15% to 20% from protein and 10% to 20% from fat. A registered dietitian with the American Dietetic Association, Felicia Busch, said of that nutritional spread, "I think it's in the right ballpark, but I'd be concerned if they were closer to the 10% fat, which is quite extreme. That's not the kind of diet that anyone's going to be able to follow year round."

Ms. Busch said the positive aspect of spa cuisine was that it demonstrated how low-fat foods could look appetizing and taste good. "I think 'low fat' has always been synonymous with 'low taste,'" she said, "and spas have shown that you can really do lots of wonderful things with low amounts of fat."

The daily menu plan at the Duke Diet and Fitness Center, Durham, N.C., more closely follows the Food Guide Pyramid and seems nutritionally sound, Ms. Busch said. The spa uses a 1,200-calorie daily diet, including six

to eight starch servings, a minimum of two servings each of fruits and vegetables, no more than 6 ozs of protein, about three fat servings and two dairy servings, according to Franca Alphin, a registered dietitian and nutrition director at Duke.

Ms. Busch of the A.D.A. said, "That's pretty close. The only difference between that and the Food Guide Pyramid would be if they had one more serving of vegetables. They may also have a free vegetable list that people can eat from."

Guests at Duke tend to be mostly women age 55 and over, Ms. Alphin said, and nearly all visitors are at least 50 lbs overweight. The center is able to offer menus high in volume without overloading on fat or calories by increasing the portions of carbohydrates, she said.

"For every fat calorie we take out, we increase the intake of complex carbohydrates, vegetables and fruits," Ms. Alphin said. "Visitors are delighted to get that increase in volume. The complex carbohydrates are so much lower in calories than fat; clients

are amazed that they can eat so much and still lose weight."

Like Ms. Busch of the A.D.A., Ms. Alphin expressed concern about diets that were too low in fat. "We try to stay under 30% fat in our menus, but some people who come here are almost fat phobic, so we have to push them toward consuming 30% fat," she said.

"Lowering the fat too much is extreme, and it's not good to set up a habit of deprivation. We're talking about making lifelong changes, and no one can live with extremes for long."

The base of the Food Guide Pyramid is the focal point of vegetarian meals served at Duke, and Ms. Alphin said the center served at least five vegetarian meals out of 21 per week. "Visitors may have a vegetarian option every night, and the meals are based on starch such as couscous, barley or pasta," she said.

"We do lots of pasta, and visitors love it. The volume is less caloric than rice — half a cup of pasta is 80 calories whereas half a cup of rice is 120. So they get more volume for their calories with pasta, and volume is important for satisfaction."

The Food Guide Pyramid plays an important role in developing menus at Duke as well as in educating guests about long-term eating patterns to take away with them, according to Ms. Alphin.

"We take guests on grocery shopping trips and to restaurants, and we have tons of lectures every week on fat and cholesterol, vitamins and minerals and recipe modification as well as cooking classes," she said.

Several classes offered at the center use the Food Guide Pyramid as a teaching tool, she said. One class, "Balancing Your Menu," uses the Pyramid to relate what guests eat at the spa to meals they can plan at home "to ensure that they remain on diets that are balanced and that they're getting adequate servings," she said.

The Green Valley Spa, St. George, Utah, rather than following the Food Guide Pyramid, bases its cuisine on the four basic food groups. Janice Coon, executive chef at Green Valley, said, "We're kind of a high carbohydrate, low protein place, and we believe that you need to eat to be healthy. It's not how little or how much you eat, but the kinds of foods."

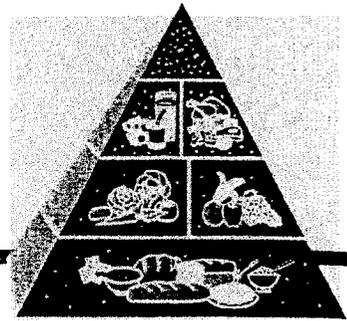
Green Valley purchases whole grains and grinds its own flour — whole wheat for bread and rolls and oat flour for muffins, cookies and sweet breads, Ms. Coon said. She added that one of the guests' favorite baked products was a low-fat cinnamon roll served for breakfast.

"We have wheat grinders for flour, and I mix enough dough in a bread maker for six



Complex carbohydrates provide energy for exercise and are considered a mainstay in most health spa menus.

Several spas use the Food Guide Pyramid in lectures and seminars to promote increased consumption of grain-based foods.



loaves at once," she said. The chef makes bread four or five times a week using the kitchen's two bread makers, which mix dough but do not bake it.

Ms. Coon said the spa generally provided four servings a day of grain-based foods to its guests. She said a half cup of cooked grain or cereal and a slice of bread were each considered as one serving. But Ms. Busch of the A.D.A. said four servings a day were not enough.

"People need more servings of grains," Ms. Busch said. "At four a day, they'd probably be missing out on lots of B complex vitamins and some trace minerals, and they also might not get enough fiber. This wouldn't be a healthy balance as a lifelong eating pattern."

Another spa that does not follow the Food Guide Pyramid is Two Bunch Palms, a celebrity retreat in Desert Hot Springs, Calif. The resort is not billed as a health spa, according to Carol Arena, executive chef, but caters more to movie stars, writers, directors and the like. The guests have complete kitchenettes in their rooms, but the spa has a small, 30-seat restaurant that serves 40 to 70 meals per day, Ms. Arena said.

Although visitors come to Two Bunch Palms more to "destress" than to lose weight, grain-based foods such as bread and pasta are popular there, according to the chef. "Guests are very big on bread, either because they're health conscious or they want to eat meals that are more vegetarian," Ms. Arena said. The spa serves 75 to 80 loaves a week of multi-grain bread, baguettes, sourdough rounds and a spicy sun-dried tomato bread, she said.

The resort uses about 15 lbs of dry pasta and 5 lbs of fresh pasta a week, Ms. Arena said. "People prefer the dry pasta because it seems to have more flavor. I use a variety: angel hair, farfalle, rigatoni and fettucini," she said. "For fresh pasta, I use a tri-colored linguini, which is spinach, beet and regular egg pastas."

Ms. Arena said Two Bunch Palms cuisine offered several vegetarian menu items based on grain.

such as an entree of whole shiitake mushrooms in a corn meal pancake, risotto pancakes sauteed with cheese and vegetables on top, wild rice crepes with white beans or Anasazi beans and squash stuffed with vegetables and grains such as amaranth or bulgur.

Vegetarian cuisine has become more popular in the past few years at the PGA National

Resort and Spa in Palm Beach Gardens, Fla., according to Cheryl Hartsough, licensed nutritionist and registered dietitian at the spa. Even non-vegetarians often order the whole grain vegetable pizzas and flour tortilla quesadillas "because they're so good and sound good on the menu," Ms. Hartsough said.

When she began planning cuisine at the resort in 1991, she said, she was allowed to devote 20% of use of its seven restaurant menus to vegetarian meals. Now, vegetarian fare is available in all the restaurants and is 50% of the menu at the Citrus Tree, which is the spa restaurant. "You have to offer vegetarian meals because so many people are vegetarians now," she said. "We're expanding the vegetarian choices even further next year because of the demand."

PGA uses a lot of pasta in its vegetarian dishes as well as in meat dishes — 18,000 to 25,000 lbs a year, according to David Sadeghi, food and beverage director.

Ms. Hartsough said, "We recommend pasta in the evening after a tough day of working out and getting spa treatments. Complex carbohydrates help you to relax through the release of tryptophan." She said two popular dishes among the resort's visitors were chicken and pasta primavera and linguini fra Diablo, a spicy marinara vegetarian pasta dish.

Guests at the spa consume 56,000 to 65,000 lbs of bread per year, according to Mr. Sadeghi. Grain-based offerings include date-nut bread, whole grain rolls, whole wheat and regular pita, rye bread, garlic bread, whole grain bread, whole grain crackers, pumpernickel bread, whole wheat flour tortillas as well as whole wheat and bran muffins.

Ms. Hartsough said, "Our whole philosophy is that any food of any nation can be made healthier, and our goal is to educate individuals to make healthy food choices and achieve optimal health and well-being through responsible weight management. The focus is on fat, calories and percentage



Many health spas, through cooking demonstrations, nutrition classes and consultations with dietitians, teach their guests to develop healthful eating habits.



of complex carbohydrates in food through a wide variety of food choices from cuisines all over the world, with an emphasis on natural food products."

PGA offers two types of eating programs: the sports nutrition plan and "spa cuisine of the world." The sports plan recommends at least 60% complex carbohydrates, moderate protein and low fat "for increased energy and energy releasing nutrients," according to the dietitian. The spa cuisine of the world is based on less than 20% fat and is calorie-controlled for diet-conscious individuals who want to lose weight and watch fat, cholesterol and sodium intake, she said. "With men, we allow 1,500 calories and 33 grams of fat per day in three meals and two snacks," she said, "and women get 1,200 calories and 26g of fat per day. Very active athletes get 2,200 calories and 49g of fat daily."

All menus at PGA list the number of calories and grams of fat per selection, with suggested recommendations for each meal. The meals are based primarily on carbohydrates with moderate amounts of protein. "We want to fill people with the whole grains, the brown rice, couscous, bulgur wheat and pasta," Ms. Hartsough said.

"If you base a meal on complex carbohydrates, then the burning of calories is greater than if the meal is based on protein. We basically do carbohydrates first, vegetables and fruits, and then the proteins, in that order of amounts."

Ms. Busch of the A.D.A. said a diet high in complex carbohydrates was good for most people, not just athletes or those who exercise. Her recommendation coincides with the base of the Food Guide Pyramid, where she said most people "fall shortest in their diets." She added, "It behooves everyone to eat more grains. A 60% to 65% carbohydrate diet is recommended for everybody, not just for athletes, who don't need more complex carbohydrates than that but do need more calories."

By offering lectures and seminars on nutrition, the PGA teaches the Food Guide Pyramid as a way of eating for life. Ms. Hartsough said the Pyramid was in all of her slide presentations because "it's the way we're trying to get Americans to eat."

She said, "If they can just eat more of the grains and fruits and vegetables at the bottom of the Pyramid, we wouldn't have a lot of secondary illnesses such as cancer and heart disease from high protein intake and high saturated fat intake. They need some protein, but they should make leaner choices — 60% carbohydrates, 20% protein, 20% fat is a good balance."

Ms. Hartsough said the PGA tried to educate its guests about how to incorporate the spa menus into their everyday lifestyles. "We want them to eat diets more based on plant foods than animal foods and to choose foods with a higher level of consciousness because you really are what you eat."

'We want to fill
people with
the whole grains,
the brown rice,
couscous, bulgur
wheat and pasta'

— Cheryl Hartsough, dietitian,
PGA National Resort and Spa

— Candice Sackovich

ARIZONA SUMMER PLEASURES

Tucson Lifestyle

THE MAGAZINE TUCSON IS BY

JUNE 1995 \$2.50

WHAT'S NEW

CANYON RANCH CULINARY DELIGHTS

Those delicious, guiltless, low-fat recipes for which Canyon Ranch Health Spas are famous can now decorate your dining room table and tempt your taste buds! The 1995 edition of **Great Tastes: Healthy Cooking from Canyon Ranch** features a collection of 234 easy recipes that echo the lessons given by their health-conscious dieticians. These meals are low in fat, moderate in protein and high in complex carbohydrates and will help control weight while still providing the body with plenty of energy.

The cookbook includes an introductory chapter with information on healthy meal planning and controlling calorie and fat intake in addition to 175 Cook's Notes and Quick Tips. The nine chapters are separated by four-color tabbed dividers, pages are bound by a three-ring binder and each chapter is numbered separately to facilitate the addition of new recipes as they are made available.

The cost of the book is \$25 plus \$4.75 shipping and can be ordered from Canyon Ranch by calling 800-726-8040, faxing 520-749-0554 or by writing to P.O. Box 31534, Tucson, AZ 85751.

BONUS REMODELING AND DECORATING

Tucson Lifestyle

THE MAGAZINE TUCSON LIVES BY OCTOBER 1995 \$2.50

“THROUGH THE BACK DOOR”

Kitchen Tour

A TOUR OF SEVEN SPECTACULAR KITCHENS

This month, *Tucson Lifestyle* presents “Through the Back Door” Kitchen Tour, sponsored by the Arizona Chapter of the National Kitchen and Bath Association. This exclusive tour of seven spectacular Tucson kitchens benefits the Tucson Children’s Museum, and in its second year, has expanded to two days due to popular demand.

On Friday evening, Oct. 27, a progressive dinner tour will begin at 6:30 p.m. at the museum with wine, hors d’oeuvres and an auction of tubs and sinks intricately decorated by renowned local artists. Erin Green from Cafe Comidas will provide tapas for guests. The guests will then be divided into groups and chauffeured to one of the three featured homes, each group beginning and ending at a different one. These homes are owned by Jan and Mike O’Brien, Sarah and Joseph Frese and Margarita and Jorgen Hansen.

The O’Briens’ kitchen, designed by Jan O’Brien, will feature food by Matthew Burk from Boccata. The O’Briens own Arizona Designs Kitchens & Baths.

Chef John Luzader of Canyon Ranch will present the next course at the Frese home, where the kitchen was designed by Andy Anderson of Davis Kitchens.

Pedro Sevilla of Encore Med will be the featured chef at the Hansen home where the kitchen was designed by Roger Salterberg of Albrite Bath & Kitchen. At the end of the evening, all the guests will rendezvous for exotic coffees and gourmet chocolate desserts prepared by Gallery of Food owner Kristine Jensen.

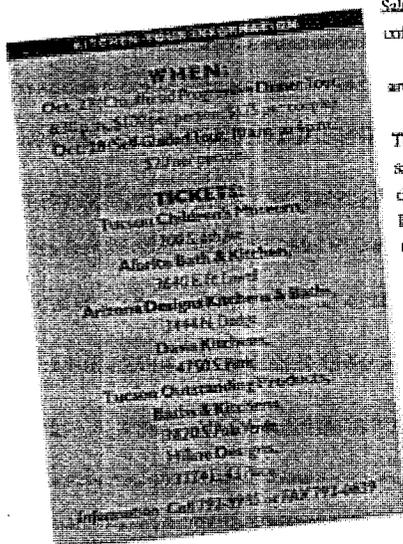
Tickets for this event are \$100, or \$175 for couples, with a limit of 100 being sold. All participants are eligible for a raffle of valuable prizes, including vacation trips.

On Saturday, Oct. 28, from 10 a.m. to 4 p.m., seven homes will be featured on a self-guided tour.

These are the O’Brien home, the Frese home and the Hansen home; the latter two homes feature the same chefs as Friday night. The additional homes are: Debbie and John Rowe (whose kitchen was designed by Don Paugh of Tucson Outstanding Products, Baths and Kitchens); Karla and Michael Darragh (kitchen designed by Tam Newell of Arizona Designs Kitchens & Baths); Lucy and Rob Offerle (kitchen designed by Roger Salterberg of Albrite Bath & Kitchen); and Marcia and Carl Macpherson (whose kitchen was designed by Carol Bradley of Davis Kitchens). In the Rowe home, food prepared by Chef Michael Gilleland of Cafe Sweetwater will be served; the Hansen home will have Pedro Sevilla of Encore Med on hand; at the Macpherson home, Owner/Chef Janos Wilder will do the cooking honors; at the Offerles’, Carlotta Flores of El Charro will do the cooking; at the Darragh home, Mark Economou of Trio Bistro/Bar will be the featured restaurant; and at the O’Briens home, Judith Berger Culinary Concepts will do the cooking.

Trio restaurant will offer Saturday ticket holders a special \$12 price on lunch at the restaurant in Plaza Palomino.

Oct. 27 & 28



Sponsored by the

ARIZONA CHAPTER OF THE NATIONAL KITCHEN AND BATH ASSOCIATION
TO BENEFIT THE TUCSON CHILDREN'S MUSEUM

"THROUGH THE BACK DOOR"

Kitchen Tour Chefs

Compiled by: KATHERINE FURMAN-BERG

Photos by: TOM VENERLASEN

Several local restaurants and their chefs are joining in the effort to raise funds for the Tucson Children's Museum by donating their time and culinary expertise during this year's "Through the Back Door" Kitchen Tour. Preparing everything from exotic entrées to Spanish tapas in each of the featured homes, ten of Tucson's leading chefs will be sharing their artistic talents on behalf of our city's children. The following profiles include nine of them. Information from Culinary Concepts was unavailable at press time.



CANYON RANCH HEALTH AND FITNESS RESORT

JOHN LUZADER, *executive chef*

John Luzader joined the world-renowned Canyon Ranch Health and Fitness Resort in 1990 as executive sous chef and worked his way up to his current position as executive chef. He received his Culinary Arts degree in 1986 from the Culinary Institute of America and began nurturing his talents at St. Andrew's Cafe, the CIA's General Foods Nutrition Center. He then worked as pâtissier at the Charlotte Inn in Martha's Vineyard before he accepted the position of executive sous chef at both the Harbor View Hotel and the Kelley House, also in Martha's Vineyard, prior to joining Canyon Ranch.

Luzader is a member of the American Culinary Federation and has a history of cooking for charitable events.



COOKING WITH
GOOD MORNING
AMERICA

Recipes from Great Tastes: Healthy Cooking From Canyon Ranch,
edited by Carolyn Niehammer (copyright © 1992, 1995 by Canyon Ranch, Inc.).

CHICKEN PICCATA

- | | |
|---|---|
| 1 tbsp. lemon juice | 1/4 c. all-purpose flour |
| 1/4 c. capers, packed in
vinegar and salt
water | 4 skinned chicken breast
halves, boned and
defatted |
| 1/2 c. Chicken Stock (see
recipe at left) | 4 tps. olive oil |

In a small bowl, combine lemon juice, capers, and Chicken Stock. Mix and set aside. Put flour in small shallow pan. Coat each piece of chicken with flour. Set aside. Heat oil in sauté pan over medium-high heat. Cook chicken breasts until golden brown, about 5 minutes each side. When chicken is browned, add breast piece stock, and heat until sauce begins to thicken, about 2 minutes. Serve immediately. Makes 4 servings, each containing approximately 166 calories, 4 g carbohydrate, 7 g fat, 14 mg cholesterol, 27 g protein, 176 mg sodium.

CHICKEN BREASTS WITH GARLIC BUTTER

- | | |
|---|---|
| 2-4 lbs. chicken parts (breast
or liver) | large onion, cut into quarters |
| 2 onions, sliced and
chopped | 4 garlic cloves, cut into halves
by hand |
| 2 whole ribs salt-free bacon,
chopped | 2 whole peppercorns |
| | 1/2 c. milk |

Place chicken breasts and parts in a shallow baking dish and season to taste with salt and pepper. Sprinkle with 1/2 c. milk. Bake in oven at 350°F for 30-45 minutes. Drain off excess fat and discard. Transfer cooked breast to a large plate, add milk sauce, and bring to a boil, skimming off any foam. If it rises to the top, add remaining ingredients and turn down heat to a simmer for 10 minutes. Do not use stock of any other origin, such as beef, pork, or animal origin. Use only fresh and vegetables. Place on plate in an earthenware or ceramic dish. Makes 4 servings, each containing approximately 166 calories, 4 g carbohydrate, 7 g fat, 14 mg cholesterol, 27 g protein, 176 mg sodium.

CHICKEN BREASTS WITH GARLIC BUTTER

- | | |
|---|-------------------------------|
| 1/2 c. dried onion | 1 egg white |
| 1/2 lb. ground chicken breast
meat | 1/2 tsp. salt |
| 1/4 c. dry white wine or
chicken stock | 1/2 c. tomato sauce |
| | 1/2 tsp. Worcestershire sauce |

Preheat oven to 350°F. Lightly grease baking sheet or foil pan with nonstick vegetable coating and set aside. Combine all ingredients in large bowl and mix well. Form meat into six shapes on baking sheet or foil pan. Bake about 45 minutes or until browned on top. Makes 4 servings, each containing approximately 166 calories, 4 g carbohydrate, 7 g fat, 14 mg cholesterol, 27 g protein, 176 mg sodium.

CHICKEN BREASTS WITH GARLIC BUTTER

- | | |
|---|-----------------------------------|
| 8 small skinless chops, with
all fat removed | 1/2 c. finely chopped parsley |
| 1/2 tsp. garlic powder | 1 tbsp. unsweetened wheat
bran |
| 1/2 tsp. freshly ground black pepper | 1/2 c. Dijon mustard |

Preheat oven to 350°F. Lightly separate both sides of the lamb chops and garlic powder and freshly ground black pepper and place them in a baking dish. Combine parsley, wheat bran, and mustard and mix thoroughly. Spread mixture of mixture evenly over tops of the lamb chops. Place in the center of preheated oven for 4 minutes. Turn over, off heat do not open the door for 30 more minutes. Makes 4 servings, each containing approximately 166 calories, 4 g carbohydrate, 7 g fat, 14 mg cholesterol, 27 g protein, 176 mg sodium.

COOKING WITH GOOD MORNING AMERICA

Recipes from *Great Tastes: Healthy Cooking From Canyon Ranch*,
edited by Carolyn Niethammer (copyright © 1992, 1995 by Canyon Ranch, Inc.).

To order a copy of *Great Tastes: Healthy Cooking From Canyon Ranch*, call 1-800-726-8040, fax to (602) 749-0554, or write to P.O. Box 31534, Tucson, AZ 85751. Cost of the book is \$25 plus \$4.75 shipping and handling. Arizona and Massachusetts residents should add 5 percent sales tax. (Delivery within three weeks, no C.O.D. orders.)

1 pkg. dry yeast
1 c. warm water (115°F to 120°F)
1 1/2 c. whole-wheat flour
2 tps. olive oil
3/4 c. all-purpose flour
1/4 tsp. salt
2 tps. cornmeal

Soften yeast in the water in a medium bowl. Add whole-wheat flour and olive oil and stir until well mixed. Add all-purpose flour and salt. Turn out on a floured board and knead until smooth and elastic, about 10 to 15 minutes, adding additional flour if needed. Lightly rub the inside of a large bowl with vegetable oil. Put dough in bowl and turn so the oiled side is up. Cover dough with waxed paper or plastic wrap and place in a warm spot for 1 1/2 to 2 hours until the dough has doubled in bulk. Punch down and knead a few times. Form into a ball and refrigerate until cold, 20 to 30 minutes. Divide the dough in half and roll out on a lightly floured board. Sprinkle 2 12-inch pizza pans with 1 tsp. cornmeal each, and transfer crusts to pans. If you are not going to make the pizza immediately, wrap and freeze. Thaw completely before placing the sauce, toppings, and cheese over the top. (See the recipe for Pizza below.) Makes 2 pizza crusts, each containing approximately: 130 calories, 5 g carbohydrate, trace fat, 0 mg cholesterol, 2 g protein, 90 mg sodium.

CHEESECAKE WITH CHOCOLATE CRUST

1 1/2 c. chocolate graham cracker crumbs
1 tbsp. unsweetened applesauce
4 oz. low-fat cream cheese
1/2 c. fructose
1/2 tsp. vanilla
4 egg whites
1/2 c. nonfat sour cream
1/2 c. nonfat ricotta cheese
2 c. nonfat cottage cheese

Preheat oven to 325°F. Mix graham cracker crumbs and applesauce in food processor. Pack in bottom of 10-inch springform cake pan. Combine cream cheese, fructose, vanilla, egg whites, and sour cream in a large mixing bowl. Beat until smooth. In the bowl of a food processor, beat ricotta cheese until smooth. Add cottage cheese and beat until smooth. Add to cream cheese mixture and combine thoroughly. Pour cheese mixture into prepared pan. Bake for 35 minutes. Turn off heat, open oven door slightly, and allow cheesecake to cool in oven for 30 minutes. Remove from oven. Let cake rest for 20 minutes before removing the springform. Makes 12 servings, each containing approximately: 130 calories, 15 g carbohydrate, 4 g fat, 13 mg cholesterol, 10 g protein, 243 mg sodium.

2 Pizza Crusts

Sauce

1/2 onion, chopped
1 garlic clove, crushed
1/4 c. minced fresh parsley
2 tbsps. vegetable stock or water
1 (8-oz.) can tomato paste
1 tsp. crushed dried oregano
1/2 tsp. crushed dried basil
1/2 tsp. salt (optional)
1/4 tsp. freshly ground black pepper

Topping

1 large thinly sliced onion
1 c. thinly sliced mushrooms
1/2 small green pepper, sliced
1/2 small red pepper, sliced
1 1/4 c. thinly sliced zucchini
1 1/2 c. shredded part-skim mozzarella cheese

Make pizza crusts. Preheat oven to 425°F. Sauté the onion, garlic, and parsley in the vegetable stock or water in a small saucepan until soft. Remove from heat and mix in tomato paste and seasonings. Spread 1/2 of the sauce over pizza crust. Arrange the topping vegetables decoratively on sauce. Bake in preheated oven on the lowest shelf for 10 minutes to partially cook vegetables. Remove from oven. Spread the shredded cheese over the pizzas and bake for an additional 15 minutes or until bottom is lightly browned. If the pizzas begin to brown too much before the crust is done, place a square of aluminum foil lightly over the tops. Remove from oven. Allow to stand for 3 to 5 minutes before slicing. Cut each pizza into 6 slices. Makes 6 servings, each containing approximately (including crust): 255 calories, 7 g fat, 14 g protein, 38 g carbohydrate, 16 mg cholesterol, 573 mg sodium.



RECIPES

FOOD

THE BOSTON GLOBE • WEDNESDAY, JANUARY 31, 1996

SPA STAR

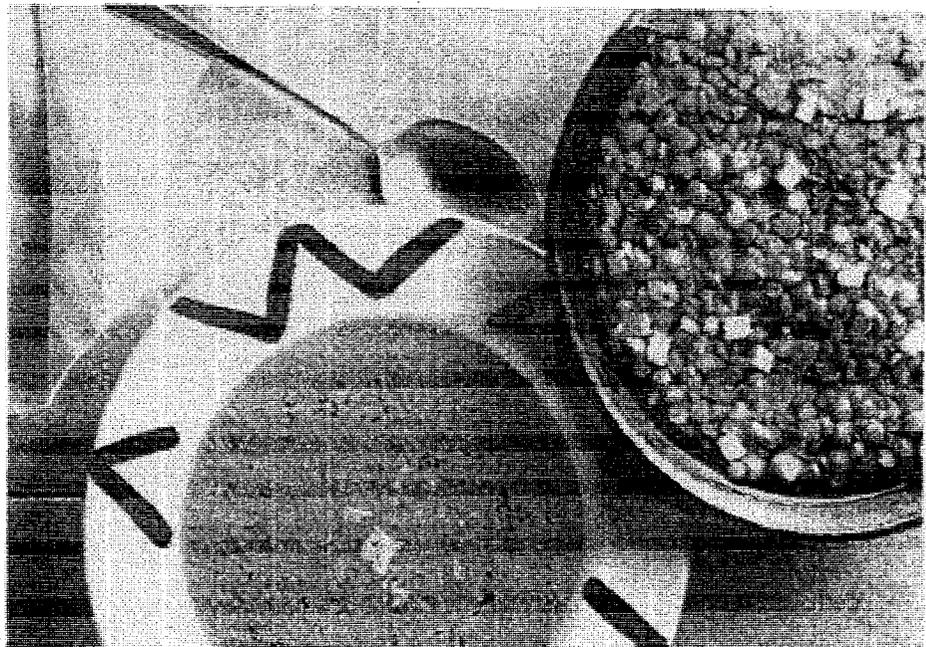
At Canyon Ranch, the cuisine is lean

By Elizabeth Luciano
GLOBE CORRESPONDENT

L ENOX - This spot in the Berkshires has much in common with other gracious restaurants: The dining room is sumptuous, with fresh lilies on each table; menus are elegantly bound; silverware gleams; servers are solicitous but not overbearing.

But there are a few telling differences here at the Canyon Ranch Spa. Rather than prices, the menu offers the calorie count and grams of fat for every item. A pitcher of water, with berries frozen in the ice, is on each table. At an appealing salad bar, a mound of carrot-and-raisin salad sits next to a sign informing diners "This is a half-cup serving." Registered dietitians sit at "captain's tables" and roam the room answer-

CANYON, Page 64



Simple, light soups are featured on the menu at the spa, where presentation counts.

At Canyon Ranch Spa, the cuisine is lean

■ CANYON

Continued from Page 61

ing nutrition questions. In addition to its mission to be low-calorie and low-fat, the food here must please a variety of sophisticated palates. That's the responsibility of executive chef Barry Correia.

"There isn't deprivation, and it isn't bland; that's just the perception," says Correia, a 1981 graduate of Johnson and Wales, in Rhode Island. "We aim for a plant-centered plate," says Correia, who relies heavily on beans, legumes and vegetables. Typical menu choices include shrimp okra gumbo, exotic mushroom soup, cranberry pancakes, lobster pernod and grilled vegetable strudel. And for those who must have it, beef tenderloin with port sauce is occasionally offered, too. There is a preponderance of Asian flavors and low-fat but assertive accents, from salsa and horseradish to mustard and infused vinegars. The spa aims for the 60-20-20 nutritional proportions: 60 percent of calories from complex carbohydrates (fruits, vegetables and grains), 20 percent from fat, and 20 percent from protein.

The Canyon Ranch pantry reflects creativity. Metal shelves hold roughly 700 food items, including ginger and kumquats, fresh berries, capers and olive paste, and tamarind concentrate. (Correia favors salsa by Paul Newman, a regular guest at the spa.) Most menu items are developed at the ranch's sister spa, in Tucson. Recipes are analyzed in terms of nutrition, calories and fat, with an eye toward the 60-20-20 philosophy. The menu follows an eight-day rotation and changes twice yearly. Many guests scrupulously tally their own calories; others rely on the daily chef's specials, which add up to the recommended 1,200 calories a day for women and 1,800 for men.

These days Correia develops specials with the help of computer software, which adds up calories and fat grams as he adds ingredients. "The aim is to cut back the fat, while keeping the integrity of the dish," he says. He puts together a hypothetical seafood chowder, tapping at the computer keys: "We'll put in some swordfish, that's 91 calories. There's always celery in a chowder, that's negligible. Say I want to use a little canola oil, that's 79 calories. That's when you have to really check yourself."

Correia and his staff of 50 feed up to 200 guests each day, along with the spa's employees. The kitchen staff includes five or six students from premier culinary schools: Johnson and Wales; New England Culinary Institute in Burlington, Vt.; and the Culinary Institute of America in Hyde Park, N.Y. In addition to em-

phasizing plant foods with low-fat flavor accents, Correia says, "we de-fat everything we do, from the chicken stock on down." Correia is a big believer in eating what you like, but in lower-fat versions: "Look at your recipe and analyze it before you start," he says.

One favorite at the spa, fish and chips, is prepared by spraying the French fries and fish in cooking spray, breading them lightly, and putting them in a hot oven, so they "crisp up real quick." He also leans toward grilling, as well as sauteing a dish in a very small amount of its marinade. And, Correia says, looks count. Each plate is a work of art, garnished with fresh herbs and a bright mix of colors. "We work from the center of the plate because that's really the focal point," he says.

Of course, the idea is to teach guests to continue to eat well after they return home. So on weekdays, Ruby Goodnoff teaches Lunch and Learn, one of several cooking classes offered at the spa.

At the class, meals are prepared primarily from packaged ingredients; convenience and time are of the essence. Ingredients include canned chili peppers, fast-cooking bulgur wheat and black beans. Goodnoff suggests that clients set up a mini-salad bar at home, packing ready-cut, fresh vegetables in jars. However, she urges caution when using salad dressings: "If you think you're doing yourself a favor by putting olive oil and vinegar on, think again." And as for no-fat salad dressings, she says, "I haven't yet eaten one I thought was palatable." She also discourages the use of low-fat dressings. Instead, she suggests that guests mix their own salad dressings, and hands out recipes.

Donna Leeds, a travel agent from New York City visiting the spa, applauds the focus on time and convenience. "By the time I get home I don't want to cook," she says. "I've noticed that a lot of the things they serve are things you can freeze in portions." She's had a few surprises during her stay: "Everything I've eaten has been absolutely delicious." The other surprise is less cheering: portion control. "I'd never think of eating anything this small," she confesses between bites of grilled tuna.

At Canyon Ranch, prepared food is not available between meals. Instead, guests can help themselves to fresh fruit displayed in enormous baskets in the dining room. "I brought a whole big bag of it back to my room because I thought I'd be starving, but I haven't touched it yet," says Leeds.

The spa's director of nutrition, Kathie Swift, a registered dietitian, says Leeds' reaction is a common one. Guests feel full, Swift says, because the high-fiber food here tends

to be filling; and water, which Swift calls the "forgotten nutrient," is available throughout the spa.

Swift recommends that guests stock their kitchens with "convenience foods that pack in the nutrition. And have a few good low-fat cookbooks on hand." She also suggests they vary their cooking methods. "Don't always grill, because you're going to get different flavors and textures with different cooking methods."

"Let's face it," says Swift. "People eat because it tastes good, not because of nutrition."

► The following recipes are from the Canyon Ranch Spa. The butternut squash and cider soup and the jet fuel salad dressing are from "Great Tastes, Healthy Cooking from Canyon Ranch," available by contacting the Canyon Ranch office in Tucson, at (800) 726-8040.

BUTTERNUT SQUASH AND CIDER SOUP

- 1 clove shallot, minced
- 1 small clove garlic, minced
- 3 cups peeled, seeded and cubed butternut squash (about 1 pound)
- ½ cup chicken stock
- ¾ cup apple cider
- ¼ cup light sour cream
- ½ unpeeled red Rome or Delicious apple, finely diced
- Pinch cracked black pepper

In a medium saucepan over low heat, saute shallot and garlic in a little water, being careful not to burn. Add squash and chicken stock and cook until soft enough to blend. When cool enough to handle, pour into a blender and process until smooth. Add cider and sour cream and continue to process until well mixed. Top with apple and cracked black pepper.

Serves 4. Contains approximately 80 calories and 1 gram of fat per serving.

JET FUEL SALAD DRESSING

- ½ cup red wine vinegar
- ¼ teaspoon freshly ground black pepper
- ½ teaspoon salt
- 1 tablespoon fructose (available at health-food stores)
- 2 cloves garlic, minced
- 2 teaspoons Worcestershire sauce
- 1 tablespoon Dijon mustard
- Juice of ½ lemon
- 1 cup water

Combine all ingredients except the water in a jar with a tight-fitting lid. Shake well. Add water and shake again. Refrigerate.

Makes 2 cups. Contains approximately 5 calories and a trace of fat (2 tablespoons) per serving.

BARRY CORREIA'S TUNA WITH MANGO-PINEAPPLE CHUTNEY

- 1 tablespoon apple juice concentrate
- 1 tablespoon pineapple juice concentrate
- 1½ teaspoons lime juice
- 2 tablespoons onion, finely diced
- ½ teaspoon brown sugar
- ½ teaspoon minced fresh ginger
- Pinch allspice
- 2 tablespoons diced red apple
- ¼ cup diced mango
- 2 tablespoons diced pineapple
- 1 teaspoon chives, finely chopped
- ½ teaspoon cilantro, chopped
- ½ teaspoon minced jalapeno pepper
- 4 4-ounce tuna fillets

Prepare hot coals for grilling, or preheat broiler. Combine the apple and pineapple juice concentrates, lime juice and onion in a small saucepan. Bring to a boil, then remove from heat. Add brown sugar, ginger and allspice. In a small bowl, combine all remaining ingredients except tuna. Pour juice mixture over fruit. Cool to room temperature. Grill or broil tuna 3 to 5 minutes on each side. Serve each fillet topped with ¼ cup salsa.

Serves 4. Contains approximately 170 calories and 1 gram of fat per serving.

BLACKBERRY-ORANGE COBBLER

- 3 cups blackberries
- ½ teaspoon orange zest
- 4 tablespoons fructose (available at health-food stores)
- 1 egg
- 3 tablespoons skim milk
- 1 tablespoon butter, melted
- 2 tablespoons nonfat sour cream
- ¼ cup all-purpose flour
- ½ teaspoon baking powder
- Pinch salt

Preheat oven to 350 degrees.

In a bowl, mix blackberries with orange zest and 2 tablespoons of the fructose. Divide berries among 6 half-cup ramekins.

In a small bowl, mix egg lightly with a fork. Discard half of it. Add milk, butter, sour cream and the remaining 2 tablespoons fructose. Set aside.

In a separate bowl, combine flour, baking powder and salt. Add dry ingredients to wet ingredients. Mix to combine, but do not overmix. Spoon 1½ tablespoons batter into each ramekin. Place ramekins on baking sheet and bake for 15 to 20 minutes, or until tops are lightly browned.

Serves 6. Contains approximately 135 calories and 3 grams of fat per serving.

R.S.V.P.

FAVORITE RESTAURANT RECIPES

I really enjoyed the week I spent at Canyon Ranch spa in Tucson. All the food there was healthful, and it tasted good, too, especially the low-fat lime cake.

Mary Hill
Boston, Massachusetts

Low-Fat Lime Cake

12 SERVINGS

- Nonstick vegetable oil spray
- 1¾ cups all purpose flour
- 2¼ teaspoons baking powder
- ½ teaspoon salt
- 1 cup sugar
- 3 tablespoons vegetable oil
- 2 tablespoons (¼ stick) unsalted butter, room temperature
- 4 large egg whites
- 2 tablespoons fresh lime juice
- 1 tablespoon grated lime peel
- 1 teaspoon vanilla extract
- ⅔ cup low-fat buttermilk

Preheat oven to 350°F. Lightly spray 8½x4½x2-inch loaf pan with vegetable oil spray. Mix flour, baking powder and

{RECIPE CONTINUED ON PAGE 30}

salt in medium bowl. Using electric mixer, beat sugar, vegetable oil and butter in large bowl until well blended. Add egg whites 1 at a time, beating to blend after each addition. Beat in lime juice, grated lime peel and vanilla extract. Add dry ingredients alternately with buttermilk, beginning and ending with dry ingredients and beating just until combined after each addition. Transfer cake batter to prepared pan.

Bake until top of cake is golden brown and tester inserted into center comes out clean, about 55 minutes. Transfer pan to rack. Cool cake in pan on rack 20 minutes. Turn cake out onto rack and cool completely. (*Can be prepared 1 day ahead. Wrap tightly in plastic; store at room temperature.*) Cut into slices.

WEIGHT WATCHERS

NEW YORK, NY
MONTHLY 1,000,000

SEPTEMBER 1997

THE GOOD LINE

Spa Specials

Programs geared to women's special needs are showing up on more and more spa resort schedules. Here are two examples.

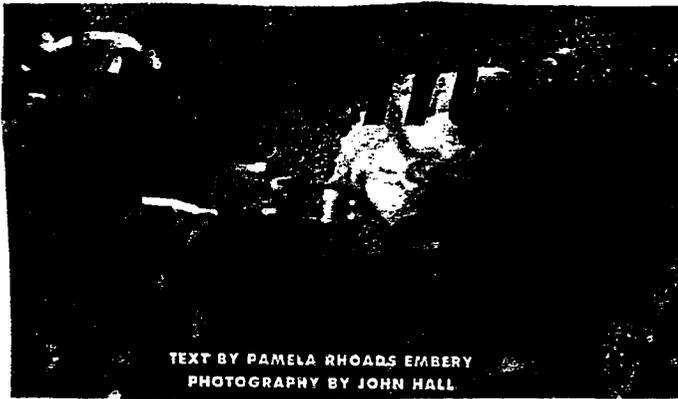
- Women's Hiking: Adventure & Reflection, at Canyon Ranch in Tucson, Arizona, includes three full-day hiking groups and guided discussions on nutrition, fitness, spirituality, and women's issues. Next scheduled for November 19-23, the program's double-occupancy packages start at \$1,580 per person plus 26.5% for service charges and tips. For additional information, call 1-800-726-9900. ➔➔

NATURAL BEAUTY AIDS • FOUNTAIN TRENDS • SPECIAL HEALTH REPORT

PHOENIX

HOME & GARDEN

JULY 1997 THE MAGAZINE OF SOUTHWEST LIVING \$2.95



...time of year when it's easy to eat just what you should:
 your vegetables. Cool and light yet healthful and satisfying, this
 month's recipes feature appealing combinations of garden-fresh
 vegetables and seafood. Use them as inspiration for your own
 creations. Simply pair with crisp, warm bread, a good wine, and a light
 fruit dessert such as lemon mousse with raspberries. No other meal will
 be so welcome on a sizzling summer's day.

FIRECRACKER SALAD

Serves 6

A great accompaniment for a Fourth of July celebration, this salad looks most attractive when all the ingredients are in fine julienne, about the thickness of a wooden matchstick and about two inches long. From *Great Tastes Cookbook by Canyon Ranch, Inc.*, Tucson, Arizona, 1996.

For salad:

- 1 cup peeled jicama, julienne
- 1/2 cup red bell pepper, seeds removed, julienne
- 1/2 cup yellow bell pepper, seeds removed, julienne
- 1/2 cup zucchini, julienne
- 1/2 cup carrots, peeled and cut julienne
- 18 Belgian endive leaves
- 3/4 cup Thai peanut dressing (recipe below)

Toss jicama, peppers, zucchini, and carrots together in a medium bowl. Arrange three endive leaves on each salad plate, and top with about half a cup of julienne vegetables. Drizzle each salad with two tablespoons of Thai peanut dressing.

For dressing:

- 1 1/2 teaspoons cornstarch
- 2/3 cup water
- 1/3 cup rice vinegar
- 1/3 cup creamy, natural-style peanut butter
- 2 tablespoons low-sodium soy sauce
- 4 cloves garlic, minced
- 2 teaspoons sugar
- 1 teaspoon crushed red pepper

Mix cornstarch and water in a saucepan, and stir over medium heat until cornstarch is completely dissolved. Bring to a boil, reduce heat, and stir constantly until mixture has thickened. Remove from heat, and cool to room temperature. Purée remaining ingredients in a blender, then whisk thoroughly into cooled cornstarch mixture. ■

TRAVEL

Doing Hard Time at Corporate Retreat

By TATIANA S. BONCOMPAGNI
Staff Reporter of THE WALL STREET JOURNAL

DICK KUSSEROW, HANDS on his hips, glowers at The Shield, a jagged 90-foot cliff that his boss has ordered him to climb. "You wouldn't make your grandfather do this," grumbles the 57-year-old analyst at Ernst & Young.

Mr. Kusserow and 29 other Ernst & Young executives from around the nation have traveled to the Miraval Spa here for five days of enforced bonding. This morning, the group is on a field trip, to go rock-climbing in the 101-degree heat. "Fail this assignment and next time you'll be going up with Deloitte & Touche," Mr. Kusserow mutters, in one in particular.

Corporate America is becoming leaner and meaner—literally, when it comes to annual retreats. Companies as big as McDonald's Corp. and Boeing Co. have started sending executives in groups to high-class spas, from DesertFaren in Carlsbad, Calif., to Canyon Ranch in the Berkshires in Massachusetts. Both the spas, and the companies trying them, say the new approach encourages more togetherness in the workplace and better health habits at home.

But the exhausting workouts at some of these places aren't for everyone, and many spas prefer a New Age approach—which makes them an unlikely site for hard-on-down organizations, like Ernst & Young. Here at Miraval, organizers encourage meditation in a Zen garden, and offer hot stone massages. The spa sends some guests up telephone poles, urging them "to feel at one with the pole." Its guiding principle is something called the "Quantum Leap" to wellness.

Frederick Abbey, the 42-year-old Ernst & Young partner who organized his firm's trip, says the spa's location—in the desert, with a view of the mountains—is the perfect place to ponder change. "Nature literally hits you in the face out here. You can't help but reassess your life." The physical challenges help workers "sharpen the saw," he says, which, in trendy management jargon, means making them more effective.

Yet, even while planning the retreat from his Washington, D.C., office, Mr. Abbey predicted, "There will be casualties. Some will not make it."

On a recent weekend, 28 male and two female Ernst & Young executives board a bus from the spa to travel a winding dusty road through the Santa Catalina Mountains to the base of The Shield, jutting out from the horizon. The executives, fighting cotton-mouth in the blistering heat, sucker like fish.

"This is a challenge by choice," barks David Lengyel, 49, managing director of Venture Up, a Phoenix-based firm that specializes in corporate character-building. Other exercises include "Human Football," a team-build-

ing game in which participants are tethered to long, horizontal bars and slide sideways to kick at a soccer ball in a loose version of the table game.) The climb, which isn't part of the spa package, costs \$150 a person.

Some of the forty- and fifty-something accountants take deep breaths and suck in their guts, while others strap helmets over graying heads. Three at a time they hitch ropes to climbing harnesses and hit the sheer face, some with more luck than others. One slips into a 12-foot free fall before the ropes snap taut. Dee Balle, a 6'4", 250-pound partner, reaches the summit hyperventilating. "Let me sit down," Mr. Balle gasps, dropping on a boulder next to Christine Piatt, another partner. "That was horrible," Ms. Piatt puffs. "I'm never doing that again."

Two hours later, the entire group reaches the top. Even specialists acknowledge the spa road to corporate fitness is full of potholes. Frank van Putten, head of a travel agency called Spa-Finders, notes that business groups import "a lot of cynicism" and self-consciousness that can limit the benefits of a spa retreat. "When you get down to making a lifestyle change, it has to come from a personal source," says Alan Waylor, owner of Green

Mountain Spa at Fox Run in Ludlow, Va. "Corporate groups, by nature, are more social and superficial."

Clearly, corporate America and spa culture aren't always the match some have hoped for. For instance, Miraval encourages a low-fat, vegetable-laden dietary plan that it calls "Eating with Mindfulness." The Ernst & Young group, however, has a mind of its own.

On the bus ride back from the rock-climb, the accountants clamor for cold beer. "Here's fine to pull over," one shouts to the bus driver. "Hey, we just passed a Circle K!" says another. Later, on a two-hour horseback ride through Catalina's cactus terrain, an Ernst & Young partner moans, "I could sure go for an Amstel Light."

At dinner the first night in the Coyote Moon dining room, one accountant grumps. "You mean there isn't any red meat available?" The meal begins with the Miraval Salad Starter, a medley of sprouts (alfalfa, sunflower, daikon, clover, and bean), moves on to entrees such as Ragout of Southwestern Beans (140 calories) and Florida Snapper Tamale (250 calories), and winds up with fruit or a low-cal chocolate torte. Wine and beer are available at mealtimes; hard liquor is banned.

Three days later, however, the spa menu bends to the will of the corporate clients: The accountants feast on an emergency order of 12-ounce porterhouse steaks. After dinner, several of the men head for the Jacuzzi. There they break out a smuggled bottle of whiskey, take deep breaths of the jasmine- and rosemary-scented desert air, and light up cigars. An hour later, the men's whoops and hollers reach a crescendo.

Some guests are annoyed by corporate groups at a spa—even when they're quiet. "It's sort of unnerving to see the group sitting around the pool with their computers in their laps, because it's counterproductive to what we are here for," says Gail Beilin, who has come to escape the stress of her job as a radio executive. Others see no harm in the Ernst & Young invasion: "They bought us beers," giggles Chris Downing, a guest from Washington, D.C.

Spa employees find they have to be flexible when dealing with certain clients. A staff masseuse complains that some of the corporate guests didn't take easily to the spa routine, laughing awkwardly during some of the treatments. "They've never had a massage and don't understand its purpose," she says.

Still, the spa treatment is a hit with many guests. Heading toward the airport, Eric Minotti, a 49-year-old partner in Ernst & Young's Hartford, Conn., office, says the retreat was a welcome respite from typical gatherings at airport hotels. A vegetarian who doesn't drink much alcohol, Mr. Minotti found his niche at Miraval.

"At the beginning we laughed about hugging in the hot tub," he says, sipping a raspberry-peach smoothie. "But, metaphorically, by the end of the week that is what we all did."



Cookbooks give menus a lift

By Jo Ellen O'Hara
Newhouse News Service

If your menus need a lift, you need go only as far as a bookstore to find inspiration from new cookbooks on the market. The new books this season reflect the interests of many cooks: vegetarian, low-fat, quick and grilling. Here is a list of some of the most appealing newcomers and a brief description of each:

■ **"Vegetarian Dinner in Minutes"** by Linda Gassenheimer (Chronicle Books, \$16.95 paperback).

More and more people are opting for vegetarian fare, including many who are not vegetarians. It's not unusual for some of us to eat only veggies for lunch or to plan a vegetable dinner once a week.

Gassenheimer, who has been writing about food for quite a while, has compiled 75 recipes for busy people who want delicious vegetarian meals that are healthy, easy to shop for and quick to prepare.

Particularly appealing is her section on Tex-Mex and Southwestern cuisine. Also included are flavors of the Mediterranean, American comfort foods, foods of the Far East, and Cajun and Caribbean cuisine.

■ **"Canyon Ranch Cooking: Bringing the Spa Home"** by Jeanne Jones (HarperCollins, \$40).

Jones, who writes the "Cook It Light" newspaper column, helped develop menus and food planning for Canyon Ranch in Tucson, Ariz., a spa that usually ranks as one of the best in the country.

In this book, Jones gives tips and techniques to help home cooks recreate tasty dishes and start their journey to a healthier lifestyle. She explains how the use of oven-frying can simulate the crunchiness of frying in oil, and she shows how simple techniques such as liberal use of herbs and spices can add enormously to the depth of flavor.

Some of the recipes may appear sophisticated and may not appeal to everyone, but if you enjoy the challenge of cooking and making it light, this book is a great source of information and entertainment.

■ **"20-Minute Super Suppers"** by Better Homes and Gardens (Meredith, \$15.95). This book is part of BH&G's Fresh and Simple Series. (The other books include "Pasta Pronto," "The 5 O'Clock Grill" and "Quick-Toss Salad Meals." This book answers the request of many cooks for something that tastes great and can be made in minutes. The 70 recipes in the new paperback combine fresh produce with internationally inspired flavors.

Dishes range from polenta to orange-roughy to pork medallions. There also are some four-ingredient dishes that are hard to resist.

■ **"The New Elegant But Easy Cookbook"** by Marlon Burros and Lois Levine (Simon & Schuster, \$25).

Burros, a columnist for The New York Times, and Levine have updated their earlier book but retained their focus on recipes that can be prepared in advance so that the cook can enjoy entertaining friends. Many of the recipes can be refrigerated or frozen without losing texture or taste.

Some of the menus have been revised to fit today's lifestyles. As an example, the boeuf bourguignon in 1960 used some canned ingredients and extenders. The 1998 version uses fresh ingredients, thus following today's healthy trends.

The book contains 200 recipes and wonderful menus. Each menu has a "game plan" to organize party preparation step by step.

■ **"Born to Grill: An American Celebration"** by Cheryl Alters Jamison and Bill Jamison (Harvard Common Press, \$27.95). The authors, a married couple who write about food and travel, capture the delights of grilling.

Tofu cheesecake made even healthier

Dear Jeanne: This "cheese" cake is very good, and tofu is excellent for us. Please see if it needs to be made lower in fat and show me how! Thank you. - Joyce Heyman, San Diego, Calif.



Dear Joyce: At first glance, this "cheese" cake looked fairly low-fat and healthy. However, the nutritional analysis showed improvements could be made. By using a reduced-fat tofu and eliminating the egg yolks and some of the butter, I came up with a better version. The taste was best when the cake was completely chilled.

ORIGINAL RECIPE: Tofu Banana-Pineapple Cheesecake

- 1 cup graham-cracker crumbs
- 3 tablespoons butter or margarine, melted
- 22 ounces (1 pound, 6 ounces) medium-firm tofu (soybean curd)
- 2 eggs
- 1/2 cup packed brown sugar
- 2 tablespoons lemon juice
- 1 teaspoon grated lemon peel
- 1 teaspoon vanilla
- 2 medium-size ripe bananas
- 1 8-ounce can crushed pineapple, well drained

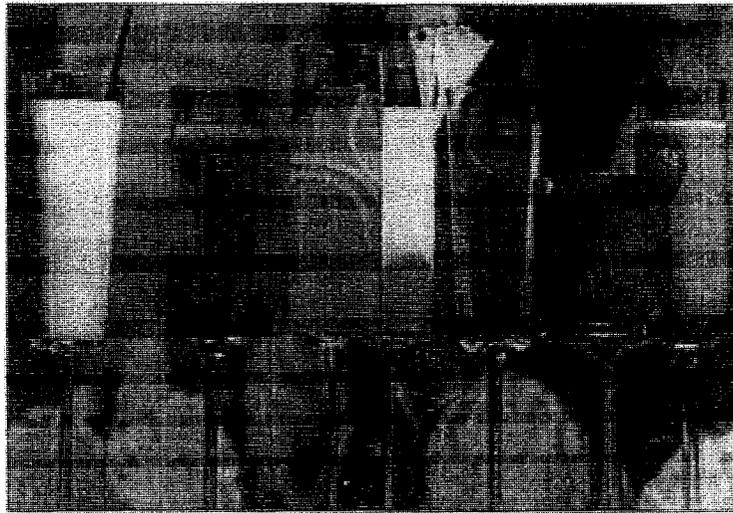
Preheat oven to 350 degrees. Combine graham-cracker crumbs and butter; reserve 1 tablespoon crumbs. Pat remaining crumb mixture evenly in the bottom of a 9-inch springform pan. Bake for 6 minutes; cool. Lower oven temperature to 325 degrees.

Drain tofu and pat dry with paper towels. In a blender jar, combine the eggs, sugar, juice, lemon peel and vanilla. Break tofu and bananas into chunks. Add half to blender; cover and whirl until smooth. Add remaining chunks to blender, and cover and whirl until very smooth. Pour mixture into a bowl and stir in pineapple, then pour into cooled graham-cracker crust. Sprinkle with reserved crumbs.

Bake for about 1 hour or just until center jiggles slightly when pan is gently shaken. Cool on a rack; cover and chill before serving.
Makes eight slices.

REVISED RECIPE: No-Guilt Tofu Banana-Pineapple Cheesecake

- 1 cup graham-cracker crumbs
- 2 tablespoons butter, melted
- 1 tablespoon water
- 3 egg whites
- 1/2 cup brown sugar, firmly packed
- 2 tablespoons freshly squeezed lemon juice
- 1 teaspoon freshly grated lemon zest
- 1 teaspoon vanilla extract
- 2 12.3-ounce containers light firm silken tofu
- 2 medium-size ripe bananas
- 1 8-ounce can crushed pineapple packed in juice, well drained



Water, with a variety of refreshing drinks, is making a big splash on the cocktail party scene.

Preheat oven to 350 degrees. In a small bowl, combine graham-cracker crumbs, melted butter and water; reserve 1 tablespoon crumb mixture. Press remaining crumbs in the bottom of a 9-inch springform pan. Bake 6 minutes and set aside to cool. Reduce oven temperature to 325 degrees.

In a blender container, combine egg whites, brown sugar, lemon juice, lemon zest and vanilla. Break tofu and banana into chunks and add half of each to blender. Cover and blend until smooth. Add remaining chunks to blender. Cover again and blend until very smooth. Pour mixture into a bowl and stir in pineapple; then pour into cooled crust and sprinkle with reserved crumbs.

Bake for 1 hour, or until center jiggles slightly when pan is gently shaken. Cool on a rack, then cover and chill completely before serving.
Makes eight slices.

Each serving contains approximately: **Original recipe:** 309 calories, 65 mg cholesterol, 14 g fat, 139 mg sodium, 36 g carbohydrates, 15 g protein. **Revised recipe:** 199 calories, 8 mg cholesterol, 5 g fat, 176 mg sodium, 33 g carbohydrates, 8 g protein.

Canyon Ranch Cocktail

Everyone who has ever been to a Canyon Ranch resort knows the importance we place on water. When you check in, you are given your own water bottle to make it easier for you to drink at least eight glasses of water each day.

Water is by far the healthiest beverage in the world, and we are delighted that it has finally come into its own as a status drink. You can now buy bottled water from almost every place in the world, plain or sparkling, flavored or natural, and with price tags ranging from nominal to outrageous.

For anyone on a low-sodium diet,

there are now many low-sodium soda waters available, as well as bottled distilled water, which is completely sodium-free.

There was a time when your guests would have been rather surprised, if not shocked, to have been offered water at a cocktail party. Now that it is the beverage of choice among many fitness-oriented young urban professionals, it is considered chic in many circles to serve a variety of waters for parties.

For a still more sophisticated water beverage, offer your guests a Canyon Ranch Cocktail. This refreshing, counterfuit cocktail has been served before dinner at Canyon Ranch since the day we opened. It has a decided advantage over most other non-alcoholic drinks in that it is not sweet, the calories are negligible and it is low in sodium. You can serve this pretty pink drink in a stemmed wine glass, a highball glass or a beer mug. Most bars and cocktail lounges have all of the ingredients so you can order it when dining out as well as preparing it at home.

When combining sparkling water and Angostura bitters, always pour the water in the glass and then add the bitters to it. If you put the bitters in first, then add the sparkling water, it will foam up so vigorously it will overflow the glass.

Canyon Ranch Cocktail

- Sparkling water
- Angostura bitters
- Fresh lime or lemon juice, optional

Fill the glass with sparkling water. Add a couple of dashes of the bitters, or enough to make the drink a pretty pink color.

Add lime or lemon juice to taste, if desired.

Each serving contains: Negligible calories, negligible fat, negligible cholesterol, negligible sodium, negligible

carbohydrates, negligible protein.

A Word About Bitters: Bitters are made from the distillation of aromatic herbs, barks, roots and plants. Bitters are a liquid used to flavor cocktails, aperitifs or foods. They are also used as a digestive aid and as an appetite stimulant. Bitters generally have a high alcohol content and are bitter or bittersweet to the taste.

The story of how Angostura aromatic bitters was originally developed by the young and dashing Dr. J.G.B. Siegert reads like a romance novel. Siegert was a German army surgeon who had achieved distinction in the Napoleonic Wars. In 1820, his longing for adventure led him to Venezuela, where he joined the great Gen. Simon Bolivar in the fight for South American independence. His medical achievements were rewarded with his appointment as surgeon general of the military hospital in Guyana.

Seeking to develop a cure for the stomach disorders that were a constant problem among the troops, he experimented tirelessly with herbs and spices from all over the world. After four years of research, he perfected the formula for Angostura aromatic bitters, named for the city in which he lived. His formula quickly became famous throughout the world as an aid to digestion, a pick-me-up and an essential ingredient in many mixed drinks.

To this day the secret of his formula has never been discovered, but now it is made in a modern factory in the Republic of Trinidad and Tobago, West Indies, by Siegert's descendants.

■ Jeanne Jones, a columnist for King Features Syndicate, is a consultant on menu planning and recipes. Send your favorite recipe for revision to Cook It Light, Seattle Post-Intelligencer, P.O. Box 1212, La Jolla, CA 92038.

MAY 21, 1998

A TASTE OF HAMMERTOWN

CANYON RANCH COOKING

BRING THE SPA HOME

by Jeanne Jones, \$40

Here are some recipes from this wonderful new book. Eat well and stay slim this summer! You'll enjoy these recipes and probably will come in to buy the book... It's fabulous!



PASTA PRIMAVERA SALAD

- 1 cup diced carrots
- 1 cup diced yellow squash
- 1 cup diced onion
- 1 cup cauliflower in small florets
- 1 cup broccoli in small florets
- 1/2 cup Canyon Ranch dressing
- 2 cups cooked, whole-wheat noodles (1/2 lb. dry)
- 1/2 cup freshly grated parmesan cheese
- 1-1/2 cups diced tomatoes for garnish

1. Steam all the vegetables until crisp-tender. Transfer all the vegetables, except the broccoli, to a large bowl and marinate for several hours in the dressing.

2. Combine the cooked pasta and parmesan cheese in a bowl and mix well.

3. To serve, combine the marinated vegetables, broccoli, and pasta and mix thoroughly. Garnish each serving with diced tomatoes.

Each 2-cup serving contains: Calories 236; Fat 3g; Cholesterol 4mg; Sodium 276mg; Carbohydrates 44 mg; Protein 10 g.



CANYON RANCH DRESSING

This dressing is much better if made a day before you plan to use it. It can also be used as a marinade for cooked vegetables or uncooked fish, poultry, and meat.

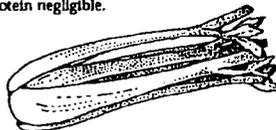
- 1/2 cup vegetable stock
- 2 TBL balsamic vinegar
- 4 TBL red win vinegar
- pinch freshly-ground black pepper
- 1/4 cup chopped shallots
- 1 TBL minced parsley
- 2 TBL extra-virgin olive oil

1. Combine all the ingredients in a blender and blend until smooth.

2. Transfer the dressing to a jar or storage container. Cover tightly and store in the refrigerator.

Makes 1-1/2 cups.

Each 2 TBL serving contains: Calories 30; Fat 3g; Cholesterol negligible; Sodium 5mg; Carbohydrates 2g; Protein negligible.



VEGETABLE STOCK

Vegetable stock is an essential ingredient for vegetarian cooking. It also adds enormously to the flavor of many soups, sauces and salad dressings and is far better than water for cooking rice and beans. It is easy and inexpensive to make and can be stored in the freezer in ice cube trays so that you always have it on hand. As soon as it's frozen, remove it from the trays and store the cubes in tightly sealed Ziploc bags. To add parsley flavor to the stock but not the bitterness that comes from boiling the leaves for a long time, use only the stems.

- 1 leek, well rinsed, trimmed, and chopped
- 2 medium onions, chopped
- 3 carrots, scraped and chopped
- 5 stalks celery, without leaves, chopped
- 1 cup chopped parsley stems
- 2 bay leaves, broken into halves
- 1 tsp. dried marjoram, crushed
- 1/4 tsp. dried thyme, crushed
- 12 cups cold water

1. Combine all the ingredients in a large pot and bring to a boil over high heat. Reduce the heat and simmer, uncovered for 1 hour.

2. Line a strainer or colander with a double thickness of cheesecloth and set it over a very large bowl or pot. Strain the stock through the cheesecloth, discard the solids, and let the stock cool. (I use a very fine strainer without the cheesecloth). Store, tightly covered, in the refrigerator for 1 week or in the freezer for several months.

Makes about 9 cups.

Each 1 cup serving contains: Calories 10; Fat negligible; Cholesterol 0; Sodium 21mg; Carbohydrates 3g; Protein negligible.

618/760 SOCIAL CALENDAR
Rancho Santa Fe, CA

BI-MONTHLY 11,000

JUN 1998



La Jolla Trifles & Truffles

*Alice
Dutton*

Jeanne Jones has done it again — her latest book was on view and an autograph signing at Warwick's, La Jolla. This time the prolific author and syndicated columnist has lent her culinary expertise to *Canyon Ranch Cooking — Bringing the Spa Home*. The attractive book is just right for a coffee table presentation and has a fresh new approach to the art of cooking for health. Canyon Ranch is famous for its health regimen and is located in Tucson and the Berkshires.

RESTAURANTS AND INSTITUTIONS

July 15, 1998

R&I lighten up **BURGERS**

**SMALLER PORTIONS AND FLAVORFUL
ADD-INS MAKE BEEF, CHICKEN
AND TURKEY BURGERS POPULAR
LOW-FAT MENU OPTIONS.**

By Janice Matsumoto
R&I ASSOCIATE EDITOR

Prices for menu items in the dining room at Canyon Ranch, the health-conscious resort in Tucson, Ariz., aren't listed in dollars and cents. Instead, meal selections weigh in as calories and fat grams. Guests at the desert spa can "spend" only a certain amount of calories and fat per day in an innovative currency aimed at the waistline and not the wallet.

When burgers are on the menu—usually twice a week—more than half the diners "spend" their calories on one. Given their popularity, Executive Chef John Luzader says it's important to offer a variety of satisfying versions.

For the ever-popular traditional burgers, Luzader relies on certified Angus beef for its leanness, texture and taste. But the low-fat angle is still mostly size-related: Each uncooked patty weighs in at 2 ounces, with about 8 grams of fat.

"Some people laugh when they see how small it is, but the whole point is to educate them about fat content," says Marilyn Majchrzak, Canyon Ranch's food development manager. "When clients order their next Quarter Pounder, they'll realize they're getting over 20 grams of fat from the meat alone."

Slashing size isn't the only way to reduce fat. Ground meat made from a lean cut results in a burger with about 20% calories from fat, the standard foodservice ratio, says Jane Lindeman, of the National Cattlemen's Beef Asso-



ciation, a Chicago-based trade group. "You can purchase up to a 90-10 mix, but at that point, the meat is so lean that it dries out very easily in cooking."

Her recommendations to prevent lean beef from drying out are to mix it with chopped onion, Worcestershire sauce or a small amount of tomato juice before cooking.

Another fat-saving tip: "Grilling ► 130

**The Canyon Ranch
hamburger, shown
in Canyon Ranch
Cooking: Bringing
the Spa Home
(HarperCollins
Publishers, 1998),
"costs" about 11
grams of fat.**



Spices, sauteed onions and celery and herbs add flavor and moisture to turkey, chicken and ostrich burgers.

BURGERS

◀ 129 rather than pan-frying allows drippings to fall away," Lindeman adds.

BIRD BURGERS

Canyon Ranch offers poultry options too. Again, chicken and turkey's low-fat profiles require extra care in preparation. The Ranch's chicken burger, for example, is a blend of 70% breast meat to 30% thigh meat.

"The dark meat makes the burger more moist and holds up better when cooking," Luzader says. "We don't want to completely ban fat from people's diets."

Poultry's mild taste allows for a full range of flavorful add-ins. At The Cincinnati Hotel in Cincinnati, Executive Chef Sean Kagy's Turkey Sage Burger is a blend of ground turkey, puffed rice cereal, sauteed celery and onion, sage, salt and pepper. The burger is served on a seared black-pepper roll with Dijon-raspberry sauce.

Some chefs have successfully experimented with ostrich burgers. "Ostrich is more flavorful than turkey and is almost 100% lean meat," says Joseph Muench, executive chef at Eddie Martini's in Wauwatosa, Wis.

Muench grinds leftover ostrich trimmings to make burgers for his staff. He adds sauteed minced onion, wild mushrooms (such as chanterelle or shiitake) and a little garlic, salt and pepper to heighten the flavor. "Subtle seasonings work well with ostrich meat," he says, adding that careful cooking helps ensure the burger is moist.

Canyon Ranch Burger

Executive Chef John Luzader,
Canyon Ranch, Tucson, Ariz.

Yield: 4 portions

Lean ground beef	8 oz.
Whole-wheat buns, 2 oz. each	4
Tomato slices, onion slices, lettuce	garnish

1. Form beef into 4 patties.
2. Bake at 350F or grill until done.
3. Arrange each patty on bun; garnish

with lettuce, tomato, onion.

Nutrition per portion: Calories, 265; Fat, 10g; Protein, 19g; Sodium, 274mg; Cholesterol, 58mg.

Chicken Burger with Three Mustard Sauce

From *Great Tastes: Healthy Cooking from Canyon Ranch* (Canyon Ranch, 1992, \$27)

Yield: 4 portions

Onion, finely chopped	3 Tbsp.
Thyme	pinch
Fresh parsley, chopped	1 Tbsp.
Chicken breast, skinned, ground	½ lb.
Chicken drumstick meat, skinned, ground	½ lb.
Black pepper	¼ tsp.
Worcestershire sauce	¼ tsp.
Hot red pepper sauce	2 drops
Whole-grain hamburger buns	4
Tomato slices	4
Lettuce leaves	4

Three mustard sauce (recipe follows)

1. In small nonstick pan, saute onion, thyme, parsley over low heat until onion is translucent. Add water if needed to prevent scorching.
2. Combine ground chicken and onion mixture in medium bowl. Season with pepper, Worcestershire and pepper sauce.
3. Shape chicken mixture into 4 patties. Grill or broil.
4. Serve burger on bun with tomato slice and lettuce, with 2 Tbsp. Mustard Sauce on the side.

Three mustard sauce

Saute 1½ Tbsp. each diced onion and diced celery over low heat until onion is translucent. Add 1 Tbsp. white wine, 1 Tbsp. Dijon mustard, 1 Tbsp. dry mustard and 1 tsp. green peppercorn mustard; mix well. Add ¼ cup chicken stock and cook over medium heat for 2 minutes. Remove from heat, stir in 2 tsp. chopped parsley. Set aside to cool.

Nutrition per portion: Calories, 245; Fat, 4g; Protein, 29g; Sodium, 521mg; Cholesterol, 77mg. **R&I**

Contact writer at matsumoto@rnc.cahners.com

TAMPA TRIBUNE

TAMPA, FL
THURSDAY 268,876
NOV 12 1998

SPA *secrets*

Look to spa
chefs for
creative
ways to add
flavor to
low-fat foods.

By MARCIA BIGGS
of The Tampa Tribune

CANYON RANCH SPA SALAD

4 cups water
1 cup white wine
Juice of 2 lemons
12 black peppercorns
1/2 pound shrimp
1 15-ounce can cannellini
beans

3 tomatoes
1/2 cup minced sweet onion
4 cups arugula leaves
4 cups mixed greens
Lemon juice and olive oil for
garnish

In a large pot, combine water, white wine, lemon juice and peppercorns. Bring to a boil.

Add the shrimp. Poach the shrimp for 4 to 5 minutes, until cooked through. Drain the shrimp, peel and set aside.

To make the salad, combine the beans, tomatoes and onion in a bowl. In a separate bowl, mix together the arugula and salad greens. Top the greens with the bean mixture.

Add the cooked shrimp and drizzle the entire salad with lemon juice and olive oil.

The Tampa Tribune

Salads

1998

Source: Canyon Ranch Spa, Tucson, Ariz.

BOTTOM LINE-PERSONAL

GREENWICH, CT

24-TIMES/YEAR 2,000,000

HEALTHY COOKING

Canyon Ranch's Very Special Bread

This wonderful, coarse-textured bread is from the celebrated Canyon Ranch spa in Tucson, Arizona.

It tastes especially good toasted and spread with apple butter.

1½ cups whole-wheat flour
1 cup unprocessed wheat bran
1 Tablespoon baking powder
¼ teaspoon baking soda
3 Tablespoons fructose
1 teaspoon ground cinnamon
½ cup raisins
1½ cups buttermilk
1 egg
1 Tablespoon vanilla extract

1. Preheat the oven to 350°.
2. Spray a nine-by-five inch loaf pan with a nonstick cooking spray.
3. Combine the flour, bran, baking powder, baking soda, fructose and cinnamon in a large bowl. Mix well. Add the raisins, and mix again.
4. Combine the buttermilk, egg and vanilla in another bowl, and mix.
5. Pour the liquid ingredients into the dry ingredients and mix until moist.
6. Spoon the mixture into the prepared loaf pan and bake in the preheated oven for 45 to 50 minutes, or until a knife inserted in the center comes out clean. Place the bread, while still in the pan, on its side on a wire rack to cool.
7. Store, tightly covered, in the refrigerator.

Makes 18 slices. *Per serving:* 80 calories, 0 g fat, 16 mg cholesterol, 110 mg sodium, 13 g carbohydrate, 2 g protein.

From Canyon Ranch Cooking. © 1998 by Canyon Ranch, Inc., and Jeanne Jones. Reprinted by permission of HarperCollins, Inc.

fOOD & BEVERAGE
TRENDS AND FORECASTS

The Evolution of Spa Cuisine

The successful combination of taste and health brings new flavor to spa menus.

BY JUDY LIBERSON

We want it all. Great food, beautifully prepared dishes, and zero guilt about ingredients. At destination spas, properties that cater almost exclusively on spa treatments, food has an elevated position that must match the virtues of health programs.

Hospitality consultant Judith Singer, owner of Florida's Health Fitness Dynamics, discovered from a survey of 5,000 spa guests that 52 percent go to a spa to lose weight. Singer distinguishes between amenity resorts located within a property and destination spas like Canyon Ranch. She believes the industry is becoming more of a hybrid by "blending the amenity into the destination because of profitability and heightened marketability."

Spa cuisine, according to Singer, must adapt to the changing marketplace. "People want to make choices," Singer says. Guests are more educated about food and want it to have the appearance, taste, creativity, and aroma that is so important in fine restaurant meals. Food concepts must be customized since guests demand healthy choices with lighter foods, less fat content, and smaller portions.

Variety is the critical ingredient for a successful spa menu. No longer can spa cuisine be an unappetizing, indistinguishable food group whose singular virtue is a health claim. Chefs need to be as creative with their spa meals as they are with all menus.

Foods need to look good and be bright in color, according to Mary Tabacchi, professor of nutrition, wellness, and spa management at Cornell University's School of Hotel Administration. She says guests do not want hospital food or diet food, but "something elegantly prepared so they will not miss a regular meal." The key marketing issue in defining a menu according to Tabacchi is providing choice—foods need



Watermelon salad, soup and herb soup at Canyon Ranch's first SpaClub, the Venetian Resort in Las Vegas.

to be nicely done.

Guests want flexibility in menus. Foods need to match guest demands for a "feel-good experience," Singer says. Restaurants should offer a variety of foods "prepared with a consciousness toward health but not neglect flavor."

Guests often prefer regular menu items as long as they can order smaller portions. At its newly opened \$5 million spa renovation, Homestead Resort offers its spa cuisine menu in all its food outlets, which Singer believes is "one more blended component of a resort experience." Full-treatment destination spas need a broad menu with daily specials to interest extended-stay guests.

As for the interest in spas, Singer thinks it is a response to guest expectation. Her research shows that 80 percent of guests would choose one property over another if it had a spa. "It used to be a luxury, and now it is an expectation," Singer says. She equates the tremendous growth to that associated with adding luxurious swimming pools 15 years ago.

In Colorado, the Hyatt Regency Beaver

Creek Resort added "Spa" to its name this summer when it opened a new, \$4.4 million, 20,000-square-foot expansion facility. Interest in spa services was so strong that the property converted an entire wing and turned over 20 guestrooms to add treatment space and create an environment to stress "perfect harmony and relaxation," according to the company. The soothing waterfall reception area includes an herbal tonic, gourmet coffee, and juice bar. The chef's special spa menu is available in the main restaurant, through room service, and on the terrace, adjacent to the spa.

With the opening of Canyon Ranch's first SpaClub, a 63,000-square-foot health spa and fitness club at the Venetian Resort in Las Vegas, the industry reached a new milestone. Jona Liebrecht, general manager at the Tucson Canyon Ranch, says they plan to "learn as they go along" as to how Las Vegas guests will adjust to the company's philosophy about nutritious gourmet foods. "We feel like pioneers," he says about their approach, which will offer signature dishes such as salmon teriyaki, a daily pizza selection, and shrimp with saf-



Delicious dessert: strawberry chantilly, peach melba, and cinnamon apple turnover at Canyon Ranch.

Spa Cuisine

continued from page 145

from beurre blanc. The Canyon Ranch Café will feature an open kitchen design and a grill. Juice, pasta, and omelet bars will be available, and the café will be open to everyone, not just spa guests.

New York City is getting a resort spa with the new W Hotel, formerly the Doral. Drew Nieporent will operate Hearbeat, and chef Michel Nischan, who serves as corporate consulting chef for Nieporent's Myriad Restaurant Group, will serve as its executive chef and director

of F&B services. He will be in charge of the bakery, banquet facilities, and lobby juice bar in addition to developing a sophisticated menu that creates the "perfect balance between health and flavorful fare," he says. Dishes will match the hotel's emphasis on a healthy lifestyle by using fresh herbs, natural ingredients, and an organic cooking style that emphasizes the importance of flavors. ■

Judy Liberson is a contributing editor of Lodging

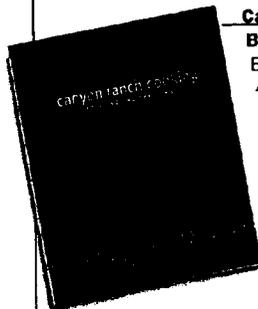


Tucson *monthly*

DECEMBER 1998 VOL. 2 NO. 4

What's Cookin'

Got a cook on your holiday list? Or are you just looking to win better-than-average raves for your annual feasts and fiestas? Thanks to these locally created cookbooks, inspired cooking is just a page away.



Canyon Ranch Cooking

Bringing the Spa Home

By Jeanne Jones

438 pages, HarperCollins Publishers

Canyon Ranch is known for its healthful hints. Not rich dinners. Not decadent desserts. But that's the beauty of this book. The recipes are indeed nutritious, yet they still manage to seem sinful. Using recipes for everything from chocolate mocha cheesecake to tamale pie, you're sure to become the king or queen of the kitchen—without worrying about a Chef Boyardee-size waist.

heart & soul

JUNE 1998



SPA CHEF'S CORNER spectacular

Say "spa cuisine" and you probably think of super-complicated, low-fat recipes that only a professional chef could handle. Well, luckily Barry Correia (left), the executive chef at Canyon Ranch in the Berkshires Health Resort in Lenox, Massachusetts, has a more reasonable approach to preparing good, healthy food. He was kind enough to share with us his recipe for America's most versatile cake, pound cake, jazzed up with oranges. This cake packs easily for picnics and tastes even better topped with fresh fruit or sorbet.



Orange Pound Cake
2½ cups all-purpose flour
1½ cup sugar
3¼ tsp baking powder
½ tsp salt
¼ cup canola oil
1 cup applesauce
1 tsp lemon extract
1 Tbsp frozen orange-juice concentrate
2 Tbsp orange peel
10 egg whites
3 Tbsp sugar

Preheat oven to 350°F. Lightly spray a large bundt pan with nonstick vegetable coating and dust with flour. In a medium bowl combine the flour, sugar, baking powder, and salt. Set

aside. In a large bowl combine the oil, applesauce, lemon extract, orange-juice concentrate, and orange peel. Set aside. In a large bowl, using an electric mixer, beat the egg whites on high until frothy. Gradually add the sugar, beating until the meringue forms stiff peaks. Fold meringue, then dry ingredients, in thirds into the applesauce mixture. Pour into bundt pan. Bake 40 to 50 minutes, until toothpick inserted in the center comes out clean. Cool in pan 10 minutes, then invert on wire rack for 10 minutes more. Cut into 24 slices.

Per serving: 150 calories, 3 g fat (18% calories), 0 mg cholesterol, 48 mg sodium, 2 g fiber.

HOME NEWS TRIBUNE
 EAST BRUNSWICK, N.J.
 WEDNESDAY 88,000
 APR 15 1998

East Brunswick, N.J.
 Home News Tribune
 Middlesex
 Met Area D 88,000
 Wednesday APR 15, 1998



"Canyon Ranch Cooking"

● Cold Pea Salad can be made ahead of time — in fact, it's better that way.

Canyon Ranch: Low-fat, high-taste

By BARBARA P. SEIDEL
 STAFF WRITER

Some people have all the luck. Others try for a few mar-

velous days at a luxurious spa, dining on luscious low-fat foods and learning the secrets of creating such healthy recipes at home.

Those of us who lack the cash or time to de-stress at such a resort yet want to trade our calorie-rich, fatty, dietary habits for a smarter approach — can still learn such spa secrets.

For just \$40 and a bit of time, the culinary knowledge of the famed Canyon Ranch spa is ours in "Canyon Ranch Cooking: Bringing the Spa Home" by syndicated columnist Jeanne Jones, who helped develop the spa's original menus.

Located in Tucson, Ariz., for almost two decades (with a sister spa now in Lenox, Mass.), the Canyon Ranch's philosophy of mindful eating asks us to pay

attention to the body's signals and to the mind in our approach to food. Equally important, the spa believes food should be as wonderful to look upon as it is to taste.

Creating a lifestyle based on low-fat, high-taste eating that includes an abundance of vegetables and fruit does not mean deprivation, according to the Canyon Ranch.

French fries are not a fat-laden taboo. Instead of being fried, they're baked — without oil — until crispy.

Breakfast is never boring. Not with Gingerbread Pancakes — free of sugar — that can be made ahead and frozen for an easy way to start a hectic business or school day. Or try the Banana-Waffles with Maple Walnut Syrup.

And desserts? The Sweet Potato Cream Cheesecake is laced with maple syrup, honey and spices and housed in a crumb crust. Although vegetarian eating is

stressed, and meat is viewed as an accessory rather than the basis of a meal, this is not a vegetarian cookbook. Sample the Raspberry Cornish Hens — a delectable recipe with a few simple ingredients. Or whip up a creamy sauce of dried peaches, coriander, cumin and allspice to top grilled lamb chops.

The idea behind the spa's approach is learning to balance the right amounts of complex carbohydrates, protein and fat and including lots of fruits and vegetables in the diet each day, Jones explains. At the same time, food should be a pleasure to eat, easy to prepare and a visual pleasure.

Sound complicated? Not in this large-size book with wonderful color photos and easy-to-follow instructions.

The simplicity of this book is a major selling point: No fancy steps. No long hours of preparation. Please see **Spa**, page C2

CANYON RANCH COOKING: BRINGING THE SPA HOME

By Jeanne Jones
 (HarperCollins, \$40)

SPA: Low-fat, low-calorie, high-taste

Continued from page C1

Instead, hundreds of hints are given for everything from stocking a pantry to freezing ingredients. Concise explanations take the mystery out of understanding different cuts of beef or how to store bananas. Simple steps detail how to set up a daily menu that combines the right types of foods to achieve the desired number of calories.

The recipes are equally uncomplicated — so straightforward that they are suitable both for the beginner and the experienced cook. Ingredients are listed in a separate boldface list. Each recipe is broken down into calories, fat, cholesterol, sodium, protein and carbohydrates.

Appetizers, soups, entrees ... they're all covered. Don't miss the recipe for Canyon Ranch Bread, described by the author as "so popular with our guests that many of them order loaves of it to take home." Sweetened only with a bit of fructose, the bread is made with whole-wheat flour, wheat berries, buttermilk and raisins in a recipe similar to that for traditional Irish soda bread.

This is a wonderful book to buy as a gift for someone interested in starting to cook with lower-fat recipes. Better yet, buy it as a gift for yourself.

COLD PEA SALAD

- 2 cups fresh or frozen green peas
- 1/3 cup light sour cream
- 1/3 cup non-fat plain yogurt
- 3/4 cup chopped scallions
- 1/4 teaspoon seasoned salt

If using fresh peas, stem them until tender, but still firm. Remove from the heat and place the steamer basket under cold water to stop the cooking and preserve the color. If using frozen peas, which have already been slightly cooked, it is only necessary to thaw them.

Combine the sour cream, yogurt, scallions and salt, and mix well. Add the peas. Gently fold them in until completely combined.

Cover tightly, and refrigerate until cold before serving. Serves 8.

Calories: 41; fat: negligible; cholesterol: 1 mg; sodium: 80 mg; carbohydrate: 7 g; protein: 3 g.

SALMON TERYAKI

- 1/2 cup reduced-sodium soy sauce
- 2 tablespoons rice vinegar
- 3 garlic cloves, halved
- 1 tablespoon finely chopped fresh gingerroot
- 1 1/2 tablespoons frozen unsweetened apple juice concentrate (12 ounces), undiluted and thawed
- 1/2 cup finely chopped scallions
- 6 salmon steaks (4 ounces each)

Combine all ingredients except the scallions and salmon in a

blender and blend until smooth. Stir in the scallions.

Place the salmon in a glass baking dish and pour the marinade over it. Cover tightly and refrigerate for 8 to 10 hours, turning the salmon occasionally so that the marinade is absorbed evenly.

Preheat the oven to 350 degrees. Bake the salmon, in the marinade, for 8 to 10 minutes or until the fish flakes easily. Serves 6.

Calories: 175; fat: 7 g; cholesterol: 62 mg; sodium: 132 mg; carbohydrate: 3 g; protein: 23 g.

BUTTERNUT SQUASH AND CIDER SOUP

- 1 tablespoon minced shallot
- 1 garlic clove, pressed or minced
- 3 cups cubed, seeded and peeled butternut squash (about 1 pound)
- 1/2 cup fat-free chicken stock
- 3/4 cup apple cider
- 1/4 cup light sour cream
- 1/2 cup unpeeled red delicious apples, finely diced, for garnish
- Cracked black pepper for garnish

Combine the shallot and garlic in a saucepan and cook over low heat until translucent, adding a little water if necessary to prevent scorching.

Add the squash and chicken stock and cook until soft, about 20 minutes. Pour into a blender and puree.

Add the cider and sour cream and continue to blend until well mixed.

Divide the soup among four bowls and garnish each with 1 teaspoon of diced apple and a pinch of cracked black pepper. Serves 4.

Calories: 80; fat: 1 g; cholesterol: 5 mg; sodium: 31 mg; carbohydrate: 16 g; protein: 2 g.

WHITE CHILI

- 1 pound dried great northern beans
- 4 cups fat-free chicken stock
- 2 medium onions, coarsely chopped (4 cups)
- 3 garlic cloves, pressed or minced
- 1 teaspoon salt
- 1/2 cup canned diced green chiles
- 2 teaspoons ground cumin
- 1 1/2 teaspoons dried oregano, crushed
- 1 teaspoon ground coriander
- 1/4 teaspoon ground cloves
- 1/4 teaspoon cayenne pepper, or to taste
- 8 ounces cooked turkey breast, cut into 1-inch cubes
- 3/4 cup grated fat-reduced Monterey Jack cheese

Soak the beans in water to cover overnight. Drain and rinse. Combine the beans, stock, 2 cups of the chopped onions, garlic and salt in a large, heavy saucepan or pot and bring to a boil. Reduce the heat, cover, and simmer for 2 hours or until the beans are very tender, adding more stock as needed.

When the beans are tender, add the remaining 2 cups of onions, chiles, and all seasonings. Mix well and continue to cook, covered, for 30 minutes.

Just before serving, add the cubed turkey and cook until the turkey is heated through. Further cooking will toughen the turkey.

To serve, spoon 1 cup of chili into each serving bowl and top with 2 tablespoons of Monterey Jack cheese. Makes 6 servings, 1 1/2 cups each.

SAN FRANCISCO EXAMINER

SAN FRANCISCO, CA
WEDNESDAY 128,738
MAY 6 1998

VALLEY NEWS DISPATCH

TARENTUM, PA
SATURDAY 38,200
MAY 2 1998

STATEN ISLAND ADVANCE

STATEN ISLAND, NY
WEDNESDAY 78,000
APR 29 1998

Burger creates essence of canyon spas

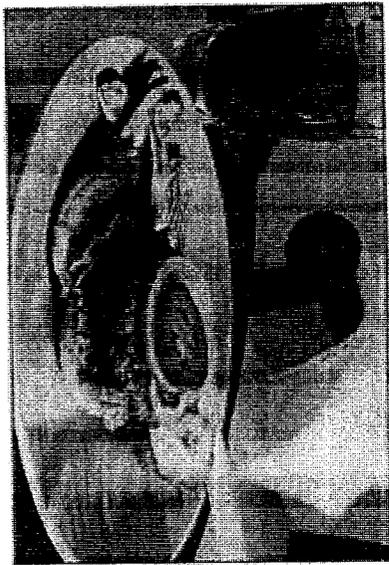
I am delighted that my newest cookbook, "Canyon Ranch Cooking: Bringing the Spa Home" (HarperCollins, \$40), finally is available at bookstores.

It is a true compendium of light and healthy cooking, with more than 400 pages devoted to teaching you how to make all of the delicious and satisfying dishes served in these world-famous spas.

The Canyon Ranch Health Resorts, both in Tucson, Ariz., and Lenox, Mass., consistently are voted Best Spa by readers of Conde Nast Traveler magazine.

I have been working as a menu consultant for Canyon Ranch since the first resort opened in Tucson almost 20 years ago, and I am so excited to finally be able to share tips and techniques we use in our kitchens in this book. One chapter is "Planning Your Canyon Ranch Weekend at Home."

This recipe for the simple, delicious and satisfying Canyon Ranch Burger has for years ranked among the most popular items on our menus whenever we do a guest poll.



Thousand Island Dressing Burgers, which are ranked among the most popular items at the Canyon Ranch Health Resorts.

King Features

Canyon Ranch Burger

Thousand Island Dressing
1/2 cup nonfat yogurt
1/2 cup fat-free mayonnaise
1/2 cup chili sauce
1/4 cup sweet relish
1/2 teaspoon salt
2 tablespoons red wine vinegar
1/2 teaspoon sugar
1/8 teaspoon freshly ground black pepper



Cook It Light

Jeanne Jones

Fresh lemon juice to taste
Burgers
1 pound extra-lean ground round

8 small whole-wheat burger buns
1/4 cup Thousand Island Dressing
Tomato and onion slices
Lettuce

Combine all ingredients for dressing in bowl and mix well. Cover and refrigerate any dressing you are not using.

Form meat into 2-ounce patties and cook as desired.

Spread each bun with 2 teaspoons Thousand Island Dressing.

Place patty on bun and garnish with tomato, onion slices and lettuce.

Makes eight burgers.

Each serving contains approximately: 246 calories; 39 milligrams cholesterol; 12 grams fat; 238 mg sodium; 15 g protein; 19 g carbohydrates.

Jeanne Jones revises recipes to make them lower in fat and sodium. Send recipes for revision to: Cook It Light, Valley News Dispatch, P.O. Box 1212, La Jolla, Calif. 92038. Please include a stamped (55 cents), self-addressed envelope.

NORTH HILLS NEWS RECORD

WARRENDALE, PA
SATURDAY 20,000
MAY 2 1998

UNION - NEWS

SPRINGFIELD, MA
WEDNESDAY 113,498
MAY 6 1998

THE FOLLOWING SYNDICATED ARTICLE APPEARED IN NEWSPAPERS ACROSS THE COUNTRY

An excellent coleslaw for picnics



Last week, I ran the recipe for the popular Canyon Ranch Burger from my new cookbook, "Canyon Ranch Cooking: Bringing the Spa Home" (HarperCollins, \$40).

This week, to round out the menu, I decided to run the recipe for the colorful, crunchy coleslaw we serve with the burger at the resorts.

For faster preparation, you can substitute five cups of preshredded coleslaw mix for the cabbage and carrots. For different color themes, you can use scallions and green apples, red onions and red apples, or a combination of the two.

This is an excellent salad for picnics and tailgate parties because it transports so easily and, if tightly covered, it will keep well for several days in the refrigerator. This salad also provides a wonderful base for adding other ingredients, such as leftover fish, poultry or meat for an entree salad.

Coleslaw

Ingredients: 3 cups shredded green cabbage; 1 cup shredded red cabbage; 1 cup shredded carrots; 1 cup shredded jicama; ½ finely chopped

small red onion; 1½ cups finely diced apples.

Dressing ingredients: ½ cup fat-free mayonnaise; ⅓ cup white vinegar; 2 tablespoons plus 2 teaspoons fructose; 2 tablespoons plus 2 teaspoons Dijon mustard; 1¼ teaspoons caraway seed; ¼ teaspoon salt; pinch of white pepper.

Instructions: Combine the vegetables and apples in a large bowl and mix well. Combine all dressing ingredients in a small bowl and mix well. Add the dressing to vegetables and toss until evenly coated.

Makes 12 servings

Each serving contains approximately: 5 calories; 0 mg cholesterol; negligible fat; 236 mg sodium; 1 gm protein; 13 gm carbohydrates.

Recipe revision: Banana Carrot Cake

Original ingredients: 2¾ cups flour; 1 teaspoon baking powder; 1 teaspoon baking soda; ¼ teaspoon ground cinnamon; ¼ teaspoon salt; 3 large eggs; 1¾ cups sugar; 1½ cups vegetable oil; 4 to 5 medium bananas, pureed (2 cups); 2 teaspoons vanilla; 2¼ cups grated carrots (about 6 medium); 1 cup raisins (optional).

Each serving contains approximately: 418 calories; 43 mg cholesterol; 23 gm fat; 158 mg sodium; 4 gm protein; 50 gm carbohydrates.

Revised ingredients: 2¾ cups unbleached flour; 1 teaspoon baking powder; 1 teaspoon baking soda; 1 teaspoon ground cinnamon; ¼ teaspoon salt; 1 egg; 3 egg whites; 1¼ cups sugar; ½ cup canola oil; ½ cup low-fat buttermilk; 2 teaspoons vanilla extract; 2 medium bananas, smashed (1 cup); 5 medium carrots, scraped and grated (2 cups); ½ cup raisins (optional).

Instructions: Preheat oven to 350 F. Coat a 9x13-inch baking pan with nonstick spray; set aside. In a large mixing bowl, combine flour, baking powder, baking soda, cinnamon and salt. In another bowl, beat egg and egg whites with electric mixer until frothy. Gradually add sugar and beat for 2 minutes. Beat in oil, buttermilk and vanilla. Stir egg mixture into flour mixture until just blended. Stir in banana puree, carrots and raisins, if desired. Pour batter into prepared pan and bake in preheated oven 55 to 60 minutes, or until toothpick inserted in center comes out clean and cake is lightly browned on top. Makes 15 servings.

Each serving contains approximately: 242 calories; 15 mg cholesterol; 8 gm fat; 168 mg sodium; 4 gm protein; 39 gm carbohydrates.

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M&C (MEETINGS &
CONVENTIONS)

SECAUCUS, NJ
13-TIMES/YEAR 80,154

OCT 1 1998

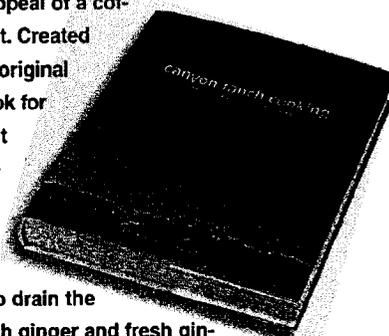
SHORT CUTS



For
The
Bookshelf

CANYON RANCH COOKING: BRINGING THE SPA HOME by Jeanne Jones,
HarperCollins Publishers, New York City, \$40

The price tag is a bit steep, but Canyon Ranch Cooking is more than a collection of recipes. From cover to cover, it has the eye-appeal of a coffee table book, along with nutrition, fitness and cooking advice throughout. Created by Jeanne Jones, the syndicated food columnist who helped develop the original menus for the Canyon Ranch resort spa in Tucson, Ariz., this is a cookbook for busy yet health-conscious people who like to cook — as long as it doesn't take too long. While the book looks fancy, the recipes themselves are surprisingly easy. We whipped up three in the M&C test kitchens (okay, our homes): Gazpacho and Asian pasta were both simple and satisfying; the tamale pie tasted good but looked disturbingly like watery dog food. In some cases, we wanted more detailed instructions (e.g.: To drain or not to drain the canned tomatoes or the green chiles? When the recipe calls for both fresh ginger and fresh ginger root, what's the difference?). Yet, the pictures are so tantalizing, our testers are motivated to try a few more.



TUCSON CITIZEN

TUCSON, AZ
WEDNESDAY 50,000
OCT 28 1998

Chef to cook up donations

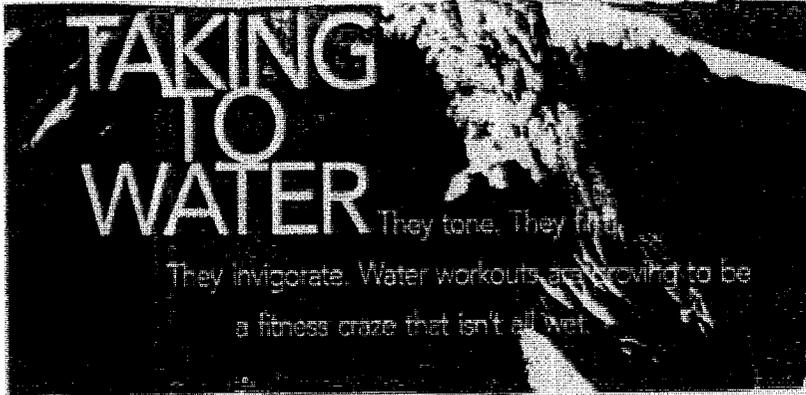
Be sure to leave tomorrow evening open on your calendar. Here's why: Shawn Vitolo, chef de partie and demonstration chef for Canyon Ranch Health Resort, will cook up some sample dishes from the book "Canyon Ranch Cooking: Bringing the Spa Home" from 6 to 8 p.m. at Barnes & Noble, 5130 East Broadway Blvd. The event is in conjunction with the Share Our Strength's seventh annual Writers Harvest, a national literary benefit to fight hunger and poverty. Barnes & Noble will donate a percentage of the day's sales to Share Our Strength.

Better Homes and Gardens® Special Interest Publications®

Low Calorie

LOW FAT RECIPES®

Summer 1999
Friday, June 25



Lithe Olympic runners,

muscular pro football players, and even racehorses are in on the secret of water. Not to drink, mind you, but rather to dunk in for a timesaving 3-in-1 workout that's good for exercisers of all levels.

"Water exercise represents the most complete and balanced workout you can get in one hour," says Carol Kennedy, M.S., program director for fitness/wellness at Indiana University at Bloomington. "You get your strength training, your flexibility training, and your aerobics all in one package."

The benefits of a water workout are the same as from a workout on land—minus the jarring and jolting that running or pounding aerobics can give you. A water routine can be as

simple as walking back and forth in shallow water. Or it can be as intense as "jogging" in the deep end while staying upright with a flotation belt. Add arm movements, and you have an intense, total body workout. Yes, you sweat, but you hardly notice—you're already wet. Whether you're in shallow or deep water, your head stays above the drink. Your hair won't get wet, your eyes won't get chlorine-red, and you won't have to futz with swim goggles.

Finding time to exercise is the biggest hurdle to fitting in fitness. Taking the plunge into the pool can save time at the gym. For example, instead of spending 30 minutes on the treadmill, another half hour lifting weights, plus 15 minutes stretching, you can achieve the same benefits from a 45-minute water workout.

Timesaving efficiency isn't the only advantage of a water workout. In addition, a water workout:

- Reduces impact. Whether you choose to exercise in shallow or deep water, the water provides a "cushion" for weight-bearing joints.

Foam dumbbells or barbells let you "dump water" in the pool, using natural resistance to achieve the same benefits gained with traditional strength training. With a triangular-shaped dumbbell, you can increase or decrease resistance by just turning your wrist.

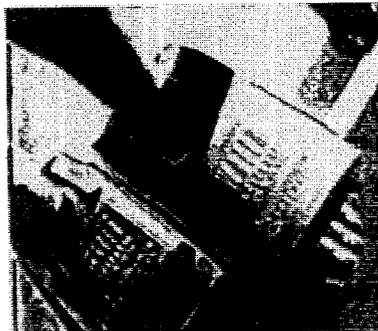


Water's buoyancy counteracts the force of gravity's downward pull on the body, putting less stress on muscles, tendons, and ligaments. You'll reduce impact, the bone-jarring force of your weight hitting the ground, by 50-65 percent in waist-deep water and by 90 percent in neck-deep water (with your feet still touching the bottom of the pool). Float vertically in deep water so your feet aren't touching the ground, and you'll reduce impact by 100 percent—a complete no-impact workout.

• Burns calories. Despite rumors to the contrary, working out in water burns

just as many calories as working out on land.

- Builds strength. The harder or faster you move in water, the more it resists against you from all sides, so you use all your muscles all the time. Exercising in water strengthens both sides of muscle pairs simultaneously. Consider a biceps curl with a handheld dumbbell. On land, the raising and lowering of the dumbbell works only the biceps muscle; to work the opposing muscle, the triceps, you need to perform an entirely different movement. Underwater, the raising and lowering of a foam dumbbell works both



Add resistance to your deep-water workout with slick-on Aquajoggers shoes from AquaJogger. Ankle straps of hook-and-loop fastening tape make the cushiony foam shoes fit tightly. Special ventilated bonoms let water pass through the shoes, increasing drag and toning muscles.

"Water exercise represents the most complete and balanced workout you can get in one hour."

Carol Kennedy, M.S., Indiana University at Bloomington



Keep your head above water with buoyancy belts like the one above from AquaJogger. Available in several styles to fit all shapes and sizes, the contoured belt suspends the body vertically in the water, letting hands and legs move freely in all directions.

muscles equally—the biceps on the upward motion, and the triceps on the downward motion. Water is like an instantly adjustable weight training machine; the size and speed of your movements determine intensity.

■ **Enhances flexibility.** Aqua exercisers find they can reach, lift, and stretch further in water than on land, thanks to water's buoyancy. The force of

water gently pushes limbs in different directions. The enveloping warmth of the pool relaxes the muscles, allowing them to stretch further. "Many of the participants in my classes can't do a flamingo stretch, [a quadriceps stretch done by standing on one leg and bending the other leg toward the back while grasping the ankle]," says Carolyn Collman, M.S., exercise physiologist at Canyon

Ranch Resort in Tucson.

"The buoyancy of the water naturally floats that leg up toward you. ... People are amazed they can do this underwater." Water is a forgiving medium, so it's still possible to overdo.

Collman recommends concentrating on slow, controlled movements to avoid overstretching.

■ **Ignores the elements.**

"Rain, snow, heat, whatever the weather, you can always go to the pool to get your workout," Collman says.

Even people who don't care for swimming find water aerobics appealing.

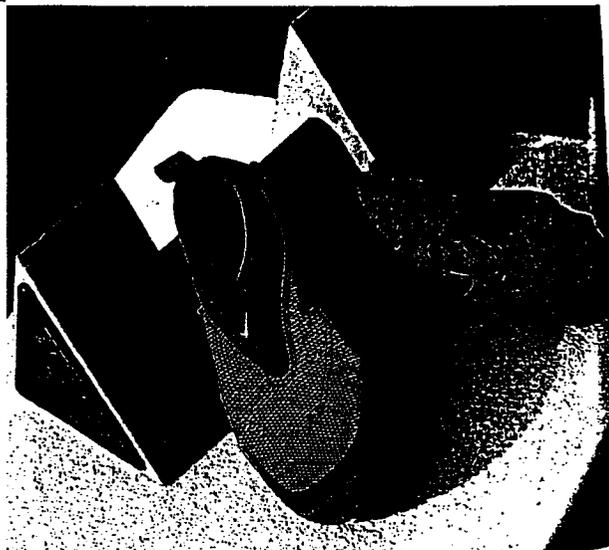
Sheryl Greenberg, 42, of Tucson, never even owned a swimsuit until August 1997. That's when she injured her hip. It hurt to walk. She couldn't hike. And aerobics? That was certainly out of the question. After about four weeks of pain and frustration, she read a magazine article written by Collman about deep-water running. She decided to try water workouts two days per week until she healed. Then she discovered something.

"I found myself really looking forward to those [workout] days," Greenberg says. "And by the third month, everybody was telling me how great my legs looked. This is the first type of exercise that has given my legs definition."

She's back to walking and hiking, but she won't give up her water workouts. "The

Photograph opposite courtesy of AquaJogger

Nike pioneered the original Aqua Sock. Part shoe, part slipper, the sock below features a neoprene upper portion that feels like a second skin. Tabs at the instep and ankle make the shoes easy to pull on. Super-textured bottoms grip the pool deck like rubber.



"Rain, snow, heat, whatever the weather, you

water just ripples over you," Greenberg says. "It's a wonderful sensation."

Getting Wet

If you're interested in trying water exercise, experts suggest you take a class or watch a video to learn more about the techniques. Experts can teach you about:

special equipment

Wearing special equipment in the water can enhance your workout. Check out these companies for the latest gear.

AquaJogger (buoyancy belts, foam dumbbells, webbed gloves, videos, swimsuits, and unitards): For store locations or a catalog, call 800/922-9544, or visit the company's web site at www.aquajogger.com.

Ryka (water shoes): Call 888/834-7952.

WaterWear (water clothing, shoes, and other equipment): For a catalog, call 800/321-7848.

Worldwide Aquatics (water clothing, shoes, and other equipment): For a catalog, call 800/726-1530.

Nike (aqua socks): Call 800/352-6452.

■ **Correct water movement.** In the water, your center of balance changes from your waist or hips to your legs. A common mistake while exercising in the water is leaning forward from the hips rather than keeping the chest upright. This balancing act can be tricky at first. Staying vertical in the water requires using abdominal and back muscles for support, so you're constantly working these muscles, too.

■ **Techniques to change intensity.** How challenging your workout is depends on speed, surface resistance, and water turbulence. Most of the time, the faster the moves, the harder the workout, but even slow moves against some resistance increase a workout's intensity.

■ **Equipment.** A variety of buoyancy or surface-resistance devices are available. If you enroll in a class at the YMCA or health club, ask if you can try different ones, and decide what works best for you before you buy.

The framework of a water workout should be similar to that of a land workout. Start with a few minutes of easy movements to warm the muscles, followed by 20-40 minutes of continuous aerobic activity. Conclude with a cooldown to gradually bring down the intensity before you stretch.

If you're not moving in water, your body loses heat quickly. Stay in the pool to stretch if you're feeling comfortable postworkout. If you start feeling chilled, get out of the water and stretch on the pool deck.

Heart rates in the water are generally 15-20 beats

Protect tender feet from scratchy pool bottoms with specially designed water footwear. Aqua Shoes from Ryka, below, feature comfy spandex fiber uppers and a shoestring toggle that's easy to adjust underwater. Designed for quick drying, mesh drainage "portholes" also eliminate slogging on the pool deck.



lower per minute than they are on land. Researchers think that's because the water is cooler than your body temperature, and water pressure on the body helps circulate the blood, requiring less work by the heart. Thus, Kennedy and Collman say you should measure the intensity of your workout by listening to your body. Because water can be a forgiving medium, pay particular attention to injury. If a

Webbed gloves, opposite bottom, mimic paddles in the water, creating resistance and a more demanding workout for your upper-body muscles. Megastretch fabric fits so snugly that you can grab a dumbbell or even take your pulse while wearing the gloves.



movement hurts, stop it for several days.

Water exercise gives you a feeling of lightness and effortlessness. In the water, women have an advantage over men, because they naturally have more body fat, women are more buoyant. Water workouts also offer a soothing, can-do workout for the overweight and obese. "The leaner you are, the harder [water exercise] is," Collman says.

Innecessity of water offers half Romaine, 54, of

resources

Classes: Check with your local YMCA, health club, community center, or college. Many offer group sessions.

Pools: Community centers and colleges usually set aside a few hours each day for lap swimming and charge a nominal fee. If you are water walking or running, you can simply walk or run in one of the lanes.

Videotapes: (\$20-\$30) Collage Video (800/433-6769) offers shallow- and deep-water exercise videos by Karen Westfall (*Water Works*) and Lynda Huey (*Water Power*). Desert Southwest Fitness (800/873-6759) has a new consumer video for shallow-water workouts, *Tidal Waves* by Mary Sanders, as well as a video for seniors, *Golden Waves*.

For beginners, AquaJogger (800/922-9544) sells a video called *The Complete AquaJogger Water Workout*.

Bloomington, Indiana, a sense of good feeling. Despite a deep-seated fear of water, she started doing aqua exercise about five years ago and quickly became a convert.

"I always feel great after I do a water workout—physically and mentally," Romaine says. "If I had one word for aqua [exercise], it's 'well-being.'" □

Therese Knolan is a San Jose-based freelance writer and fitness instructor.



SPA COOKING APPROVED

the best, first resort

Spa foods help us relax, rejuvenate, and leave us feeling energized and healthy. Here are some tips on how we can bring the spa experience home.

Imagine getting away from it all for a few days to enjoy an idyllic spa, pampered care, invigorating activities, and beautiful foods that are nourishing to the body and soul. Ahh. Don't you feel more relaxed just thinking about it?

Nowadays, more of us are making a spa getaway a reality, according to the International Spa & Fitness Association. Whether we're returning home from a spa vacation or still dreaming of one, we all wish for a spa at home.

By re-creating spa foods in our own kitchens, we can put extra pleasure into eating every day. It's easy, if we take a few lessons from spa chefs at Canyon Ranch Health Resorts who are masters at the art of bringing the most flavor to low-fat and low-calorie menus. Their wisdom offers simple, practical, and balanced approaches to healthful eating. Here are some of their recipes and tips.

Food photographer: Mike Dieter
Food stylist: Jennifer Peterson



Evian

Get the Evian Clean
with Reduced Fat and No Whole
Mayonnaise recipe on page 87

summer 1997 LOW CALORIE/LOW FAT RECIPES 87

Grilled Portobello Sandwich with Roasted Pepper and Wasabi Mayonnaise

Portobellos can be grilled just like steak after a brief dip in a flavorful marinade. These sandwiches offer layers of stimulating flavors. Pictured on pages 36-37.

- 4 medium portobello mushrooms (10 ounces total)
- ½ cup balsamic vinegar
- 2 tablespoons extra virgin olive oil
- 1½ teaspoons minced shallots
- 1½ teaspoons minced garlic
- ⅓ cup silken tofu (about one-sixth of a 10¼-ounce package)
- 1 tablespoon balsamic vinegar
- 1 tablespoon (or to taste) wasabi paste
- 1½ teaspoons fresh lime juice
- 1 teaspoon Dijon mustard
- 2 red sweet peppers, halved, stemmed, and seeded
- 4 multigrain rolls, split and lightly grilled or toasted
- 8 large arugula leaves, washed and drained



CUT off the mushroom stems even with the caps; discard stems. Place mushrooms in a plastic bag set in a shallow bowl. For marinade, whisk together the ½ cup balsamic vinegar, the olive oil, shallots, and garlic. Pour marinade over mushrooms; close bag. Refrigerate for 1 to 4 hours, turning the bag several times.

MEANWHILE, for the wasabi mayonnaise, combine the tofu, the 1 tablespoon balsamic vinegar, the wasabi paste, lime juice, and Dijon mustard in a blender container. Cover and blend till combined. Cover and chill till serving time.

TO ROAST RED SWEET PEPPERS, place pepper halves, cut side down, on a foil-lined baking sheet. Bake in a 425° oven for 20 to 25 minutes or under a broiler till the skins are blistered and brown. Immediately wrap in foil and let stand for 20 minutes to steam. Pull skins off peppers, using a sharp knife; discard skins. Set roasted peppers aside.

DRAIN mushrooms, discarding the marinade. Grill mushrooms on the rack of an uncovered grill over medium coals for 5 to 10 minutes or till mushrooms are just tender, turning once. Or place mushrooms on the rack of an unheated broiler pan. Broil 3 to 4 inches away from the heat for 5 to 10 minutes or till mushrooms are just tender, turning once.

TO ASSEMBLE EACH SANDWICH, first spread 1½ tablespoons of the wasabi mayonnaise on the bottom half of a roll. Top it with 2 arugula leaves and a roasted pepper half. Place a grilled mushroom on top of the pepper, and top with the remaining half bun. Makes 4 servings.

Nutrition facts per serving: 193 cal., 5 g total fat (1 g sat. fat), 0 mg cholesterol, 299 mg sodium, 33 g carbo., 4 g dietary fiber, 7 g pro. Daily Values: 19% vit. A, 181% vit. C, 22% iron.

Food exchanges: 1 vegetable, 1½ starch, 1 fat.

Recipes on this page from Canyon Ranch Cooking by Jeanne Jones (HarperCollins, 1998).

Mahimahi with Citrus Balsamic Vinaigrette

At Canyon Ranch, when fresh mahimahi isn't available, the chefs substitute any mild-tasting white fish, such as sea bass or halibut.

Pictured opposite.

Nonstick spray coating

- 1 pound fresh or frozen skinless mahimahi fillets, cut into 4-ounce portions
- 2 red sweet peppers, halved, stemmed, and seeded (follow roasting directions, previous recipe)
- 1 roasted garlic clove or ½ teaspoon roasted minced garlic
- ¼ cup thinly sliced red onion
- ¼ teaspoon ground red pepper
- 1½ teaspoons butter
- 2 teaspoons all-purpose flour
- Dash kosher salt
- ½ cup vegetable stock or broth
- 2 tablespoons balsamic vinegar
- 2 tablespoons frozen orange juice concentrate, thawed
- 4 teaspoons snipped chives
- 2 teaspoons finely shredded orange peel

SPRAY a 2-quart square baking dish with nonstick coating. Place the fish in prepared dish, and bake in a 350° oven about 20 minutes or till the fish flakes easily with a fork.

MEANWHILE, for red pepper sauce, combine the roasted red sweet pepper, garlic, onion, and ground red pepper in a blender container. Cover and blend till smooth. Set aside.

FOR VINAIGRETTE, brown the butter in a medium skillet over medium heat. Whisk in the flour and salt. Stir in vegetable stock or broth, vinegar, and orange juice concentrate. Cook and stir till mixture comes to a boil. Reduce heat and simmer, uncovered, for 2 minutes. Remove from heat and set aside.

TO SERVE, place each portion of fish on a plate and top with ¼ cup of the red pepper sauce and 2 tablespoons of the warm vinaigrette sauce. Garnish each serving with a teaspoon of chives and ½ teaspoon of orange peel. Makes 4 servings.

Nutrition facts per serving: 156 cal., 3 g total fat (1 g sat. fat), 37 mg cholesterol, 267 mg sodium, 12 g carbo., 1 g dietary fiber, 22 g pro. Daily Values: 20% vit. A, 200% vit. C, 15% iron.

Food exchanges: 3 meat, ½ fat.

chef's wisdom 1 Even fattening ingredients have their place. For starters, less cooking preserves the integrity of ingredients. No foods are verboten as long as they're used in moderation.

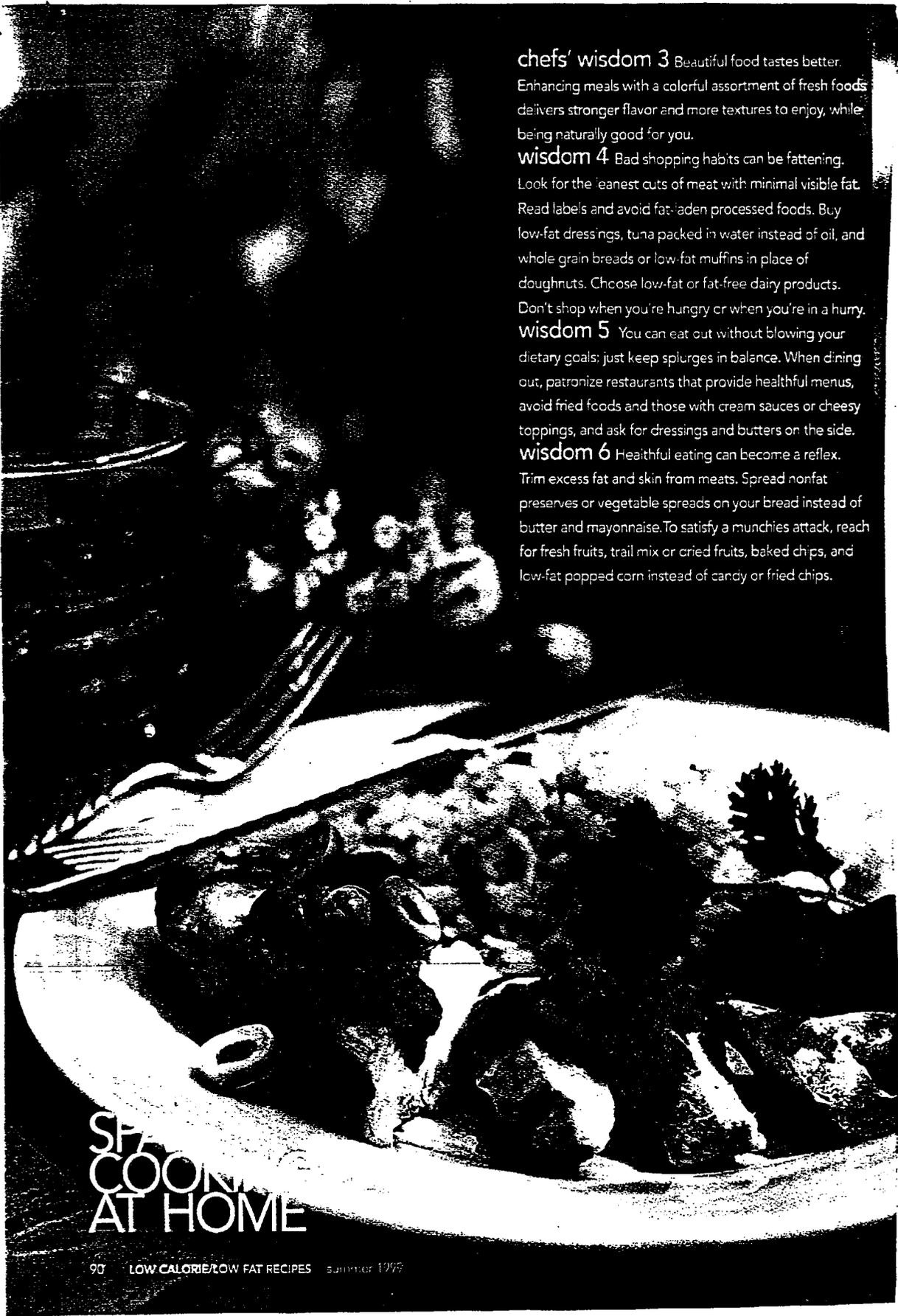
Get the most flavor enjoyment from high-fat ingredients by using them thoughtfully and watching portion sizes. Sprinkle cheese, for example, on top of dishes where the flavors are most apparent. You need even less if you choose flavorful varieties: a small amount of a strong, hard cheese, a sharp cheddar, or smoked cheese delivers more flavor than a mountain of milder varieties. Reduce quantities of nuts and seeds while heightening their flavors by lightly toasting and finely chopping them. Turn the duck-à-la-duc called for in your favorite dessert recipe by substituting mild chips, which will distribute chocolate flavor more throughout the dessert.

Wisdom 2. Eat more, not less. The secret is to alter ingredient ratios. Pile on more fresh fruits and vegetables, whole grains, legumes, and low-fat ingredients in lieu of fried foods, rich sauces, and fatty cuts of meat.



COOKING
AT HOME

Summer 1999 LOW CALORIE/LOW FAT RECIPES



chefs' wisdom 3 Beautiful food tastes better.

Enhancing meals with a colorful assortment of fresh foods delivers stronger flavor and more textures to enjoy, while being naturally good for you.

wisdom 4 Bad shopping habits can be fattening.

Look for the leanest cuts of meat with minimal visible fat. Read labels and avoid fat-laden processed foods. Buy low-fat dressings, tuna packed in water instead of oil, and whole grain breads or low-fat muffins in place of doughnuts. Choose low-fat or fat-free dairy products.

wisdom 5 You can eat out without blowing your

dietary goals: just keep splurges in balance. When dining out, patronize restaurants that provide healthful menus, avoid fried foods and those with cream sauces or cheesy toppings, and ask for dressings and butters on the side.

wisdom 6 Healthful eating can become a reflex.

Trim excess fat and skin from meats. Spread nonfat preserves or vegetable spreads on your bread instead of butter and mayonnaise. To satisfy a munchies attack, reach for fresh fruits, trail mix or dried fruits, baked chips, and low-fat popped corn instead of candy or fried chips.

SPRING
COOKING
AT HOME

Chicken Marbella

Marinating adds both flavor and moisture to grilled skinless chicken breasts.

Pictured opposite.

- 4 skinless, boneless chicken breasts halves (1 pound total)
 - 1/3 cup dry white wine
 - 1/3 cup apple juice concentrate, thawed
 - 1/3 cup chopped pitted prunes
 - 3 tablespoons red wine vinegar
 - 4 teaspoons finely chopped drained capers
 - 4 teaspoons coarsely chopped green Spanish olives
 - 1 tablespoon olive oil
 - 1 teaspoon dried oregano, crushed
 - 1 teaspoon snipped fresh cilantro
 - 1 clove garlic, minced
 - 1/4 teaspoon ground black pepper
 - 1 bay leaf
- Sliced olives (optional)

RINSE chicken; pat dry. Place chicken in a plastic bag set in a shallow dish. For marinade, combine wine, apple juice concentrate, prunes, vinegar, capers, olives, olive oil, oregano, cilantro, garlic, pepper, and bay leaf. Pour over chicken. Close the bag. Marinate in the refrigerator for 6 to 24 hours, turning the bag occasionally.

DRAIN chicken, reserving marinade. Grill chicken on the rack of an uncovered grill directly over medium coals for 12 to 15 minutes or till tender and no longer pink, turning once. Or place chicken breast on the unheated rack of a broiler pan. Broil 4 to 5 inches from the heat for 10 to 12 minutes or till tender and no longer pink.

MEANWHILE, bring the reserved marinade to boiling in a small saucepan. Reduce heat and simmer, uncovered, till reduced by half, about 7 minutes (you should have about 1/2 cup). Discard bay leaf.

TO SERVE, spoon some of the reduced marinade atop the chicken breast. If desired, garnish with slices olives. Makes 4 servings.

Nutrition facts per serving: 264 cal., 7 g total fat (2 g sat. fat), 59 mg cholesterol, 174 mg sodium, 25 g carbo., 1 g dietary fiber, 23 g pro. Daily Value: 31% iron.

Food exchanges: 1 fruit, 3 meat, 1/2 fat.

Recipe from *Great Tastes: Healthy Cooking from Canyon Ranch* (Canyon Ranch, 1992).

Corn Risotto with Shiitake Mushrooms And Okra

Pureeing some of the vegetables to thicken the risotto gives creamy results without added fat.

Pictured below.

- 4 cups fresh or frozen corn kernels
- 2 cups low-fat milk
- 1/4 cup diced carrot
- 1/4 cup diced celery
- 1/4 cup diced leek, white part only
- 2 tablespoons diced shallots
- 1 tablespoon unsalted butter
- 1/3 cup grated Parmesan cheese
- 1/4 teaspoon chili powder
- 1/2 pound whole okra
- 10 medium shiitake mushrooms

COOK the corn and milk in a medium saucepan, uncovered, over medium to low heat for 30 to 40 minutes, or till corn is tender, adjusting heat as needed to maintain a gentle boil and stirring occasionally. Drain corn, reserving milk; set aside.

PLACE corn in a food processor or blender container. Add 1/2 cup of the reserved milk; cover and process for 30 seconds. Set aside.

COOK carrot, celery, leek, and shallots in butter in the same saucepan till tender, stirring occasionally. Stir in corn mixture, Parmesan cheese, and chili powder; heat through. Stir in enough of the remaining reserved milk (about 1/2 cup) for desired creamy consistency.

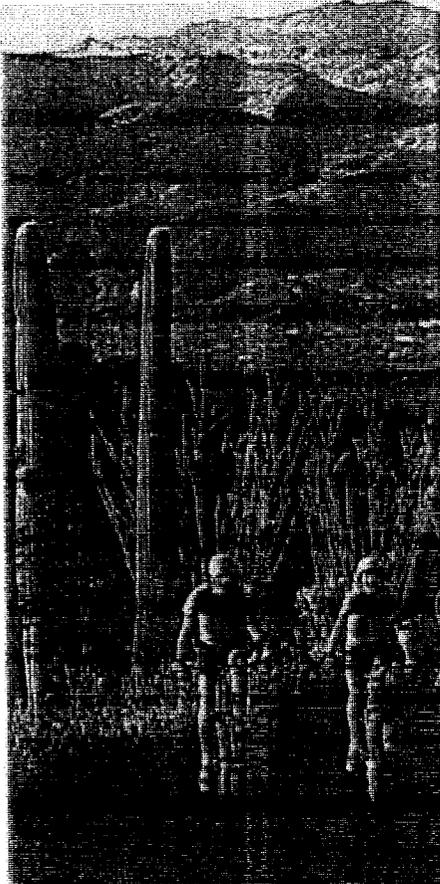
GRILL or saute okra and shiitake mushrooms just till tender. Garnish risotto with okra and mushrooms. Makes 6 (1/2-cup) servings.

Nutrition facts per serving: 149 cal., 6 g total fat (3 g sat. fat), 16 mg cholesterol, 165 mg sodium, 20 g carbo., 3 g dietary fiber, 7 g pro. Daily Values: 27% vit. A, 15% calcium.

Food exchanges: 1/2 milk, 1/2 vegetable, 1 starch, 1/2 meat, 1/2 fat.

Recipe from *Great Tastes: Healthy Cooking from Canyon Ranch* (Canyon Ranch, 1992).





Tenderloin of Beef With Ancho Chili Sauce And Jack Cheese

When company's coming, make the sauce
up to one day ahead and refrigerate it
in an airtight container.
Retain it gently while the meat cooks.
Picniced appropriate.

- 2 ounces dried ancho chilies
(about 9)
- 1 red sweet pepper, halved and
seeded
- 2 teaspoons minced garlic
- 1/4 cup diced onion
- 2 teaspoons olive oil
- 2 teaspoons tomato paste
- 1/4 cup beef stock or broth
- Dash ground cumin
- Dash ground cinnamon
- Dash oregano
- Dash ground red pepper
- 1 ounce Monterey Jack cheese
- 4 4-ounce beef tenderloin fillets
(1 1/2 inch thick)
- Salt (optional)

REMOVE stems and seeds from dried chilies. In a small bowl, cover chilies with hot water and soak for 30 minutes. Drain chilies, and scrape pulp off skin with spatula. Set pulp aside and discard skin.

MEANWHILE, to roast red sweet peppers, place pepper halves, cut side down, on a foil-lined baking sheet. Bake in a 425° oven for 20 to 25 minutes or under a broiler till the skins are blistered and brown. Immediately wrap pepper in foil and let stand for 20 minutes to steam. Peel skins off peppers, using a sharp knife; discard skins. Chop peeled peppers.

FOR SAUCE, cook garlic and onion in olive oil in a medium saucepan till tender. Add chili pulp, chopped roasted red pepper and tomato paste. Cook 1 minute, stirring constantly. Add beef stock and seasonings; cover and simmer over low heat for 20 minutes.

MEANWHILE, preheat broiler. Slice Monterey Jack cheese into very thin strips about 3 inches long and 1/4 to 1/2 inch wide; set aside.

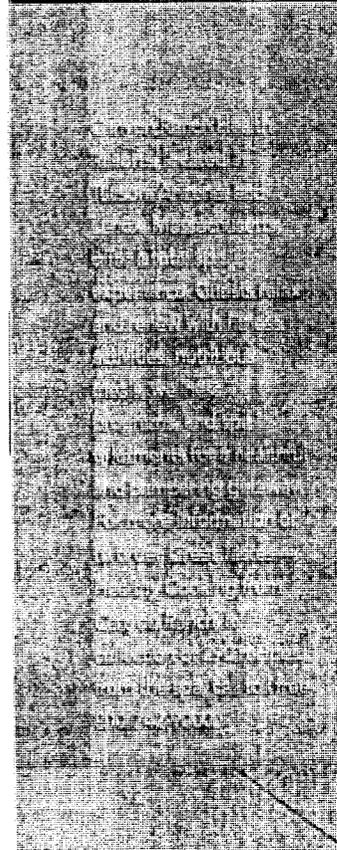
BROIL beef fillets 3 to 4 inches from heat about 10 minutes for medium rare or longer according to taste; turn once. Criss-cross two strips of cheese on top of each fillet and return to broiler for 20 seconds to melt cheese.

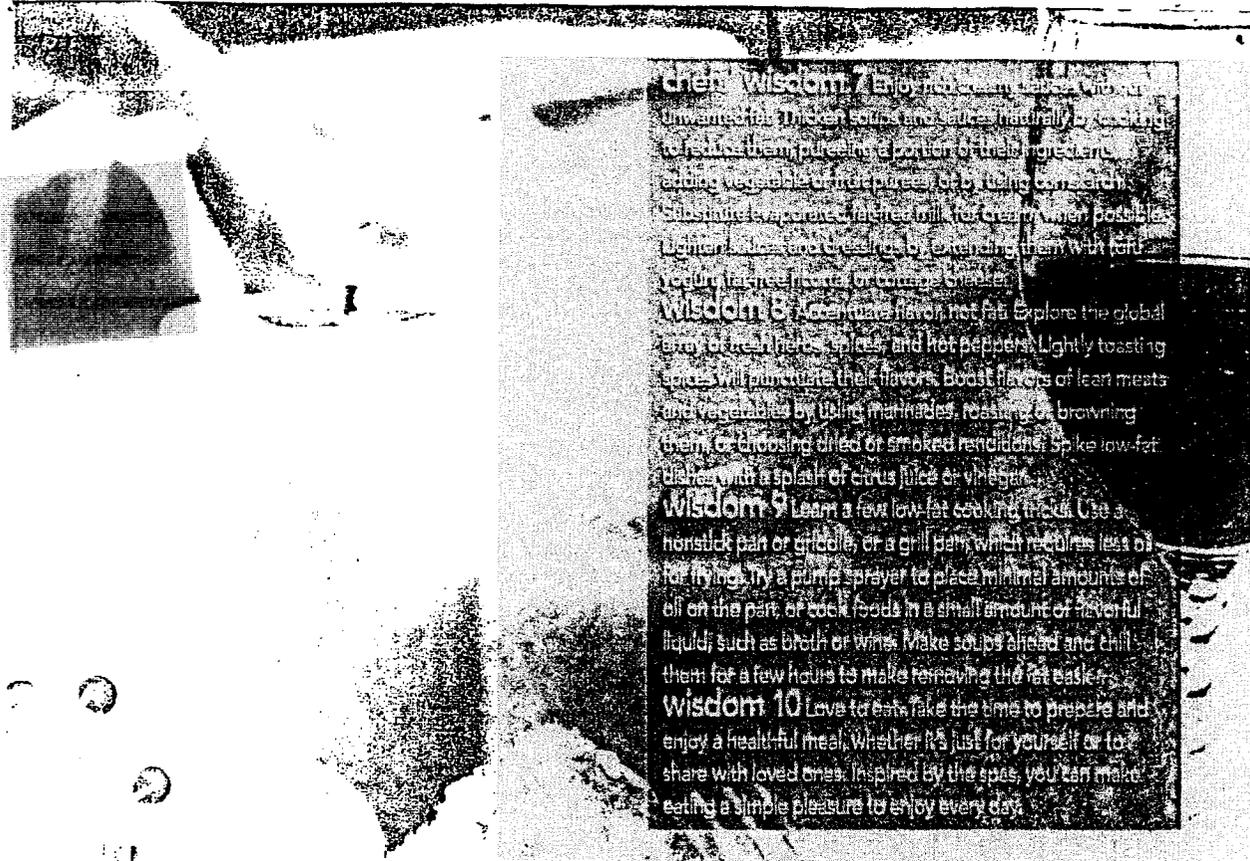
SPOON one-fourth of sauce onto each plate and set a fillet in center of sauce. Season to taste with salt, if desired. Makes 4 servings.

Nutrition facts per serving: 247 cal., 11 g total fat (4 g sat. fat), 69 mg cholesterol, 306 mg sodium, 11 g carbs., 5 g dietary fiber, 24 g pro. Daily Values: 107% vit. A, 56% vit. C, 34% iron.

Food exchanges: 2 vegetable, 3 1/2 meat, 1/2 fat.

Recipe from *Great Tastes: Healthy Cooking from Canyon Ranch* (Canyon Ranch, 1992). □



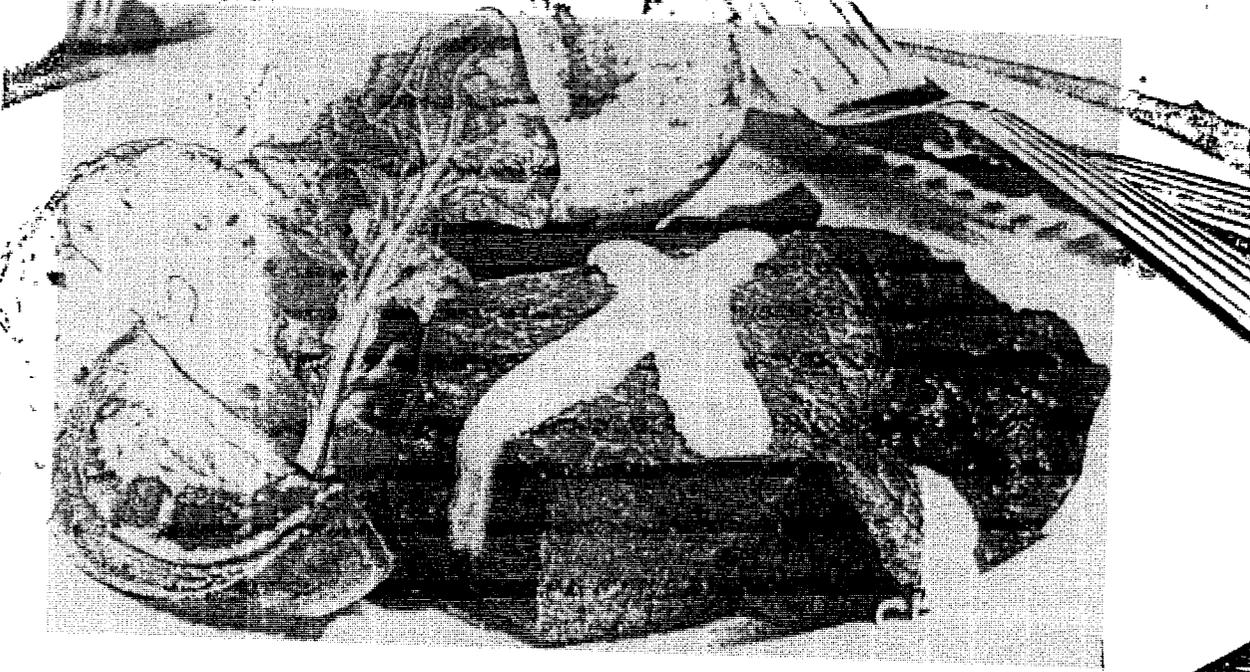


WISDOM 7 Enjoy rich cream sauces without unwanted fat. Thicken soups and sauces naturally by reducing to reduce them, pureeing a portion of the ingredients, adding vegetable or fruit puree, or by using cornstarch. Substitute evaporated fat-free milk for cream when possible. Lighten soups and dressings by extending them with fat-free yogurt, fat-free ricotta, or cottage cheese.

WISDOM 8 Acquire a flavor, not fat. Explore the global array of fresh herbs, spices, and hot peppers. Lightly toasting spices will punctuate their flavors. Boost flavors of lean meats and vegetables by using marinades, roasting, or browning them, or choosing dried or smoked renditions. Spike low-fat dishes with a splash of citrus juice or vinegar.

WISDOM 9 Learn a few low-fat cooking tricks. Use a nonstick pan or griddle, or a grill pan, which requires less oil for frying. Try a pump sprayer to place minimal amounts of oil on the pan, or cook foods in a small amount of flavorful liquid, such as broth or wine. Make soups ahead and chill them for a few hours to make removing the fat easier.

WISDOM 10 Love to eat. Take the time to prepare and enjoy a healthy meal, whether it's just for yourself or to share with loved ones. Inspired by the pros, you can make eating a simple pleasure to enjoy every day.



HOME



Ahhh...Spa

by Lois Friedman

Canyon Ranch Cooking, by Jeanne Jones (HarperCollins, \$40). The next best thing to a stay at the world-class Canyon Ranch Spa is enjoying its healthy, low-fat recipes at home. Whether you've experienced the spa many times or simply fantasized a visit, here is a book to help you create the spa experience at home, being mindful of the guiding principles of balance, moderation and mindfulness.

What a beginning! A couple dozen terrific pages of reader-friendly, healthful basics—nutrition made easy. Here's a mini-Canyon-Ranch-course in "promoting healthy living through fitness, nutrition and lifestyle education and awareness," making the best choices in low-fat, low-calorie spa cooking plus 39 tips and techniques to enhance flavor and not add calories.

What follows are 12 chapters, from appetizers—a very small chapter because often more calories are consumed before a meal without realizing it than the meal itself—to desserts—with small portions of delicious treats like Chocolate Mocha Cheesecake, cobblers, cakes and strudel. Each chapter begins with a brief introduction about the specific subject of the chapter.

This collection of recipes is a cooking course with beautiful color photographs of the Tucson desert, the Berkshires (where another Canyon Ranch Spa is located) and the food. The format is one recipe to a page. The ingredient list is followed by numerically ordered, clearly written instructions and nutritional data. Most recipes are for four to six servings.

The author writes a weekly newspaper column and has written more than two dozen light cookbooks. She also

developed the original Canyon Ranch menus and is still involved in its food planning.

The last chapter details a Canyon Ranch Spa weekend to create in your own home, filled with relaxation, healthy meals and workouts.

From the Poultry chapter, an Indonesian dish:

Indonesian Chicken With Grilled

Bananas

Serves 4

Dry Rub Mix:

- 1/2 tsp. ground ginger
- 1 tsp. ground cayenne pepper
- 1/2 tsp. ground allspice
- 1/2 tsp. ground cinnamon
- 1 tsp. ground curry powder
- 1 tsp. ground paprika
- 1/2 tsp. ground turmeric

- 1/4 tsp. kosher salt
- 4 skinless chicken breast halves, all visible fat removed
- 2 bananas, skin on
- 1 Tbs. light brown sugar

Combine all the dry rub mix ingredients and mix well. Lightly coat each chicken breast with the spice mixture. Place on a plate and cover tightly. Refrigerate for at least one hour before

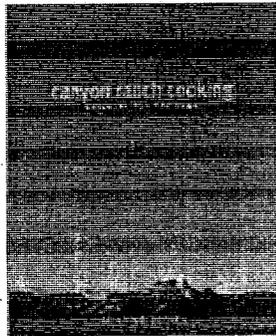
grilling. Prepare the coals for grilling.

Slice the bananas into halves lengthwise with the peel left on. Sprinkle the brown sugar on the bananas and rub it in as much as possible. Grill the bananas lightly, cut side down. Remove from the heat and set aside.

Remove the chicken from the refrigerator and place on the grill. Grill for about five minutes per side, or until done.

Serve each grilled chicken breast with a grilled banana half still in the peel.

Lois Friedman is a freelance writer.



Taste

The Bearable Unlightness of Being

If you're worried about some extra New Year's heft—even if you're not—you'll benefit from spa cuisine.

By Maria Bennett

Every family has a Roger, the relative nobody who wants to take out to dinner because he hassles the waiter with a list of culinary no-nos that would reduce even Escoffier to tears. A Prokian snob who sneers at anything with an ounce of butter or cream, Roger called to remind me of one of his favorite holiday feasts: Most of us gain seven to 10 pounds from Thanksgiving to New Year's. Since I've resolved this year to be more of a Bodhisattva towards those I find insufferable, I listened courteously to his rant against the evils of animal protein, the fattening of America and the need for more fiber in our diets. Besides, he is really thin, so I supposed I should give his pronouncements some consideration. With that in mind, I slithered off to investigate the world of spa cuisine.

An oxymoron in terms? Certainly anyone who's plodded through Techniques of French Cooking, required by most cooking schools, might think that's the case, and I certainly don't belong to that group wholeheartedly. I ask you, who in their right mind would put little pieces of frites salad on top of a pizza? Sacriligious! And don't all those Cary Null PBS marathons make you want to run straight into the kitchen and whip out a pint of Chunky Monkey?

Seriously though, the basic conceptual WTFadoo has always been, for me, the polarity of eating for pleasure versus eating for survival. I've always veered toward the former, and probably always will, but the big surprise is that, if prepared thoughtfully, spa food can be both airy and healthful at the same time.

At the mother of all spas, Canyon Ranch (in Lenox, Mass., and Tuscon, Ariz.), founders Enid and Mel Zuckerman state: "Good nutrition adds to the pleasures of life. A healthy lifestyle helps you to feel your best." Consistently voted by readers of *Cosmo* as the "Best Spa in the USA," Canyon Ranch touts itself as being unique in its emphasis on "impeccable gourmet standards," serving low-fat versions of lobster dishes, creamy chowders and cheesecake. Their most recent cookbook, *Great Tastes: Healthy Cooking From Canyon Ranch*, relies on some of the basic culinary techniques for substituting low-fat items for those more commonly used which are higher in fat (and usually flavor, too). Fat gives food its satisfying mouth-feel, something low-fat items can't always do, they replace the richness of cream with thickeners such as corn or potato starch, carbs be reckoned with if we believe the pronouncements of Atkins, Sears, et al, who urge our collective obesity on carbohydrate overload rather than fat intake. Substituting yogurt cheese for cream cheese, steaming rather than frying, using egg whites rather than yolks and employing a range of fresh herbs and spices all go a long way toward making Canyon Ranch's cuisine a success. At Rancho La Puerta in Baja, Calif., the

competition also emphasizes spices and herbs in its low-fat kitchen, but in addition keeps a watchful eye on portion control. Head chef Bill Wavrin gives his "everything in moderation" spin on *cuisine minceur*: "You can have beef or duck on a diet menu. Just cut back the size of what you're eating. Wavrin also wins brownie points (pun intended) with food purists, as he avoids non-fat cheeses, which are often rubbery and tasteless, substituting smaller amounts of the real thing for the required flavor in a dish. His Chicken Breasts in Orange Mustard score high on the complex taste scale, as the sauce combines oregano, sage, thyme, honey, oranges and whole grain mustard to give a low-calorie boost to that boring diet staple, the chicken breast.

At the Golden Door in Escondido, Calif., perhaps the most pricey spa at \$5,000 a week, the management focuses on having your cake (fat-reduced, of course) and eating it too. It's not just bean sprouts at dinner time; they've hired a chef from Belgium (they're the people who put mayonnaise on French fries, remember!) to produce yumminess such as Fudgy Chocolate Hearts and Cheesecake with Blueberry Sauce.

Michel Sroote takes requests, too; he'll whip up a lower-fat version of your favorite dish while you're being massaged into satori or jogging through the Japanese waterfalls and sand gardens that make up this 377-acre oasis for those in profferable withdrawal. "What you experience at Golden Door, you keep for the rest of your life: Here, through exercise and nutritional advice, you will develop the most healthful, life-affirming habits."

With a ratio of four staff members to each guest, the mind boggles at what may be accomplished, although most of us could probably do just as well with a juicer and an exercise bike at home.

Appropos of this, it's important to note that there's an alarming array of "information" about healthy eating out there, and caveat locutor if you're wading through the maze of Zone, Beverly Hills, Blood Type, Sugar Busters and other diets that promise immediate weight loss. There's even a diet that relies on your ethnicity as a prototype for what you should eat (according to this, potatoes and beer should be my "power foods").

Likewise, a recent WOR call-in show featured a "renowned dietician" who railed against fat and protein as America's culinary versions of Scylla and Charybdis, proclaiming that carbohydrates should make up 70 per-

cent of our daily food intake. This may work for some individuals, but believe me, if I ate rice, pasta or bread at that pace, I'd make the Pillsbury doughboy look anorexic. And speaking of anorexia, did you know that a recent study found that the body mass index of 72

sick to your most unfortunate parts. To reduce your daily intake to 900 calories, as is done at the Grand Lake Spa, seems a bit draconian, and as a veteran of yo-yo dieting, I can attest to the lightening-swift return of excess pounds once a more normal eating pattern returns.

A cruise past Barnes and Noble's cookbook section will tell you that there's big bucks in spa cuisine, and many of the newer tomes do stress that regular exercise is much better than Lilliputian meals in terms of overall health in the long run. Some of the books I've looked at that seem to strike the right balance between recipes for easy eating and sound health and exercise advice are Nikki Goldbeck's *The Healthiest Diet in the World* (its emphasis is on plant-based cuisine, soy and legumes as protein sources, the use of the "right fat" like nuts and avocado instead of the "low fat" mantra, and the point that if you eat in this manner, you can allow yourself an occasional meal of steak fries without collapsing from guilt).

I also liked Maureen Vivino's *Moorewood Cookbook* (she OK's using roasted walnuts and parmesan in her pasta and spinach casseroles) and Greer Underwood's *New Gourmet Light* (with slimmed-down versions of Grand Marnier mousse, Tomato Goat Cheese Tart and Almond Angel Food Cake).

Hying off the shelves, however, are *Dieting for Dummies* by Jane Kirby, who assures us she hasn't gained a pound in 20 years, which she attributes to keeping a food diary, and *Curtis Cooks With Heart and Soul* by TVFood Network's Curtis Aikens. Aikens focuses on vegetables but also sneaks in a few goodies like Fried Hush Puppies and Crisco Biscuits (!); since Curtis resembles an African-American Man Mountain Dear, one wonders about the slenderizing effects of his cuisine.

Finally, there's Mike Milken's *Taste for Living*, a low-fat, soy-and-fiber-based cookbook put together with Beth Ginsberg after his bout with prostate cancer in 1993. "It didn't seem possible for someone who used to win pancake-eating contests to be satisfied with dishes like these," he writes.

Finding religion in green tea, fruits and things cruciferous seems to have saved him from cancer. So long as you don't follow his advice about junk bonds, you might find some rules for healthy living that suit you here.

So, if you're worried about some extra New Year's heft and all else fails, you can just stand up with *South Park*'s Eric Cartman, who claims he's "really only big-boned." Or do like I do: wear Eileen Fisher, avoid scales and keep that treadmill humming. ■



Lean Cuisine's Spa cuisine replaces the richness of cream with thickeners such as corn or potato starch, employs steaming rather than frying, uses egg whites rather than yolks and substitutes a range of fresh herbs and spices for more fattening ingredients.

percent of models fell below the medical cutoff for malnourishment? Something to ponder in our search for health and fitness, to be sure.

In comparing the routines of various local spas, I found that although rates ranged from the almost affordable (New Age spa in Newburgh, N.Y., at about \$145 a night, and The Spa at Grand Lake in Lebanon, Conn., \$285 a weekend) to a hefty \$795 for two nights at Gurney's in Montauk, N.Y., the drill was quite similar at all spas that I researched: low-fat meals, an occasional massage, and a daily schedule of "events," which sounded like boot camp.

After a 6:30 wake-up call at New Age, there's 7 a.m. meditation, a three-mile walk, yoga at 8 a.m. and breakfast at 9 a.m. Afternoons bring aerobics, Tai Chi, stretch class, climbing and snowshoeing in the winter. There's also a sweat lodge and evening movies and lectures on wellness. "Our goal is to provide people with the tools to continue to practice the good eating and exercise behavior they learn from us here," said Patricia, New Age's publicity coordinator. "And besides, we make a mean Potato Tofu Napoleon."

With all that hopping around it's easy to see how spa-goers lose those pounds, and that's perhaps the most important piece of the healthy living/weight-loss puzzle for all of us: Unless you burn those calories off somehow, they're going to

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From The World's Table

EPICUREAN

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CR003420

The Pampered Plate

SPA Cuisine Canyon Ranch Tucson, AZ

By Kathy Corey

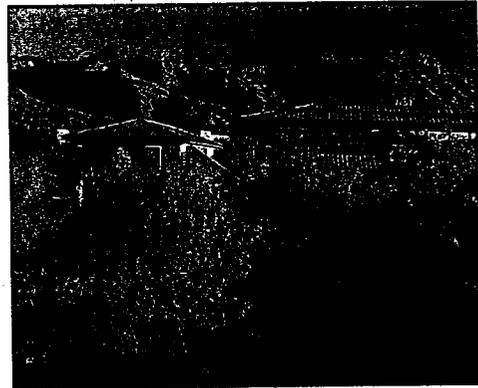
In the serene Southwest desert, with its legacy of healing and rejuvenation, Canyon Ranch rests in the foothills of the nearby Santa Catalina Mountains. Founded by Mel and Enid Zuckerman in 1979, this award winning luxury resort promotes healthy living through fitness, nutrition, and lifestyle education and awareness. Canyon Ranch continues to claim the #1 Best Spa honor by *Condé Nast Traveler Magazine*. The impressive 3:1 staff to guest ratio is maintained year round. Key programs include over 40 fitness classes per day, stress management, food planning, healthy cooking classes and nutrition consultation.

Canyon Ranch is a pioneer in the development of spa cuisine combining food that is both nutritious and created with the highest gourmet standards. The menu includes rack of lamb, lobster, pastas, and heavenly desserts. The chefs vow never to starve or bore a guest with ho-hum meals. Their mission is to provide nutritionally balanced meals with the richest natural sources of nutrients to maintain good health and vitality. The abundance of selections allows guests to make educated choices for their individual preferences.

"The goal of the resort is to show a person how to eat, exercise, and change his or her lifestyle into a healthier one," says Mel Zuckerman. "The goal isn't 'quick fixes' such as seeing guests lose 10 pounds in a week, but is more focused on changing a person's diet and approach to eating by showing them how they can eat healthy, tasty meals."

The cornerstones of the spa's nutrition philosophy are moderation and individual choice rather than deprivation or unreasonable restrictions. Their advice is to define your pattern of eating and choose foods based on lifestyle, health risks, and metabolic needs.

In 1992, the resort published *Great Tastes: Healthy Cooking from Canyon Ranch*. The cookbook contains a collection of 290 recipes for preparing spa cuisine at home. The recipes are for "real food" although the portions may be smaller than usual. By keeping the servings small they believe you can eat a greater variety of foods at each meal. This is their key to balance and to getting the important array of nutrients the body needs. The purpose of the book is to demonstrate that fresh ingredients, thoughtfully prepared, can increase your enjoyment of life while nourishing your body.



Canyon Ranch provides a wide array of activities including: sauna, canoeing, pilates classes, stretching classes, hiking, massages, hiking, facials, and kitchen demonstrations. Canyon Ranch locations may carry available activities.



Recipes from the Ranch

Oriental Pasta Salad

Salads aren't just lettuce. They should surprise. Add the crunch of water chestnuts, the subtlety of flavored vinegars, and lots of vegetables for variety in taste, texture and nutritional value.

Makes 8 Servings

Dressing:

- 1/2 cup thawed apple juice concentrate
- 1/2 cup rice vinegar
- 3 tablespoons dark sesame oil
- 1 teaspoon peeled and minced fresh ginger root
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper
- 1 garlic clove, minced (about 1 teaspoon)
- 1 teaspoon hot pepper sesame oil

- 8 ounces curly instant chuka soba noodles
- 1/2 cup water chestnuts
- 1 head green cabbage, shaved (12 cups)
- 2 cups chopped green onions
- 8 whole green onions for garnish
- Red and yellow peppers, julienned for garnish

Combine all dressing ingredients in small bowl and mix well. Bring large pot of water to a boil, add noodles, and cook and stir for 2 minutes. Drain thoroughly and transfer to large bowl. Add dressing and mix well. Add water chestnuts, cabbage, and onions and mix thoroughly. Cover and refrigerate overnight.

To serve, place 2 cups salad on a plate and garnish with green onion and bell peppers.

- Each serving contains:
- 230 calories
 - 40 gm carbohydrate
 - 7 gm fat
 - 0 mg cholesterol
 - 6 gm protein
 - 350 mg sodium



The recipes are from *Great Tastes, Healthy Cooking from Canyon Ranch*, available from Canyon Ranch.
(800) 726-8040



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Recipes from the Ranch



Paupiette Of Chicken

London and London were prime places in the pre-Columbian World/New World plant kingdom in what the Celts called "Lactaria." The Chinese domesticated chickens around 1200 B.C., and they became known in Europe by A.D. 600. When Columbus and the Spanish explorers set off for the New World, they carried chickens on their ships. Chickens, the explorers encountered for the first time, were native to North and Central America and had been domesticated by the Aztecs.

MIXED SERVING

Yogurt Mustard Sauce:

- 1/2 cup plain nonfat yogurt
- 1 tablespoon brown prepared mustard
- 1/2 teaspoon ground black pepper
- 1 teaspoon balsamic vinegar

- 6 Skinned chicken breast halves, boned and defatted
- 1/4 cup olive oil
- 1/2 cup finely sliced carrots
- 1 cup steamed, chopped spinach
- 2 tablespoons minced parsley
- 1 teaspoon minced fresh thyme
- 1 teaspoon minced fresh rosemary
- 2 tablespoons grated Parmesan cheese
- 2 tablespoons unprocessed wheat bran

Blend Yogurt Mustard Sauce ingredients until smooth. Set aside. Place chicken breasts between 2 sheets of waxed paper and pound them with the flat side of a meat pounder until flat. Set the chicken aside.

In medium skillet, heat olive oil and sauté carrots and spinach for 2 to 3 minutes or until carrots are tender. Remove from heat and add parsley, thyme, rosemary, Parmesan cheese, and bran.

Spoon 2 tablespoons mixture onto each chicken breast and roll up. Wrap breasts individualy in plastic wrap, tying tightly at each end. In medium saucepan, heat 2 cups water just to boiling. Turn heat down to simmer, drop chicken into water, and cook 10 to 12 minutes. Lift chicken out of water and unwrap. Using a very sharp knife, slice chicken into 3 or 4 pieces, and fan out over 2 tablespoons Yogurt Mustard Sauce.

Each serving contains:

- 215 calories
- 5 gm. carbohydrate
- 8 gm. fat
- 74 mg. cholesterol
- 30 gm. protein
- 223 mg. sodium

Remember to eat fruits and vegetables

So there I was, at Canyon Ranch in the Berkshires, eagerly awaiting the secrets about to be revealed by the health resort's teaching chef.

"The most important thing you can learn at Canyon Ranch," said Ruby Goodnoff, "is to eat your fruits and vegetables."

Note that she didn't say to eat lots of fiber, or to limit grams of fat. She didn't lecture about avoiding sweets or meats. And she certainly didn't recommend any fad diets.

"Eat your fruits and vegetables."

If you do that, the rest will fall into place.

To that end, the Lenox, Mass., resort spa keeps baskets of fruit in spots where guests can nab an orange or an apple whenever they want — a good idea for us to remember in our homes, too.

A salad bar is always part of the lunch and dinner offerings at Canyon Ranch, where our daughter, Ellie, has just finished being an extern in the kitchen. In one dinner and one lunch at the Ranch, I found several items I'm going to incorporate into my salad plans: marinated cubes of tofu; snow peas sliced very thinly lengthwise, which reminded me that simply cutting something differently can make it seem fresh and appealing; hijiki, thin black strands of reconstituted seaweed that were surprisingly tasty and attractive atop a salad; eggplant slices baked at 450 degrees on a sprayed baking sheet until lightly browned, then spritzed with balsamic vinegar; and cabbage salads, often with an Oriental twist.



Lorne
Guttman
FOOD EDITOR

On the day I attended Goodnoff's "Lunch and Learn" class, this was the menu: Cold Peach Soup; Chilled Asian Tea-Smoked Salmon; Pasta Mediterranean; Orange Pound Cake, and fresh fruit.

Goodnoff began by demonstrating how to make Cold Peach Soup, an easy and no-cook appetizer — or even dessert — that's just right during peach season but can be made with frozen peaches, too. She reminded us that garnishing is important to making foods attractive and showed how to make a "spider web" design on top of the soup: Put plain yogurt into a squeeze bottle and swirl the yogurt in thin concentric circles onto the soup, then take a toothpick and drag it through the yogurt from the outside of the circle in — or vice versa — every so often along the circle.

Goodnoff uses no-sugar-added apricot jam to sweeten the soup.

"Artificial sweeteners are terrible for you," she said. She said such sweeteners whet your appetite for sugar and also make you crave salt.

Canyon Ranch uses butter, not margarine, though it encourages restraint in the use of all fats and oils. The healthiest sources of fat are fish, nuts, seeds, avocados and olive oil, Goodnoff said.

These recipes will give you an

Please see GUTTMAN, 2D

Food

WEDNESDAY, AUGUST 18, 1999

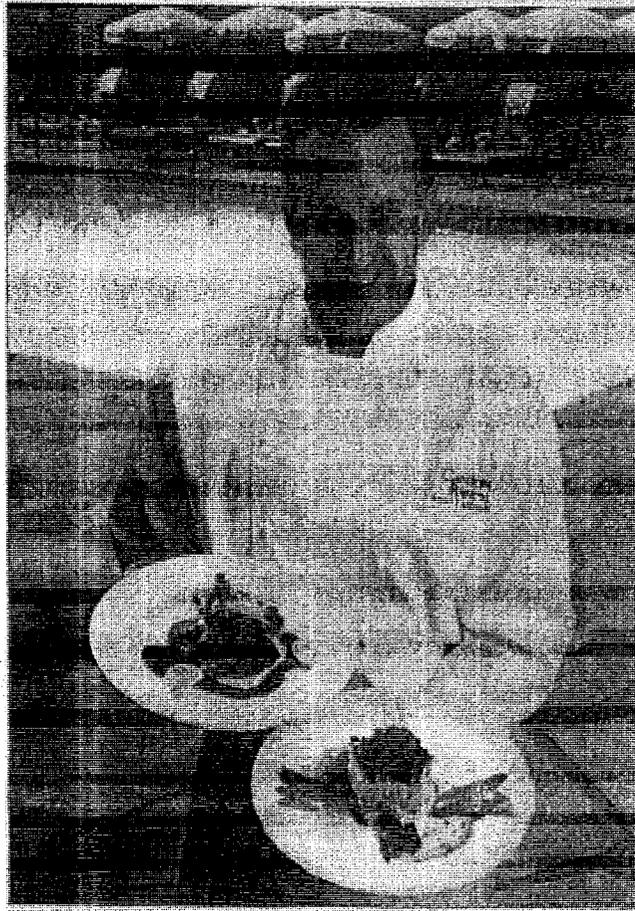


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Calories in, Calories out

By Myra Chanin
FOR THE INQUIRER

What do food writers like me do when they aren't actually eating? Try to drop the weight we gain as a side effect of our work.

In the past, I had always confined these efforts to fat farms in Cheap-side, N.J., but I'd always been dying to go to Canyon Ranch, the upscale spa in Tucson, Ariz.

Thanks to the nest egg I'd saved because I never buy overpriced T-shirts with anyone else's initials on them and enough frequent flyer

When the scales tip in the wrong direction, it's time to take action. Canyon Ranch, a top-of-the-line spa in Arizona, showed one food writer how she could eat and exercise more wisely.

miles to get me cross-country for free, I spent a week at Canyon Ranch, even though spending a few hundred bucks a day to eat next to nothing struck even an extravagant wastrel like me as slightly insane.

But Canyon Ranch offers more than just an opportunity to diet. Everybody I knew who had been there declared that the experience had totally changed their lives. I didn't necessarily want to change my entire life, just the way I gobbled and metabolized food.

What is so special about Canyon Ranch? Everything. Exercise rooms
See CANYON RANCH on F2

At Canyon Ranch, taking off pounds is a pleasure

Canyon Ranch is packed with people who are every minute of their lives. They are of various ages, backgrounds and ethnicities. They are here for a variety of reasons. Some are here for a vacation, some for a health retreat, and some for a life-changing experience.

My favorite memory was the time I spent with a group of people who were trying to lose weight. They were all from different parts of the world, but they all had the same goal: to lose weight and feel better about themselves.

My favorite memory was the time I spent with a group of people who were trying to lose weight. They were all from different parts of the world, but they all had the same goal: to lose weight and feel better about themselves.

In the morning, I would wake up and go to the gym. The gym was open 24 hours a day, and I would go there every day. I would go to the gym for an hour or two, and then I would go back to my room and rest.

As for the food, it was really good. Canyon Ranch has a great reputation for its food, and it was no exception. The food was healthy, delicious, and easy to eat. I was able to eat what I wanted and still lose weight.

You'd never guess how much I lost. I lost about 50 pounds in just a few weeks. It was a great feeling, and I was able to keep it off. I was able to eat what I wanted and still lose weight.

At Canyon Ranch, you can lose weight in a healthy way. You can eat what you want and still lose weight. You can exercise and still lose weight. You can lose weight and feel better about yourself.

At Canyon Ranch, you can lose weight in a healthy way. You can eat what you want and still lose weight. You can exercise and still lose weight. You can lose weight and feel better about yourself.

Now for the big question: How much weight did I lose? About 50 pounds. I lost about 50 pounds in just a few weeks. It was a great feeling, and I was able to keep it off. I was able to eat what I wanted and still lose weight.



Guests can relax for days in the beautiful view. They can choose between weightlifting and other activities, and are provided with a personal trainer.



Chef Carlo Bacci shows how to cook the healthy dining that Canyon Ranch is famous for. Canyon Ranch gives each guest a food and exercise management plan to take home.



A chef shares healthy cooking techniques with a guest. Canyon Ranch gives each guest a food and exercise management plan to take home.

Striped Bass With Blackberry Lavender Salsa

- ½ cup apple cider
- ¾ teaspoon dried lavender
- ¾ cup fresh or frozen blackberries
- 1 tablespoon diced red onion
- 2 tablespoons diced red and yellow bell peppers
- ½ teaspoon minced jalapeno pepper (available bottled)
- 1 tablespoon chopped cilantro
- Pinch salt
- ¼ teaspoon lime juice
- ¼ cup cornmeal
- ½ teaspoon salt
- Canola oil spray
- 4 striped bass or Chilean sea bass fillets (4 ounces each)

In a medium saucepan, combine apple cider with ½ teaspoon lavender and cook over medium heat until apple juice reduces to 4 tablespoons. Remove from heat and add blackberries, onion, peppers, cilantro, salt, lime juice and remaining lavender. Lightly crush blackberries while mixing.

In a small bowl, combine cornmeal with salt.

Lightly spray saute pan with canola oil. Place bass fillets skin-side down in pan. Sprinkle each fillet with 1 tablespoon of cornmeal mixture and cook two to three minutes over medium heat. Turn fish and cook for two to three minutes longer, until fillets are cooked to desired degree of doneness.

Dress each fillet with equal amounts of blackberry lavender salsa and serve. Makes four servings.

Nutritional data per serving: Calories, 172; protein, 22 grams; carbohydrates, 14 grams; fat, 3 grams; cholesterol, 47 milligrams; sodium, 445 milligrams.

Sesame-Ginger Salad Dressing

- 4 cloves garlic
- 1 cup apple juice
- 1 cup rice vinegar
- 3 tablespoons sesame oil
- 2 teaspoons salt
- 2 teaspoons black pepper
- 1 tablespoon fresh ginger juice (made by grating fresh gingerroot including peel and squeezing out juice)

Preheat oven to 350 degrees. Place garlic on sheet pan and roast 10 to 15 minutes, or until golden brown. Cool and mince.

In a medium bowl, combine apple juice, vinegar, sesame oil, salt, black pepper ginger juice and minced roasted garlic. Mix well. Makes about one-half cup.

Nutritional data per 2-tablespoon serving: Calories, 40; protein, trace; carbohydrates, trace; fat, 2 grams; cholesterol, none; sodium, 297 milligrams.

Mongolian Barbecue Sauce

- ½ cup low-sodium tamar soy sauce plus 2 tablespoons
- 2 tablespoons sugar
- ¼ cup rice vinegar
- 1 tablespoon sesame oil
- ½ cup sake
- ½ cup water plus 2 tablespoons
- ½ cup ketchup
- Pinch dried coriander
- Pinch salt
- Pinch dried ginger
- ¼ teaspoon red chile flakes
- ¼ cup minced leeks
- 2 teaspoons minced garlic

- 2 teaspoons minced fresh ginger

In a large saucepan, combine the ½ cup tamar soy sauce, sugar, rice vinegar, sesame oil, sake and ½ cup water and bring to a boil. Add ketchup, coriander, salt, ginger and red chile flakes. Simmer for 10 minutes. Remove from heat.

In a small bowl, combine leeks, garlic, ginger, and remaining tamar soy sauce and water. Add to cooked mixture. Makes about 1½ cups.

Nutritional data per 2-tablespoon serving: Calories, 35; protein, trace; carbohydrates, 4 grams; fat, trace; cholesterol, none; sodium, 288 milligrams.

Bananas in Phyllo

- 12 ounces ripe bananas, about 3 small bananas, thinly sliced
- 1 teaspoon sucanat (see note) or sugar
- 2 teaspoons butter, melted
- 4 sheets phyllo
- Nonstick vegetable spray

Preheat oven to 400 degrees. In a small bowl, toss bananas with sucanat or sugar. Add melted butter and mix well.

Lay one sheet of phyllo at a time on a work surface with the narrow end towards you. Lightly spray the sheet with the nonstick vegetable

spray.

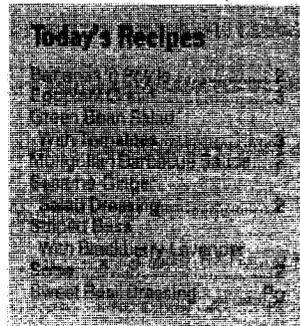
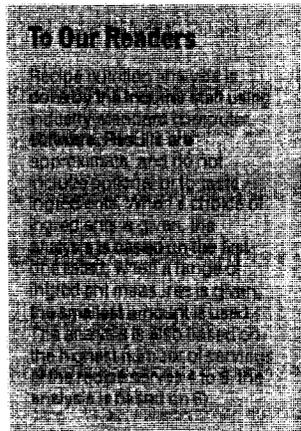
Fold sheet into thirds, lengthwise. Spray again with nonstick vegetable spray. Spoon 3 tablespoons of banana mix onto phyllo strip, about 1½ inches from the bottom, and slightly to the left. Fold up bottom of phyllo over filling. Fold phyllo from lower left-hand corner diagonally to the right in the fashion of folding a flag. Continue folding in this manner until you reach the end of the sheet. Repeat with the remaining phyllo and filling.

Place turnovers onto baking sheet sprayed with nonstick vegetable coating. Bake for 15 minutes or until golden brown and serve warm. Makes four turnovers.

Nutritional data per turnover: Calories, 175; protein, 3 grams; carbohydrates, 36 grams; fat, 2 grams; cholesterol, 5 milligrams; sodium, 145 milligrams.

Note: Sucanat, available in health-food stores, is made from evaporated cane juices, and may be used as a one-for-one replacement for granulated or brown sugar.

Myra Chanin is a Philadelphia food writer and cookbook author aka Mother Wonderful, whose tongue — when it isn't tasting food — is firmly in her cheek.





SPA FOODS COOKING AT HOME

the best, first resort

Spa foods help you relax, rejuvenate, and leave us feeling a little more energized. Here are some tips on how to bring the spa home.

by [Name]

Imagine getting away from it all for a few days to enjoy an idyllic setting, pampered care, invigorating activities, and beautiful foods that are nourishing to the body and soul. Aah... Don't you feel more relaxed just thinking about it?

Nowadays, more of us are making a spa getaway a reality, according to the International Spa & Fitness Association. Whether we're returning home from a spa vacation or still dreaming of one, we all wish for a spa at home.

By re-creating spa foods in our own kitchens, we can put extra pleasure into eating every day. It's easy, if we take a few lessons from spa chefs at Canyon Ranch Health Resorts who are masters at the art of bringing the most flavor to low-fat and low-calorie menus. Their wisdom offers simple, practical, and balanced approaches to healthful eating. Here are some of their recipes and tips.

Food photographer: Mike Dieter
Food stylist: Jennifer Peterson



Evian

Gilled Portobello Mushroom
with Roasted Eggplant and Walnut
Mayonnaise and pepperoni. 60g

Summer 1997 LOW CALORIE/LOW FAT RECIPES 87

Grilled Portobello Sandwich with Roasted Pepper and Wasabi Mayonnaise

Portobellos can be grilled just like steak after a brief dip in a flavorful marinade. These sandwiches offer layers of stimulating flavors.

Pictured on pages 36-37.

- 4 medium portobello mushrooms (10 ounces total)
- 1/2 cup balsamic vinegar
- 2 tablespoons extra virgin olive oil
- 1 1/2 teaspoons minced shallots
- 1 1/2 teaspoons minced garlic
- 1/3 cup silken tofu (about one-sixth of a 10 1/4-ounce package)
- 1 tablespoon balsamic vinegar
- 1 tablespoon (or to taste) wasabi paste
- 1 1/2 teaspoons fresh lime juice
- 1 teaspoon Dijon mustard
- 2 red sweet peppers, halved, stemmed, and seeded
- 4 multigrain rolls, split and lightly grilled or toasted
- 8 large arugula leaves, washed and drained

CUT off the mushroom stems even with the caps; discard stems. Place mushrooms in a plastic bag set in a shallow bowl. For marinade, whisk together the 1/2-cup balsamic vinegar, the olive oil, shallots, and garlic. Pour marinade over mushrooms; close bag. Refrigerate for 1 to 4 hours, turning the bag several times.

MEANWHILE, for the wasabi mayonnaise, combine the tofu, the 1 tablespoon balsamic vinegar, the wasabi paste, lime juice, and Dijon mustard in a blender container. Cover and blend till combined. Cover and chill till serving time.

TO ROAST RED SWEET PEPPERS, place pepper halves, cut side down, on a foil-lined baking sheet. Bake in a 425° oven for 20 to 25 minutes or under a broiler till the skins are blistered and brown. Immediately wrap in foil and let stand for 20 minutes to steam. Pull skins off peppers, using a sharp knife; discard skins. Set roasted peppers aside.

DRAIN mushrooms, discarding the marinade. Grill mushrooms on the rack of an uncovered grill over medium coals for 5 to 10 minutes or till mushrooms are just tender, turning once. Or place mushrooms on the rack of an unheated broiler pan. Broil 3 to 4 inches away from the heat for 5 to 10 minutes or till mushrooms are just tender, turning once.

TO ASSEMBLE EACH SANDWICH, first spread 1 1/2 tablespoons of the wasabi mayonnaise on the bottom half of a roll. Top it with 2 arugula leaves and a roasted pepper half. Place a grilled mushroom on top of the pepper, and top with the remaining half bun. Makes 4 servings.

Nutrition facts per serving: 193 cal., 5 g total fat (1 g sat. fat), 0 mg cholesterol, 299 mg sodium, 33 g carbs., 4 g dietary fiber, 7 g pro. Daily Values: 19% vit. A, 181% vit. C, 22% iron.

Food exchanges: 1 vegetable, 1 1/2 starch, 1 fat.

Recipes on this page from Canyon Ranch Cooking by Jeanne Jones (HarperCollins, 1998).

Mahimahi with Citrus Balsamic Vinaigrette

At Canyon Ranch, when fresh mahimahi isn't available, the chefs substitute any mild-tasting white fish, such as sea bass or halibut.

Pictured opposite.

Nonstick-spray coating

- 1 pound fresh or frozen skinless mahimahi filets, cut into 4-ounce portions
- 2 red sweet peppers, halved, stemmed, and seeded (follow roasting directions, previous recipe)
- 1 roasted garlic clove or 1/2 teaspoon roasted minced garlic
- 1/4 cup thinly sliced red onion
- 1/4 teaspoon ground red pepper
- 1 1/2 teaspoons butter
- 2 teaspoons all-purpose flour
- Dash kosher salt
- 1/2 cup vegetable stock or broth
- 2 tablespoons balsamic vinegar
- 2 tablespoons frozen orange juice concentrate, thawed
- 4 teaspoons snipped chives
- 2 teaspoons finely shredded orange peel

SPRAY a 2-quart square baking dish with nonstick coating. Place the fish in prepared dish, and bake in a 350° oven about 20 minutes or till the fish flakes easily with a fork.

MEANWHILE, for red pepper sauce, combine the roasted red sweet pepper, garlic, onion, and ground red pepper in a blender container. Cover and blend till smooth. Set aside.

FOR VINAIGRETTE, brown the butter in a medium skillet over medium heat. Whisk in the flour and salt. Stir in vegetable stock or broth, vinegar, and orange juice concentrate. Cook and stir till mixture comes to a boil. Reduce heat and simmer, uncovered, for 2 minutes. Remove from heat and set aside.

TO SERVE, place each portion of fish on a plate and top with 1/4 cup of the red pepper sauce and 2 tablespoons of the warm vinaigrette sauce. Garnish each serving with a teaspoon of chives and 1/2 teaspoon of orange peel. Makes 4 servings.

Nutrition facts per serving: 156 cal., 3 g total fat (1 g sat. fat), 37 mg cholesterol, 267 mg sodium, 12 g carbs., 1 g dietary fiber, 22 g pro. Daily Values: 20% vit. A, 200% vit. C, 15% iron.

Food exchanges: 3 meat, 1/2 fat.



chef's wisdom 1 Even fattening ingredients have their place. Fat works, and cooking stresses the principle of moderation. No foods are verboten as long as they're used in moderation.

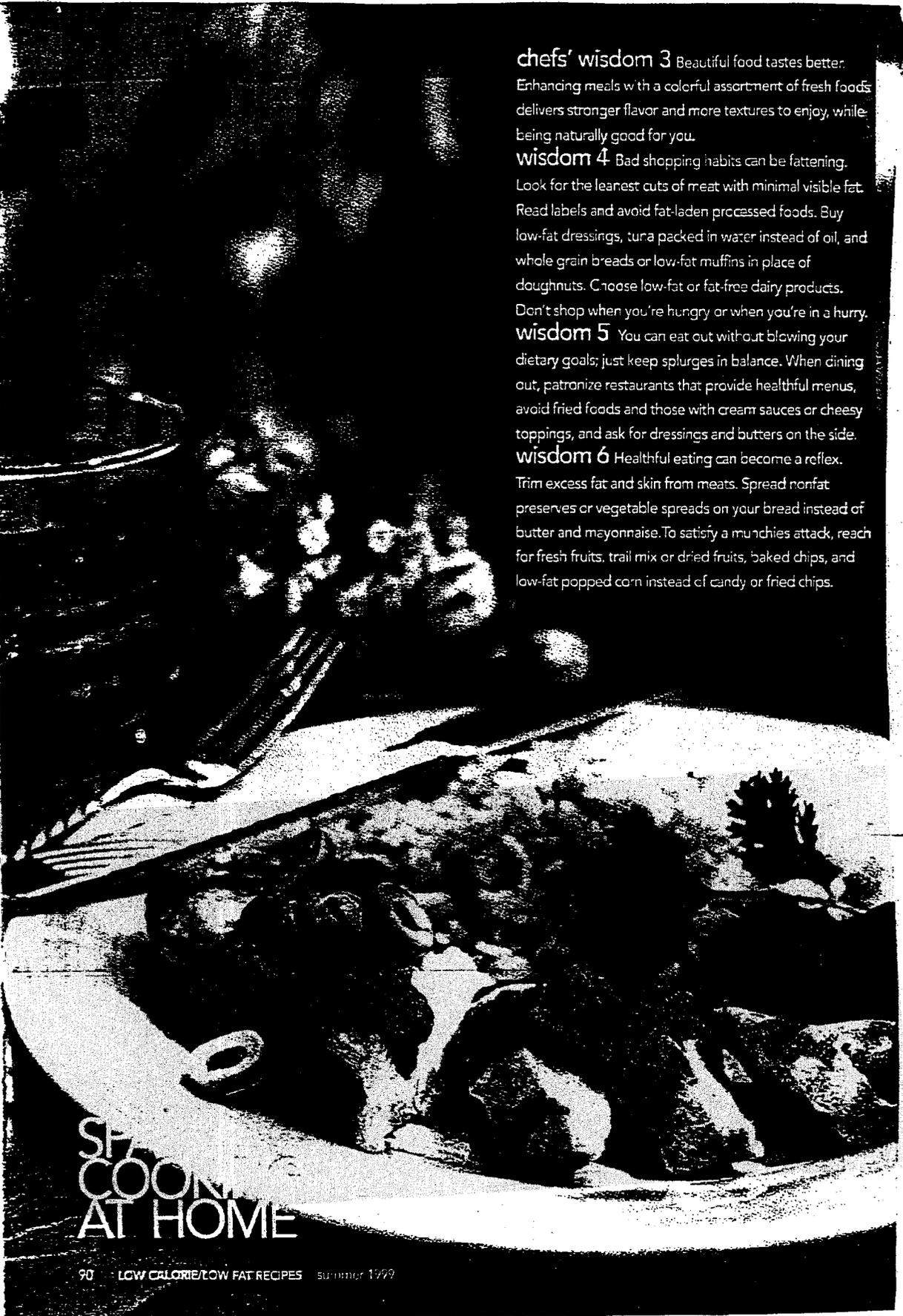
Get the most flavor mileage from high-fat ingredients by using them thoughtfully and watching portion sizes. Sprinkle cheese, for example, not tons of oil, over meats; their flavors aren't lost. You need even less if you choose flavorful varieties: a small amount of a strong hard cheese, a sharp cheddar, or smoked cheddar delivers more flavor than a mountain of milder varieties. Reduce quantities of fats and sweets while heightening their flavors by lightly toasting and finely chopping them. Trim the chocolate chips called for in your favorite dessert recipe by substituting mini chips, which will distribute chocolate flavor more throughout the dessert.

Wisdom 2 Eat more, eat less. The secret is to substitute, at all. Eat or more fresh fruits and vegetables, whole grains, legumes, and low-fat ingredients in lieu of fried foods, rich sauces, and fatty cuts of meat.



COOKING AT HOME

Summer 1997 LOW CALORIE/LOW FAT RECIPE



chefs' wisdom 3 Beautiful food tastes better.

Enhancing meals with a colorful assortment of fresh foods delivers stronger flavor and more textures to enjoy, while being naturally good for you.

wisdom 4 Bad shopping habits can be fattening.

Look for the leanest cuts of meat with minimal visible fat. Read labels and avoid fat-laden processed foods. Buy low-fat dressings, tuna packed in water instead of oil, and whole grain breads or low-fat muffins in place of doughnuts. Choose low-fat or fat-free dairy products.

Don't shop when you're hungry or when you're in a hurry.

wisdom 5 You can eat out without blowing your dietary goals; just keep splurges in balance. When dining out, patronize restaurants that provide healthful menus, avoid fried foods and those with cream sauces or cheesy toppings, and ask for dressings and butters on the side.

wisdom 6 Healthful eating can become a reflex.

Trim excess fat and skin from meats. Spread nonfat preserves or vegetable spreads on your bread instead of butter and mayonnaise. To satisfy a munchies attack, reach for fresh fruits, trail mix or dried fruits, baked chips, and low-fat popped corn instead of candy or fried chips.

STAY
COOKING
AT HOME

Chicken Marbella

Marinating adds both flavor and moisture to grilled skinless chicken breasts.

Pictured opposite.

- 4 skinless, boneless chicken breasts halves (1 pound total)
- 1/3 cup dry white wine
- 1/3 cup apple juice concentrate, thawed
- 1/3 cup chopped pitted prunes
- 3 tablespoons red wine vinegar
- 4 teaspoons finely chopped drained capers
- 4 teaspoons coarsely chopped green Spanish olives
- 1 tablespoon olive oil
- 1 teaspoon dried oregano, crushed
- 1 teaspoon snipped fresh cilantro
- 1 clove garlic, minced
- 1/4 teaspoon ground black pepper
- 1 bay leaf
- Sliced olives (optional)

RINSE chicken; pat dry. Place chicken in a plastic bag set in a shallow dish. For marinade, combine wine, apple juice concentrate, prunes, vinegar, capers, olives, olive oil, oregano, cilantro, garlic, pepper, and bay leaf. Pour over chicken. Close the bag. Marinate in the refrigerator for 6 to 24 hours, turning the bag occasionally.

DRAIN chicken, reserving marinade. Grill chicken on the rack of an uncovered grill directly over medium coals for 12 to 15 minutes or till tender and no longer pink, turning once. Or place chicken breast on the unheated rack of a broiler pan. Broil 4 to 5 inches from the heat for 10 to 12 minutes or till tender and no longer pink.

MEANWHILE, bring the reserved marinade to boiling in a small saucepan. Reduce heat and simmer, uncovered, till reduced by half, about 7 minutes (you should have about 1/2 cup). Discard bay leaf.

TO SERVE, spoon some of the reduced marinade atop the chicken breast. If desired, garnish with slices olives. Makes 4 servings.

Nutrition facts per serving: 264 cal., 7 g total fat (2 g sat. fat), 59 mg cholesterol, 174 mg sodium, 25 g carbo., 1 g dietary fiber, 23 g pro. Daily Value: 31% iron.

Food exchanges: 1 fruit, 3 meat, 1/2 fat.

Recipe from *Great Tastes: Healthy Cooking from Canyon Ranch* (Canyon Ranch, 1992).

Corn Risotto with Shiitake Mushrooms And Okra

Pureeing some of the vegetables to thicken the risotto gives creamy results without added fat.

Pictured below.

- 4 cups fresh or frozen corn kernels
- 2 cups low-fat milk
- 1/4 cup diced carrot
- 1/4 cup diced celery
- 1/4 cup diced leek, white part only
- 2 tablespoons diced shallots
- 1 tablespoon unsalted butter
- 1/3 cup grated Parmesan cheese
- 1/4 teaspoon chili powder
- 1/2 pound whole okra
- 10 medium shiitake mushrooms

COOK the corn and milk in a medium saucepan, uncovered, over medium to low heat for 30 to 40 minutes, or till corn is tender, adjusting heat as needed to maintain a gentle boil and stirring occasionally. Drain corn, reserving milk; set aside.

PLACE corn in a food processor or blender container. Add 1/2 cup of the reserved milk; cover and process for 30 seconds. Set aside.

COOK carrot, celery, leek, and shallots in butter in the same saucepan till tender, stirring occasionally. Stir in corn mixture, Parmesan cheese, and chili powder; heat through. Stir in enough of the remaining reserved milk (about 1/2 cup) for desired creamy consistency.

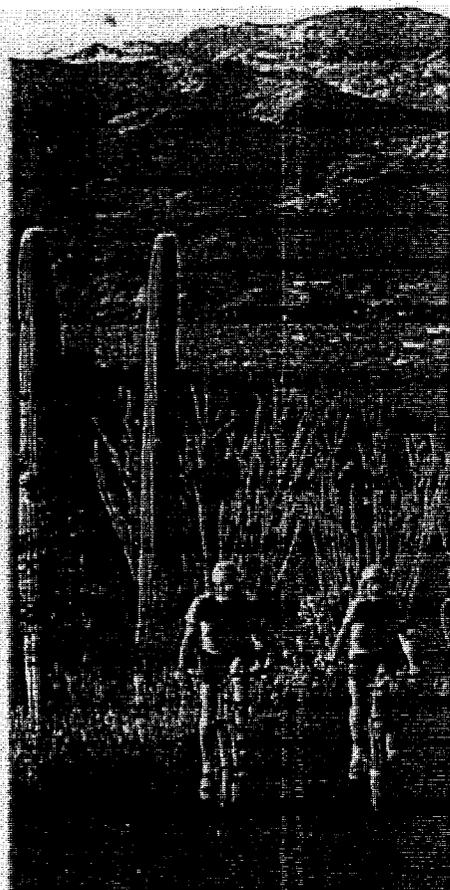
GRILL or saute okra and shiitake mushrooms just till tender. Garnish risotto with okra and mushrooms. Makes 6 (1/2-cup) servings.

Nutrition facts per serving: 149 cal., 6 g total fat (3 g sat. fat), 16 mg cholesterol, 165 mg sodium, 20 g carbo., 3 g dietary fiber, 7 g pro. Daily Values: 27% vit. A, 15% calcium.

Food exchanges: 1/2 milk, 1/2 vegetable, 1 starch, 1/2 meat, 1/2 fat.

Recipe from *Great Tastes: Healthy Cooking from Canyon Ranch* (Canyon Ranch, 1992).





Tenderloin of Beef With Ancho Chili Sauce And Jack Cheese

When preparing a cooking, make the sauce
up to one day ahead and refrigerate it
in an airtight container.
Reheat it gently while the meat broils.
Pictured opposite

- 2 ounces dried ancho chilies
(about 9)
- 1 red sweet pepper, halved and
seeded
- 2 teaspoons minced garlic
- 1/4 cup diced onion
- 2 teaspoons olive oil
- 2 teaspoons tomato paste
- 1/2 cup beef stock or broth
- Dash ground cumin
- Dash ground cinnamon
- Dash oregano
- Dash ground red pepper
- 1 ounce Monterey Jack cheese
- 4 4-ounce beef tenderloin fillets
(1 inch thick)
- Salt (optional)

REMOVE stems and seeds from dried chilies. In a small bowl, cover chilies with hot water and soak for 30 minutes. Drain chilies, and scrape pulp off skin with spatula. Set pulp aside and discard skin.

MEANWHILE, to roast red sweet peppers, place pepper halves, cut side down, on a foil-lined baking sheet. Bake in a 425° oven for 20 to 25 minutes or under a broiler till the skins are blistered and brown. Immediately wrap pepper in foil and let stand for 20 minutes to steam. Peel skins off peppers, using a sharp knife; discard skins. Chop peeled peppers.

FOR SAUCE, cook garlic and onion in olive oil in a medium saucepan till tender. Add chili pulp, chopped roasted red pepper and tomato paste. Cook 1 minute, stirring constantly. Add beef stock and seasonings; cover and simmer over low heat for 20 minutes.

MEANWHILE, preheat broiler. Slice Monterey Jack cheese into very thin strips about 3 inches long and 1/4 to 1/2 inch wide; set aside.

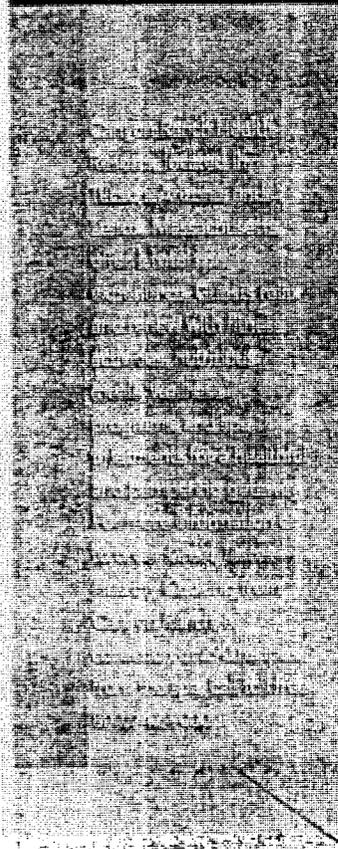
BROIL beef fillets 3 to 4 inches from heat about 10 minutes for medium rare or longer according to taste; turn once. Criss-cross two strips of cheese on top of each fillet and return to broiler for 20 seconds to melt cheese.

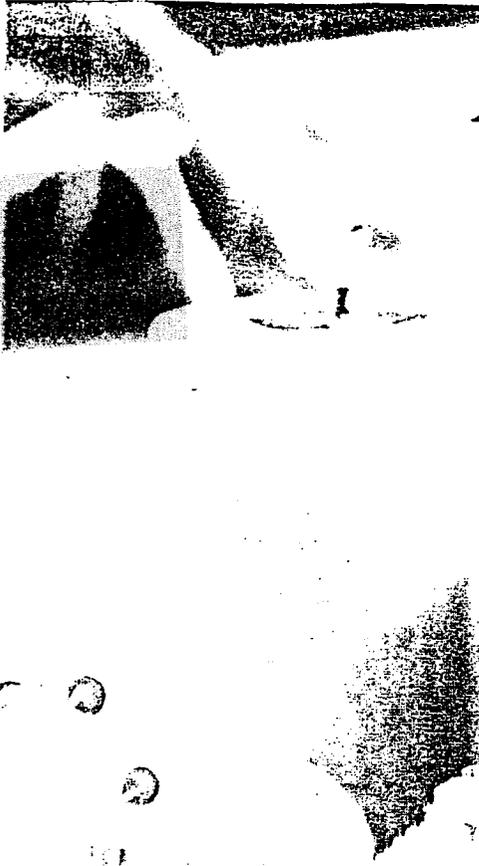
SPOON one-fourth of sauce onto each plate and set a fillet in center of sauce. Season to taste with salt, if desired. Makes 4 servings.

Nutrition facts per serving: 247 cal., 11 g total fat (4 g sat. fat), 69 mg cholesterol, 306 mg sodium, 11 g carbs., 5 g dietary fiber, 24 g pro. Daily Values: 107% vit. A, 56% vit. C, 34% iron.

Food exchanges: 2 vegetable, 3 1/2 meat, 1/2 fat.

Recipe from *Great Tastes: Healthy Cooking from Canyon Ranch* (Canyon Ranch, 1992). □



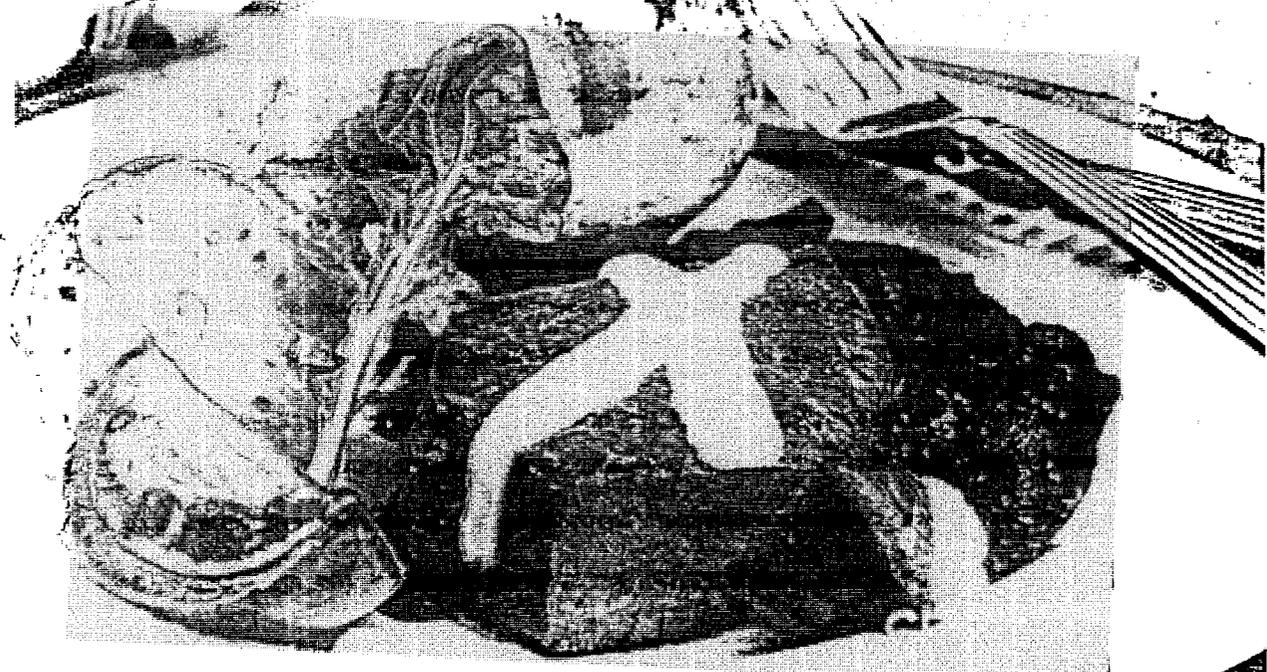


Wisdom 7 Enjoy rich creamy sauces without unwanted fat. Thicken soups and sauces naturally by cooking to reduce them, pureeing a portion of them, or adding a thickening vegetable or fruit puree, or by using cornstarch. Substitute evaporated fat-free milk for cream, when possible. Lighten sauces and dressings by extending them with fat-free yogurt, lactose-free milk, or reduced-fat butter.

Wisdom 8 Appreciate flavor, not fat. Explore the global array of fresh herbs, spices, and hot peppers. Lightly toasting spices will punctuate their flavors. Boost flavors of lean meats and vegetables by using marinades, roasting, or browning them, broiling, or drying or smoking them. Spike low-fat dishes with a splash of citrus juice or vinegar.

Wisdom 9 Learn a few low-fat cooking tricks. Use a nonstick pan or griddle, or a grill pan, which requires less oil for frying. Try a pump sprayer to place minimal amounts of oil on the pan, or cook foods in a small amount of fat or fat-free liquid, such as broth or wine. Make soups ahead and chill them for a few hours to make removing the fat easier.

Wisdom 10 Love to eat. Take the time to prepare and enjoy a healthful meal, whether it's just for yourself or to share with loved ones. Inspired by the spots, you can make eating a simple pleasure to enjoy every day.



HOME

BON APPÉTIT

DIST.
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TOP TABLES

THE RESTAURANT REPORTER

*This month: Sweets and dreams in Connecticut • San Francisco luxe • Old places with new faces
• Paris eclectic • Charleston charmer • Spa personality*

By Tanya Wenman Steel



PERSON TO PERSON

It's one of life's little ironies that **Ted Ent** became the first food and beverage director of **Canyon Ranch Health Resorts**. "Growing up in Texas, everything I ate was deep-fried," Ent says. "When I told the nutritionist what I used to eat, she couldn't believe I was still breathing." Luckily for Ent, a former chef and restaurant manager, his passion for healthful eating helped earn him a job with the company.

Ent is presently responsible for the fare at the Canyon Ranches in Tucson, Arizona, and Lenox, Massachusetts. His mission is not just to feed guests healthfully while they are at the spas, but also to make sure that they maintain a well-balanced diet when they return home. He recognizes, however, that few will do that if the food doesn't taste good. "We don't hold our food up to that of other spas, but to that of the world's finest restaurants," Ent says.

His latest culinary challenge is devising the cuisine at the new Canyon Ranch SpaClub in Las Vegas's Venetian Hotel-Resort-Casino, scheduled to open this month. This will be the first Canyon Ranch dining room to be open to the public. Ent is gambling that big spenders and big eaters alike will enjoy the establishment's low-fat offerings. "We're hoping it will be the first of many SpaClubs, and that more people will learn to eat the Canyon Ranch way," Ent says. "Because we really are what we eat." ←

Diet By Kristine Napier, R.D.

The "I Ate Too Much" One-Day Diet

674CA

Nearly everyone occasionally faces that morning-after-having-gone-overboard moment, when you wonder what you're going to do to prevent the weight gain. It might be after celebrating your birthday with family and friends at your favorite restaurant. You figure you deserve a treat, so you order the lobster bisque, a Caesar salad, a steak, broccoli topped with cheese sauce, bread and butter and a cream puff—and you wash it all down with a glass of wine. While you can't erase those excess 2,100 calories and 123 fat grams, you can do something to minimize their damage.

While high-calorie eating events shouldn't be a regular part of anyone's life, don't bemoan a too-generous meal. "Guilt can perpetuate a backslide, often causing people to continue overeating after just one calorie-heavy meal," says Michael Devlin, M.D., associate professor of clinical psychiatry at the Columbia University College of Physicians and Surgeons.

The key to getting back on track is mindful eating, according to Marilyn Majchrzak, M.S., R.D., food development manager at Canyon Ranch Health Resort in Tucson. "That means recognizing what your body needs, both in terms of energy and health-giving nutrients," she says. While you might be tempted to fast the day after overeating, don't do it. Fasting usually backfires, often causing people to plunge into another binge because they're just too hungry.

What's more, "No matter how much you ate the night before, your body still needs energy input—food—the next day, as well as nutrients to function optimally," says Julie Avery, R.D., a nutritionist at the Cleveland Clinic Heart Center Pre-

ventive Cardiology Program. To feel your best, it's smarter to have a day's worth of light—but still nutrient-rich—meals, like those listed in "The One-Day Post-Pig-Out Menu Plan," page 64.

It's O.K. to consume about 1,000 calories for only one day at a time to help avoid weight gain. But eating so little, you do need to be concerned

about fighting

hunger and the urge to binge. One good way to do this is by including the bulk of the day's calories early on, say, by having your largest meal at lunchtime.

"Front-loading your calories this way helps you to avoid getting overly hungry during the most energy-intensive part of your day," says Avery, "and helps you eat less."

So, too, does dividing your calories among

fewer, more frequent mini-meals, such as three small meals and three snacks. Research continues to show that eating a greater number of lower-calorie snacks and mini-meals is a healthy way to eat every day, but it's even more important to do when you're cutting back on calories.



Don't despair: There are ways of avoiding weight gain after a splurge.

Breakfast
Top a crispy waffle with juicy red raspberries.



Another eating strategy that makes cutting back easier is to load up on high-fiber foods. It's well known that consuming a diet high in fiber is good for your overall well-being, but it's also a smart thing to do when you're trying to eat less. According to Avery, "High-fiber foods—salads, popcorn, veggies and whole grains—fill you up for relatively few calories and keep you feeling satisfied much longer."

When you do sit down to eat, allow yourself a sufficient amount of time to relax and enjoy. "Savor every bite," says Majchrzak, "and learn to recognize when you are full."

Kristine Napier, R.D., is a Mayfield Village, Ohio-based freelance writer.

NewsRoom

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Section: Real Life

Light & luscious: Spa food is in a realm of its own
Spas

Barbara Balfour

This story features factboxes "Ahh, Spa" and "Where to sample spa cuisine".

Spa cooking is about moderation, not deprivation.

Eating by the plateful, not by the thimbleful, and not just helpings of tofu and bean sprouts either. Paying tribute to a bold variety of tastes, textures, colours, and the very freshest of ingredients -- now that is what spa cuisine is all about, says Canyon Ranch's corporate chef Scott Uehlein.

Uehlein, who oversees the food and beverage programs at the world-renowned Canyon Ranch health resorts in the U.S., has a problem with conventional -- and misleading -- notions of spa cooking.

"It conjures up images of minimalist, exclusionary diets, which has nothing to do with who we are or what we do," says Uehlein, whose staff cook up to 1,000 healthy gourmet meals daily at these top destination spas.

"This is not about depriving yourself of any element; a spa meal is a balanced meal that incorporates natural foods and flavours. We use no additives, no preservatives, whiteners or hydrogenated fats."

To make sure their offerings are seen as inviting and welcoming, Uehlein and his crew strive to balance sweet, sour, salty and bitter flavours in every dish.

Some dishes, when cooked properly, will release those flavours.

Others need an extra boost in the form of herbs, spices, lemon zest or even a shift from regular iodized salt to sea salts that will excite different areas of the mouth and tongue.

Best of all, they are as good for you as they look, combining fat, fibre, protein and carbs in healthy, balanced ways that have no place among the latest fringe or fad dieting trends.

"When I think of spa food, I think of whole foods that are easily digested, visually attractive, delicious and able to keep us going," says Calgary chef Chris Halpin, who designed the menu at Institut de Sante and also owns Manna Catering Services.

"The spa movement is about understanding how to moisturize from the inside out by ingesting certain kinds of foods and avoiding others. If we want to look younger and constantly maintain that glow to our faces, we should opt for healthy fats found in nuts, fish and flax oil that lubricate our insides and our skin as they are digested."

When your body has been stimulated by exercise or invigorating spa treatments feed it healthy nutrients such as grapes, which are high in water, and natural sugars that are readily accepted by the body; blueberries and bananas, which are high in potassium and encourage water to be absorbed into the muscle cells.

"You don't want to have a greasy meal and then a massage," says Will Ast, spa director of the Oasis Spa and Wellness Centre. "Many of the services stimulate the release of toxins and increase circulation in the body; you want to hydrate your body as much as possible and allow it to flush out those toxins.

"On a day that you get a massage, you really need to be drinking at least eight glasses of water."

Avoid sugar and chocolate. Empty calories go right into storage and don't keep you feeling full for very long and refined dense carbs such as white bread give a false sense of satisfaction and lead to hunger pangs in two or three hours, says Halpin.

Instead, substitute complex carbs such as barley and yams, foods that keep us warm in winter, with the maximum amount of nutrition, energy and active hydration.

That means you should forget about coffee, as well as alcohol and salty foods, though certain amounts of acids in the form of vinegar and lemon juice stimulate the appetite and cleanse our bodies.

To make spa cuisine at home, Halpin likes to use ingredients that are readily available, including rhubarb and ginger, to accompany

fish, chicken, pork or lean cuts of beef such as a flank steak or tenderloin.

"Rediscover your grill -- it's the best and most delicious way to cook," says Halpin. He's also a big fan of cooking en papillote, which involves wrapping the food in parchment paper and letting the meat or fish steam in its own juices. (See Page C2 for his recipe for Mustard Salmon en Papillote with Blueberry Leek Chutney.)

Halpin, who has been working as a professional chef for more than 17 years, will be teaching a spa cooking class for the Calgary Cookbook Company on March 31 from 6:30 p.m. to 9 p.m. Participants will make -- and eat -- six recipes, and enjoy the appropriate red and white wine pairings. The cost is \$55 per person. Call 265-6066 to register.

bbalfour@theherald.canwest.com

Mustard Salmon en Papillote with Blueberry Leek Chutney

This delicious recipe was created by Calgary chef Chris Halpin.

2 cups (500 mL) frozen blueberries

1 leek, finely sliced and cleaned

1/4 cup (50 mL) water

juice of one lemon

1 cup (250 mL) sugar

1/2 tsp (2 mL) dried ginger

1 tsp (5 mL) grated fresh ginger

1 tsp (5 mL) white pepper

1 tsp (5 mL) salt

1 side of salmon or steelhead trout (boned and sided)

2 tbsp (25 mL) coarse mustard

coarse black pepper to taste

one sheet of parchment paper

For chutney: Add first nine ingredients in a heavy pot over medium heat. Mix well and bring to a boil, allowing to cook for about 10 minutes. Stir occasionally until the blueberries have broken down and thickened. Remove from heat; serve warm or refrigerate for up to two weeks. (This chutney goes nicely with poultry, fish or pork.)

For the salmon: Preheat oven or barbeque to 375 degreesF (190 degrees C). Rinse and blot fish dry, then place in the centre of the sheet of parchment. If using parchment from a roll, allow about 6 in. (15 cm) on either end. Put the mustard directly on the fish and using your hands, evenly smear it over the flesh. Sprinkle with pepper.

Wrap the fish like you would a sandwich by bringing up the long sides of the parchment so that they meet over the fish and the edges sit even to each other. Fold the edges down by about 1 in. (2.5 cm), continuing to do so until you have reached the fish and it is sitting snug (the folded crease should sit in about the centre of the fish lengthwise). Fold the open ends under and place on a baking tray. Place the tray in the oven and bake for 20 to 25 minutes. If grilling, place salmon directly on the barbeque rack and grill for 10 to 12 minutes on each side.

Remove from oven or grill, unwrap fish on a platter and turn paper under. Serve with the warm chutney. Serves 6.

Southwest Roasted Pepper and Avocado Salad with Pineapple Vinaigrette

This recipe comes courtesy of the kitchens of Canyon Ranch in Arizona.

Pineapple Vinaigrette

1/4 cup (50mL) frozen pineapple juice concentrate

3 tbsp (45 mL) champagne vinegar 1 tbsp (15 mL) olive oil

1/4 tsp (1 mL) salt

pinch black pepper

1 1/2 tsp (7mL) chopped mint

Tortilla Chips

1 small flour tortilla, about 6 inches (15 cm) in diameter

pinch each, garlic granules, chili powder, cumin seed, salt

4 oz (100 g) organic spinach, thinly sliced

4 oz (100 g) romaine lettuce, thinly sliced

1/4 cup (50 mL) thinly sliced red onion

1 small Roma tomato, thinly sliced

1/2 red bell pepper, roasted and thinly sliced

1/2 avocado, mashed In a blender container, combine all ingredients for pineapple vinaigrette and mix well. Preheat oven to 350 degreesF (180 degreesC). Slice tortilla into 8 bite-sized chips. Place on baking sheet and sprinkle with seasonings. Bake for 3 to 5 minutes or until chips are golden brown.

In a large bowl, combine spinach, romaine lettuce, onion and tomato. Add pineapple vinaigrette and mix well.

Divide into 4 portions and place on salad plate. Arrange 1 tbsp (15 mL) each of roasted red and yellow peppers over greens and top with 1 tbsp (15 mL) mashed avocado. Garnish with 2 tortilla chips. Serves 4.

Ahh, Spa

Monday: Spa culture: why it's undergoing a boom

Tuesday: Spa on a budget: at home and at beauty schools

Today: Spa food: nutritious and delicious

Thursday: Spa health: all about mud and water

Friday: Spa etiquette: for newbies, especially men

Where to Sample Spa Cuisine

- Stillwater Spa at the Hyatt Regency Hotel: Choose from several organic green salads, to which shrimp, scallops or chicken may be added; oven-baked salmon; chicken and grape salad wrapped in a wholewheat tortilla; a fruit and cheese plate; fresh fruit smoothies; or hand-made chocolate truffles served with sliced strawberries.

Complimentary snacks include water infused with lemon, lime, orange or cucumber; fresh fruit ranging from apples and pears to grapes and strawberries; and homemade granola bars whipped up by the Hyatt's own pastry chef.

- Institut de Sante: Crhis Halpin's own culinary offerings include grilled rosemary pepper trout with couscous; grilled chicken breast with barley pilaf, carrot ginger soup; and cheese and fruit plates with flaxseed foccacia. Staff will make a trip to Sunterra if any deviations from the menu are desired.

- Willowstream Spa at the Fairmont Banff Springs Hotel: Choose from a variety of cold bento boxes featuring items such as lime and ginger marinated chicken breast and potato egg salad, or teriyaki glazed salmon with dill mayonnaise and baby shrimp pasta salad.

- At the Calgary Massage Therapy Clinic and Spa, which has teamed up with Collective Kitchens Catering, you can choose between either the Mexican Siesta (\$131.75) and the Greek Goddess (\$140) specials.

The siesta includes an hour-long hot stone massage, a pedicure and a full meal of fajitas (your choice of chicken, shrimp or beef), pakoras (fresh veggies dipped in herb batter and served with green chili sauce) and virgin lime margaritas.

The Greek goddess special includes a herbal wrap, manicure and half-hour massage, complete with a Greek feast that includes Greek salads, falafel patties, tahini with pita, moussaka and virgin Purple Haze cocktails.

- At the Oasis Spa, guests can choose from a healthy selection off the menu at the Metropolitan Grill, housed upstairs in the same building.

- Swirl Spa will order in sushi and buckwheat noodles for clients from nearby restaurant Soba 10. Complimentary treats include mandarin oranges and other fresh fruit, cookies, Werther's Original candies, organic teas and and water.

Colour Photo: Mikael Kjellstrom , Calgary Herald / Fiona Dawson, spa director of Stillwater at Hyatt Regency Calgary, serves up an organic greens salad with grilled chicken and an orange fruit smoothie. Dawson says spa cuisine is about balanced nutritional meals.; Colour Photo: Courtesy, Canyon Ranch / Southwest Roasted Pepper and Avocado Salad.

— Index References —

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NewsRoom

2007 American Spa Professional's Choice Awards

americanspa.com/americanspa/column/2007-american-spa-professionals-choice-awards-0

American Spa Staff

The third time is a charm for the Professional's Choice Awards. For the third year in a row, *American Spa* readers have voted on their favorite spas, products, equipment, brands, and professionals. Via a write-in web survey, top decision-makers at day spas, destination spas, medical spas, and resort spas around the country provided their top picks. Here are their choices.



Favorite Selection of Retail Offerings at a Spa



BLISS

(Multiple Locations)

1. Canyon Ranch (Tucson, AZ, and Lenox, MA)
2. The Spa at the Wynn Las Vegas
3. Comelia Day Resort (New York City)

Favorite Day Spa



BURKE WILLIAMS

(Multiple Locations)

1. Bliss (Multiple Locations)
2. Aveda (Multiple Locations)
3. Glen Ivy (Multiple Locations)

Favorite Cruise Spa

CANYON RANCH SPA CLUB

(aboard the Queen Mary)

1. Aqua Spa (aboard Celebrity Cruises)
2. Spa Carnival (aboard Carnival Cruise Lines)
3. Lotus Spa (aboard Princess Cruises)

Favorite Romantic Spa

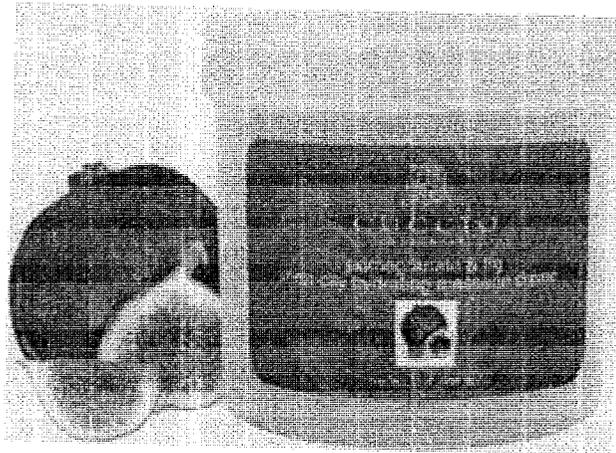


SPA WITHOUT WALLS AT THE FAIRMONT ORCHID

(Big Island, HI)

1. Auberge Spa at Auberge du Soleil (Rutherford, CA)
2. Silver Rain at The Ritz-Carlton, Grand Cayman
3. The Spa at Las Ventanas al Paraiso (Los Cabos, Mexico)

Favorite Spa Cuisine

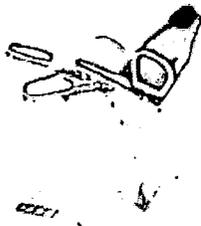


CANYON RANCH

(Tucson, AZ, and Lenox, MA)

1. Mii amo (Sedona, AZ)
2. Miraval (Catalina, AZ)
3. Rancho La Puerta (Tecate, Mexico)

Favorite Resort Spa



SPA GRANDE AT GRAND WAILEA

(Maui, HI)

1. Spa Avaria at Hyatt Regency Scottsdale Resort & Spa Gainey Ranch (AZ)
2. ESPA at Acqualina (Sunny Isles Beach, FL)
3. Bacara Resort and Spa (Santa Barbara, CA)

Favorite Health and Fitness Program at a Spa

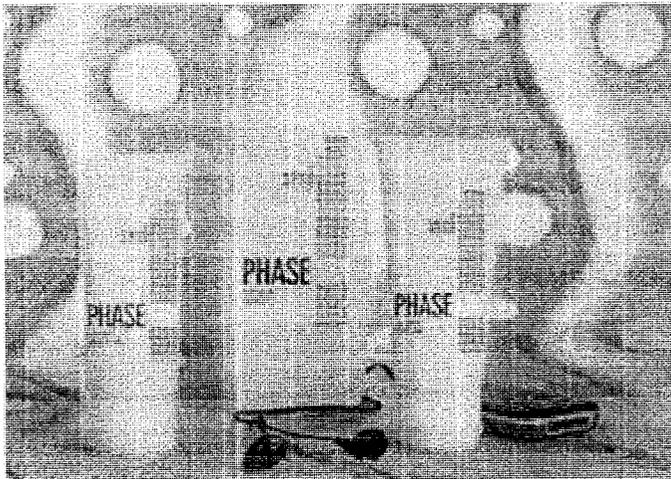


MIRAVAL

(Catalina, AZ)

1. Canyon Ranch (Tucson, AZ, and Lenox, MA)
2. The Oaks at Ojai (CA)
3. Rancho La Puerta (Tecate, Mexico)

Favorite Medical Spa



BLUE WATER SPA

(Raleigh, NC)

1. Juva Medical Center (New York City)
2. Cultura (Washington, D.C.)
3. Rejuva MedSpa (Fort Wayne, IN)

Favorite New Spa



ESPA AT ACQUALINA

(Sunny Isles Beach, FL)

- 1. Qua Spa at Caesars Palace (Las Vegas)
- 2. The Mayflower Spa (Washington, CT)
- 3. The Spa at the Beverly Wilshire (Beverly Hills, CA)

Favorite Spa Treatment Menu



CANYON RANCH

(Tucson, AZ, and Lenox, MA)

- 1. Willow Stream The Spas at Fairmont (Multiple Locations)
- 2. Spa Avania at Hyatt Regency Scottsdale Resort & Spa (Gainey Ranch, AZ)
- 3. Sonya Dakar Skin Clinic (Beverly Hills, CA)

Favorite Multiple Location Spa



BURKE WILLIAMS

(Multiple Locations)

1. Canyon Ranch (Tucson, AZ, and Lenox, MA)
2. Bliss (Multiple Locations)
3. Aveda (Multiple Locations)

Favorite Spa Consultant



SYLVIA SEPIELLI, SPAD

1. Douglas Preston, Preston, Inc.
2. Peggy Wynne Borgman, Wynne Business
3. Cary Collier, Blu Spas

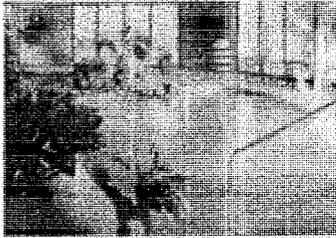
Most Influential Spa Leader



SYLVIE HENNESSY, PEVONIA

1. Jane Wurwand, Dermalogica
2. Sonya Dakar
3. Deborah Szekely, Rancho La Puerta

Favorite Destination Spa



CANYON RANCH

(Tucson, AZ and Lenox, MA)

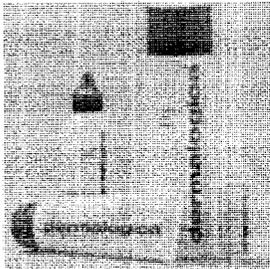
1. Miraval (Catalina, AZ)
2. Rancho La Puerta (Tecate, Mexico)
3. Mii amo (Sedona, AZ)

Favorite Skincare Line

PEVONIA BOTANICA

1. Sonya Dakar
2. Guinot
3. Yon-Ka Paris

Favorite Acne Line



DERMALOGICA

1. GlyMed Plus
2. Sonya Dakar
3. Murad

Favorite Bodycare Line



ÉMINENCE ORGANIC SKIN CARE

1. Sothys Paris
2. ESPA
3. Epicuren

Favorite Ayurveda Line

AVEDA

1. Sundari
2. Tara Spa Therapy
3. Bindi

Favorite Anti-Cellulite Line



IONITHERMIE (DRAGONFLY)

1. Phytomer
2. Decléor
3. Murad

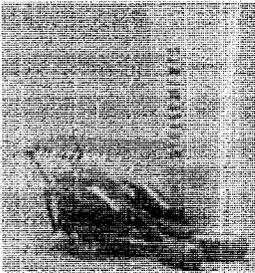
Favorite Sunless Tanning Line



ST. TROPEZ

1. Avancé
2. Yon-Ka Paris
3. Pevonia Botanica

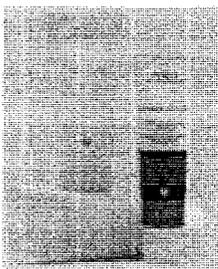
Favorite Lightening Line



BIOELEMENTS

1. Sonya Dakar
2. DDF
3. Obagi

Favorite Haircare Line



AVEDA

1. PureOlogy
2. Reckon
3. John Paul Mitchell Systems

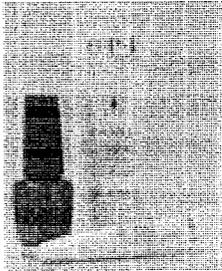
Favorite Sensitive Skin Line



B. KAMINS CHEMIST

1. Dermalogica
2. Sonya Dakar
3. Phytomer

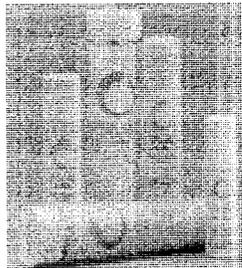
Favorite Nailcare Line



OPI

1. Essie
2. Tie – CND, SpaRitual
3. Zoya

Favorite Anti-Aging Line



TRUE

1. Dermalogica
2. Jan Marini Skin Research
3. Pevonia Botanica

Favorite Men's Line

PEVONIA BOTANICA

1. Bioelements
2. Guinot
3. Babor

Favorite Natural/Organic Line

ÉMINENCE ORGANIC SKIN CARE

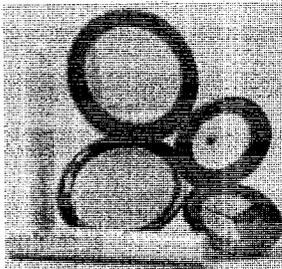
1. Aveda
2. Jurlique
3. Naturopathica

Favorite Suncare Line

DERMLOGICA

1. Avancé
2. Guinot
2. Repêchage

Favorite Cosmetics Line



GLO-meanMINERALS

1. Jane Iredale
2. TRUE
3. Aveda

Favorite Aesthetic Equipment Manufacturer

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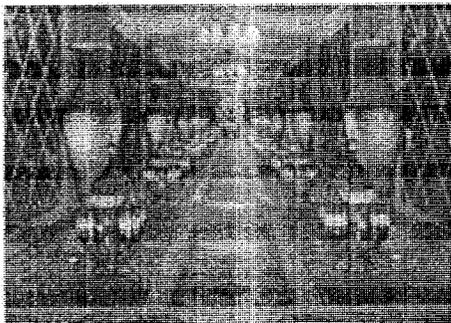
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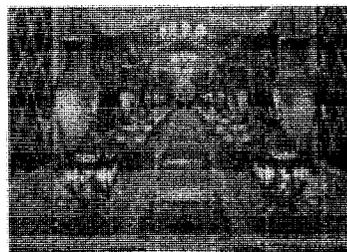
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Las Vegas spas take top honors in Spa magazine's Readers' Choice Awards



December 19, 2009

It's a well-known fact that Las Vegas is home to some of the world's most luxurious spas. Therefore, it should be no surprise to hear that several Las Vegas spas took top honors in *Spa* magazine's **2009 Silver Sage Readers' Choice Awards**.



The Spa at Encore. Photo by Russell MacMasters



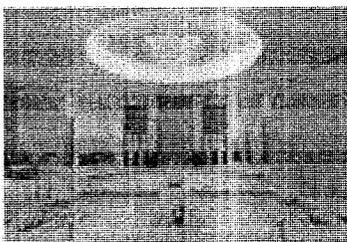
Heather Turk
Las Vegas Spa Examiner

The December issue features a special Spa Travel section honoring readers' favorite spas in 2009. Among the winners were:

Canyon Ranch SpaClub at The Venetian and The Palazzo, which received top honors in the Favorite Eco/Green Spas category. The spa also received top honors in Favorite Spas for Cuisine.

The Spa at Red Rock inside the Red Rock Casino, Resort & Spa, which received top honors in the Favorite Spas for Traveling Solo category.

The Spa at Encore, which received top honors in the Favorite New U.S. Spas (opened in 2008) category. Close behind was **The Spa at Trump**, which placed fourth in the Top 5.



There was also a category dedicated exclusively to spas in Las Vegas: Favorite Resort/Hotel Spas Las Vegas. The spas honored with "dealers of choice for serenity on the Strip" were: 1. **Spa Bellagio** (pictured left); 2. **Canyon Ranch SpaClub** at The Venetian and The Palazzo; 3. **Spa Mandalay** inside Mandalay Bay; 4. **The Spa at Wynn Las Vegas**; and 5. **Qua Baths & Spa** inside Caesars Palace.

For more on *Spa* magazine's 2009 Silver Sage Readers' Choice Awards, including a complete list of all the winners, [click here](#).

• [The Spa at Encore: an encore](#)

worth waiting for

- **Worth the trip: The Spa at Red Rock's Shirodhara Hot Stone treatment**
- **The perfect pedicure is just a phone call away at Canyon Ranch Salon**
- **Soak up all Canyon Ranch SpaClub has to offer**
- **Save money by being a local at most Vegas resort spas**
- **Vegas' top spas**

NewsRoom

3/25/10 Ariz. Daily Star 22
2010 WLNR 7189201

Arizona Daily Star (AZ)

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March 25, 2010

Section: CALIENTE

Boring desserts? Not on your healthy life

VALERIE VINYARD; VALERIE VINYARD, ARIZONA DAILY STAR, ARIZONA DAILY STAR

Andrew Ruga is the top pastry chef at Canyon Ranch, a world-class health resort renowned for its health-conscious menu.

That means no soda, alcohol or fat-laden dishes.

You might think that wouldn't leave him with much to do. You'd be wrong.

Ruga's day begins around 5 a.m., when he prepares three different muffins, wet and dry pancake batters, and specialty breakfast requests. In addition to guests - the resort is at full occupancy at 240 - residents who live on the property can also dine at the Canyon Ranch's Double U Cafe. "Everything we do is from scratch," he said.

He also creates a variety of tempting cheesecakes, cakes, pies and truffles that contain fewer calories and less fat.

"Andrew really takes that challenge personally," said Canyon Ranch corporate chef Scott Uehlein. "He pushes the limit and really thinks outside the box, which you need to do when you work with that type of cuisine."

For example, Ruga replaces a "significant" amount of butter with low-fat cream cheese in the 400-plus cookies he makes daily. And he unobtrusively reduces portion sizes by baking pies in 7-inch tins instead of 9-inch ones.

"There truly is no greater joy than watching someone take a bite of a dessert and seeing that look of bliss on their face," Ruga said. "That's why I do what I do."

The position has put the 25-year-old New Jersey native at the forefront of one of the biggest food trends - meeting special dietary needs. He said foods without gluten, sugar and dairy products are the most requested.

When he took the pastry-supervisor position at Canyon Ranch last March, the health resort hadn't overhauled its dessert menu in five or six years.

"I had essentially a giant ball of clay, and I could mold it however I wanted to," he said.

He has developed a handful of recipes, including a cherry coconut macaroon and a sweet lime glaze cheesecake topping.

"When you're working in the spa world, you need to take creativity to the next level, because we're trying to use less fat and therefore must avoid all the ingredients you would use in desserts," Uehlein said.

As the pastry supervisor, Ruga has a couple of people working for him.

Having such responsibility at such a young age isn't that unusual, Uehlein said. "What is unusual is that someone that young possesses the abilities that he possesses."

Ruga first came to Canyon Ranch in 2005 as part of a six-month internship while he attended the New England Culinary Institute.

He also had completed an internship with Alan Zeman at Fuego, the now-closed Southwestern restaurant on Tanque Verde Road. Zeman started Ruga at pantry, "a good spot to learn the fundamentals. . . . There's a lot of chopping and washing," Ruga said.

Ruga was a standout, said Zeman, who regularly speaks to him. "He was a real steady Eddie. He did a great job for us. . . . He's an all-American kid."

Ruga also met chef Ryan Clark there, and the two remain friends.

Ruga's dreams of becoming a chef solidified when he traveled to Erfurt, Germany, for the 2004 Culinary Olympics. His team won a bronze in "hot food prepared cold."

"It's an unbelievably huge event," said Ruga, who earned an associate's degree in culinary arts at the institute in 2005. "It was hilarious getting through German customs with U.S. food, like a cooked lobster."

Then he moved back to Tucson for the opportunity to work for Canyon Ranch.

Duty called in 2006. Ruga was deployed for 14 months in Kuwait while in the Arizona Army National Guard - and "lived on adrenaline for a year" as a truck driver.

Upon his return, he moved to Aspen, Colo., where he was a personal chef for a family for nearly a year, preparing three-course dinners and afternoon snacks.

Then he spent the next year away from food, working as projects manager for a landscape company in Aspen.

Last April, he moved back to Tucson with his wife, Lindsay Wayne, to work for Canyon Ranch.

Ruga said he'd like to continue to challenge himself, perhaps in a larger city.

"You only have this life - you get as far as you're willing to put in," he said.

ANDREW RUGA

RECIPE

Easy apple strudel

* 4 sheets phyllo dough

Boring desserts? Not on your healthy life, 2010 WLNR 7189201

- * 2 apples julienned (leave on skins)
- * 3 tablespoons brown sugar
- * 2 tablespoons cornstarch
- * 1 teaspoon lemon juice
- * 1/2 teaspoon cinnamon
- * 1/2 teaspoon vanilla extract
- * Pinch each of salt, nutmeg and black pepper
- * Sugar (optional)

Serves two.

Preheat oven to 375 degrees.

Lay one sheet of phyllo dough flat, and lightly spray it with canola oil or brush with butter. Lay another sheet on top and repeat process.

Combine remaining ingredients in bowl and mix well. Place ingredients on one end of phyllo dough stack. Roll up the phyllo burrito style, tucking in the ends. Place on a lightly sprayed baking pan and spray top of strudel. Sprinkle sugar on top if you want.

Bake 10 to 14 minutes or until lightly browned.

Serve warm or cold. The leftovers are good the next day as a breakfast pastry.

---- Index References ----

Region: (Central Europe (1CE50); Europe (1EU83); Germany (1GE16); Arizona (1AR13); North America (1NO39); Colorado (1CO26); Western Europe (1WE41); Americas (1AM92); USA (1US73))

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Edition: FINAL

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NewsRoom



Arizona Foothills

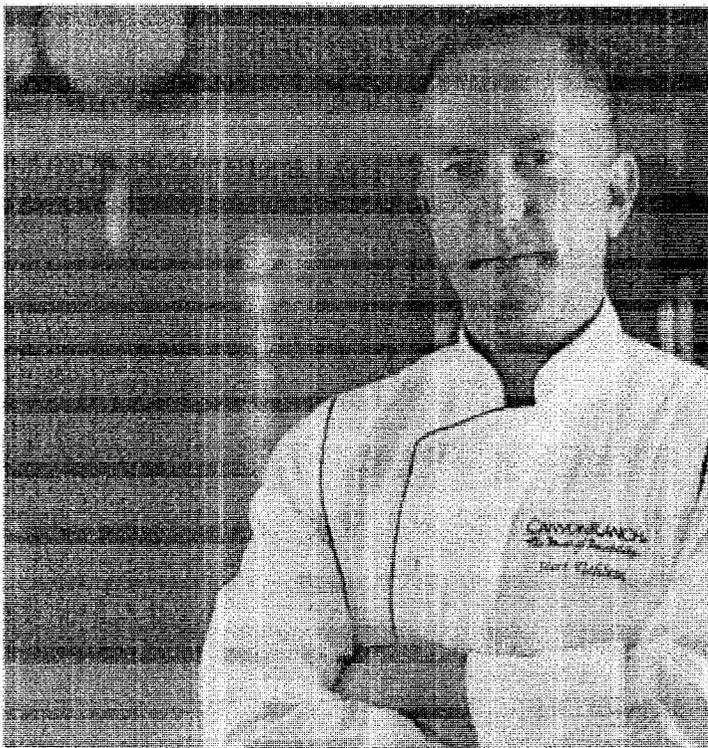
NEWS ALTITUDES COAST DESERT INLANDS INTERNATIONAL

MINDFUL CUISINE AT CANYON RANCH IN TUCSON

NCHOLE JULY 19, 2012 0

Often, escaping the daily grind for some R & R means ditching the diet in favor of more indulgent options. Fortunately, Canyon Ranch, an all-inclusive health resort and spa destination in Tucson, is making vacations guilt free one plate at a time. Through a string of culinary initiatives and well-thought-out menus, Canyon Ranch promotes healthy cooking and eating for its guests, during their stays and beyond. "There is so much done behind the scenes, so when you arrive at Canyon Ranch, the work is done for you," says Corporate Chef Scott Uehlein, who oversees the culinary vision across each of Canyon Ranch's properties. "Whether you are coming for a spa day or you are coming for an entire week, you can feel good about what you are eating and have confidence in the fact that it is good for you."

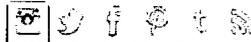
Recently, AFM sat down with Chef Uehlein to discuss Canyon Ranch's culinary evolution, health-conscious motivations and desire to arm guests with tools to eat healthy for life.



What is your culinary passion and how does that meld into Canyon Ranch?

I am a Culinary Institute of America graduate, so I learned the classics. Probably, the pivotal experience in my career was when I studied in Napa Valley at a school run by Madeleine Kamman. That's when I really learned about flavors and the pairing of food and wine. In reality, pairing food and wine is very similar to balancing and building flavors for healthy food. When the opportunity came along in the late 1990s for me to join Canyon Ranch, I felt like it was a great chance to apply what I was passionate about, which was (and still is) great flavors, in a setting where food is designed to be good for people.

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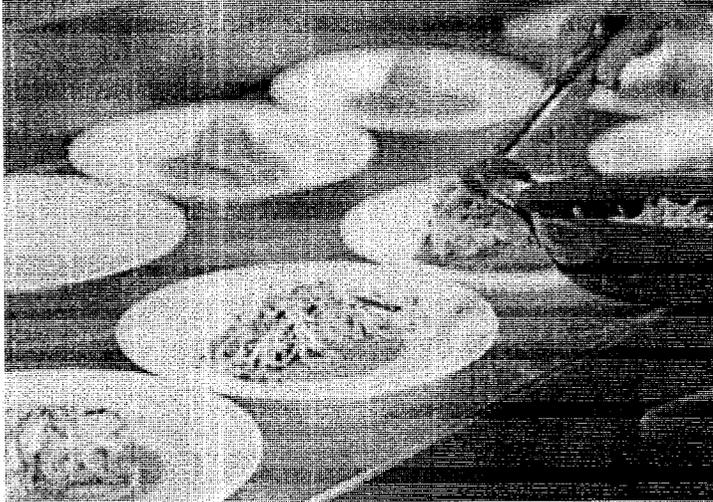
👤 michaelde - 🗨️

Has healthy cooking always been a priority at Canyon Ranch?

Yes, it definitely has. Of course, to lose weight, you have to control what you eat, so healthy food and health-conscious culinary options have always been key cornerstones of Canyon Ranch.

How has the food philosophy at Canyon Ranch changed over the years?

Throughout the years, food has been an integral part of the Canyon Ranch experience, though it has changed considerably. We are really much more about a healthy lifestyle now, as opposed to being a place for the quick fix of weight loss.



How is the menu at Canyon Ranch crafted?

So there are actually three areas involved in our culinary development. The nutrition department sets the guidelines, the food development department has their eye on where the food comes from and I am the one who executes the culinary vision.

There needs to be a balance of nutrition in each dish, so, for example, our nutritionists will dictate that a particular dish needs to meet certain calorie requirements or needs a certain amount of protein or fat content. So, we as chefs, have nutritional guidelines for any and every food category at Canyon Ranch, from appetizers to entrées, salads and soups to desserts, and everything in between. I live within those guidelines. They build the sandbox, I play in the sandbox and as long as I don't kick sand outside the sandbox, we peacefully coexist.

How do you source the ingredients that go into Canyon Ranch's recipes?

We have a very strict, clean and healthy mantra and that means the food has to be free of preservatives and we monitor the environmental working group and the sustainability of where our ingredients come from. This is important to us because the ingredients we buy ultimately impact what is on the plate that ends up in front of the guest.

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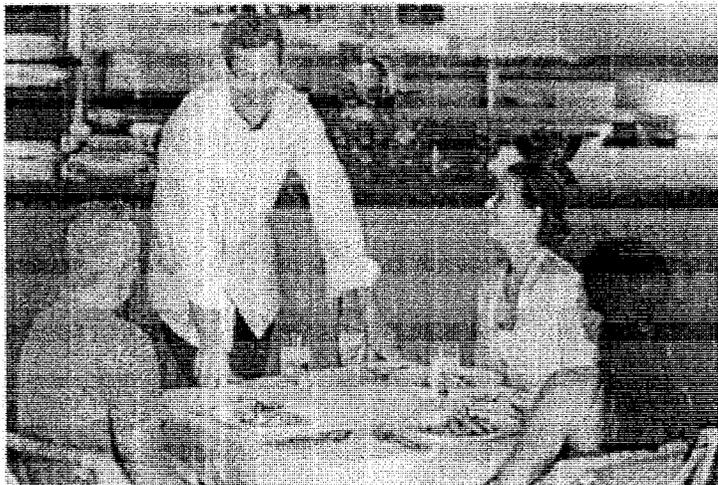
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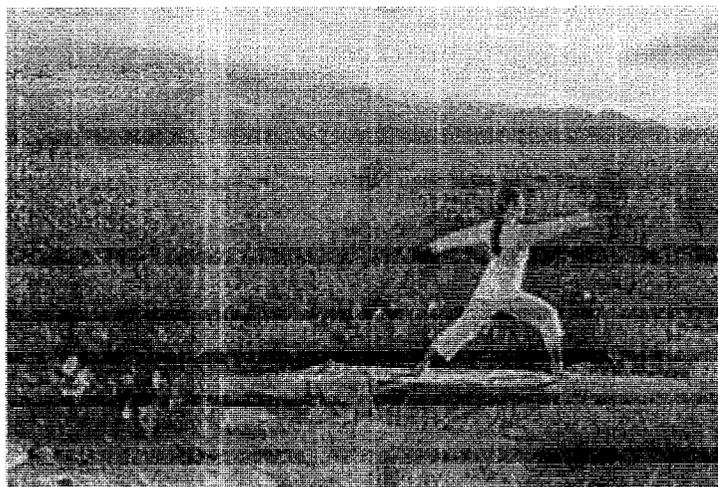


In addition to nutrition consciousness, Canyon Ranch promotes year-round wellness through hands-on cooking classes and culinary demonstrations. Why is it important for Canyon Ranch to provide these types of take-home strategies?

We want guests that come to Canyon Ranch to take what they have learned home with them and be able to apply it to their real lives. We have chefs at each Canyon Ranch property dedicated to the demonstration kitchen. Guests come in at lunchtime [for our complimentary Lunch and Learn series], sit in our demonstration kitchen and watch their lunch be prepared. So not only do you eat and enjoy a meal, but you learn how it is prepared.

We also have private and semi-private cooking classes in the afternoons [that showcase different skills and techniques] from day to day. We encourage people to cook at home, not to say that you cannot eat out, but it is all about moderation not deprivation. Guests have access to 95 percent of the recipes that they actually enjoy at Canyon Ranch, so if they like something they can get the recipe and prepare it at home. We want people to be able to take the recipes home, prepare them and enjoy the process. The hands-on cooking classes are certainly a way to do that.

Tucson or Phoenix Resident Special at Canyon Ranch



Want to try the menu at Canyon Ranch for yourself? Tucson and Phoenix area residents can enjoy an exclusive 25 percent savings on two nights, plus a \$135 allowance for Canyon Ranch's spa and wellness services. Guests who stay longer can enjoy 20 percent off the rest of their vacation, with service allowances

that increase based on the length of stay. The Tucson or Phoenix Resident Special runs through September 27, 2012.

To Learn More

Canyon Ranch, 800.742.9000, www.canyonranch.com/tucson.

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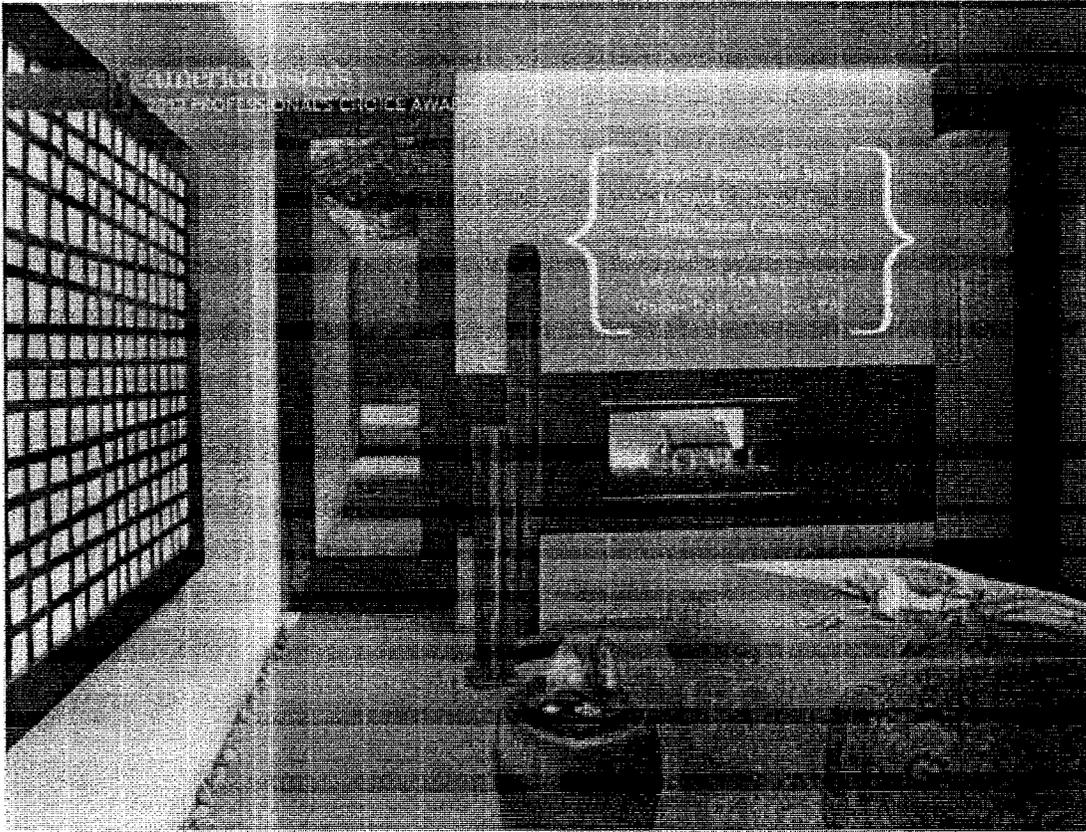
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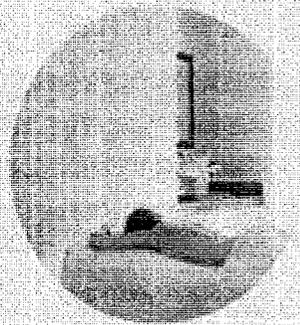


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THE RITZ-CARLTON
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Favorite Day Spa
WOODHOUSE
 DAY SPA (multiple locations)
 Glen Ivy (multiple locations)
 Burke Williams (multiple locations)
 Spa Gregoire (multiple locations)
 Daily Day Spa (multiple locations)



**Favorite Selection of
 Retail Offerings at a Spa**
**THE RITZ-CARLTON SPA,
 ORLANDO, FL**
 Bliss (multiple locations)
 Spa Montage at Montage
 Laguna Beach (CA)
 Miraval Tucson (AZ)
 Agua Serenia Spa at Hyatt Grand
 Champions Resort & Spa
 Indian Wells, CA



Favorite Spa Cuisine
CAL-A-RIE (Irvine, CA)
 Canyon Ranch (Tucson, AZ)
 Miraval Tucson (AZ)
 Mi Amore Bedone (AZ)
 Bancho La Puerta (Tucson, Mexico)



Canyon Ranch Puts Award Winning MM Meals on the Menu

April 23rd, 2012

As Corporate Chef for Canyon Ranch's prestigious network of health resorts, Scott Uehlein knows quite a bit about creating delicious meals out of healthful ingredients. In addition to serving up unique menus at spas in Tucson, Lenox, Las Vegas and Miami, he has authored five health-conscious cookbooks and takes time to advocate for culinary and nutrition education. Recently, Chef Uehlein helped aspiring young chefs by serving as a judge in the Careers through Culinary Arts Program's Meatless Monday Recipe Contest. The top three finalists were awarded a spot on the menu in one of the Canyon Ranch Resorts.

We had an opportunity to speak with Chef Uehlein about the C-Cap contest, the benefits of Meatless Monday and the art of building delicious, vegetable-focused dishes:

Why do you think it's important to encourage aspiring teen chefs to learn how to cook vegetarian meals skillfully?

I believe that in an ideal world we will get back to building entrees around vegetables – with the protein not necessarily being the star of the show. As teen chefs learn how to make great vegetarian dishes, they can then hopefully learn how to incorporate more vegetables, even in a non-vegetarian dish.

Canyon Ranch is known for award-winning healthy, gourmet cuisine – how do you balance health with gourmet?

We start by purchasing high-quality fresh ingredients and preparing everything from scratch. And while we do factor in nutrition (our nutritional parameters are set by the nutrition department), as culinarians we have to be sure it is flavor first. One simple thing we do is to use less fat (fat is dense with calories), which is easily remedied by balancing flavors – sweet, sour, bitter and salty. By balancing flavor you do not need as much fat.

How do Meatless Monday meals support overall wellness?

Meatless Monday is a fantastic way to ease in to eating more vegetables – not a total commitment of a vegetarian lifestyle, but simply one day per week with the hope that you incorporate more vegetable-based items into the rest of your week too.



Black Bean Mole with Quinoa

How has the reaction to the roll out of your Meatless Monday promotion been so far in your three Canyon Ranch resorts? What have you been serving?

We are serving the winning recipes from the Meatless Monday/ Careers Through Culinary Arts Program high school student contest, which consist of the following: Black Bean Mole with Quinoa (on the menu in Tucson and Lenox at lunch), Stuffed Zucchini with Wild Rice (on the menu in Tucson and Lenox at dinner) and Red Curry Vegetables, which are on the dinner menu at our Miami Beach property. All have been adapted to meet our nutritional guidelines and are selling very well.

Your cookbook, *Canyon Ranch: Nourish*, offers simple meal solutions based on some of your guests' favorite dishes.

Is it really possible for healthy meals to be easy and quick to prepare?

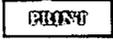
Not only is it possible, it is of paramount importance. We make the vast majority of our recipes available in our cookbooks, on our website or at our resorts. We want guests to be able to take the Canyon Ranch food philosophy home and apply it to their daily

lives. Our food is not overly complicated, but of course tastes great!

What are some basic tips you can offer our readers for healthy, satisfying meatless meals?

1. Shop the farmer's market if you can – fresh and seasonal is the best way to start your meatless meal.
2. Use "umami" ingredients to build underlying flavors. This includes items such as mushrooms and soy sauce, which give you a depth of flavor in your meatless meals
3. Balance flavors – sweet, sour, bitter and salty (meaning properly seasoned – not excessively salty)
4. Lite coconut milk is a great substitute for cream in certain meatless dishes

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The World According to Gayle King - July 2012

O's editor-at-large shares what she's loving this month.

O, *The Oprah Magazine* | From the July 2012 issue of *O: The Oprah Magazine*

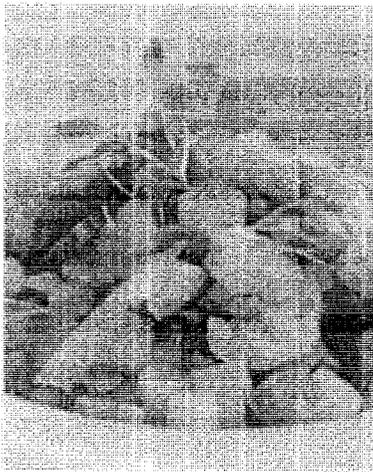


Photo: Canyon Ranch Resorts

Salads don't usually excite me...

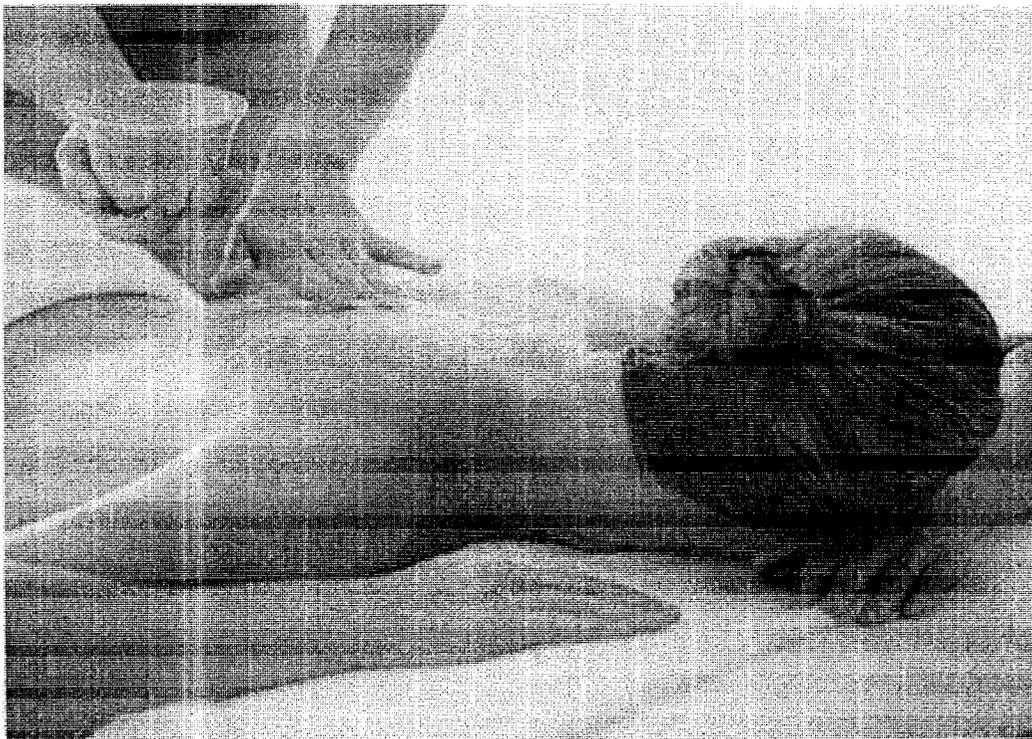
but Canyon Ranch chef Scott Uehlein's lettuce-free chopped salad is an exception. When he made it in the Hearst Tower's cafeteria, staffers from magazines like *Cosmo*, *Esquire*, and, yes, *O* were lining up! I'm all thumbs in the kitchen, but Uehlein swears it's easy to prepare: Just toss shrimp and veggies in a mustard vinaigrette, then top with Manchego cheese for a mere 355 calories of deliciousness.

Get the recipe: [Manchego Chopped Salad with Shrimp](#)

recommend.com

Canyon Ranch - More than a Spa, A Lifestyle

by Carla Hunt • 3 min read • original



At Canyon Ranch Miami Beach, guests can choose from a variety of body scrubs, including a Mango Sugar Glo or Coffee Scrub

Recommend's 2013 Readers' Choice Awards winner for *Best Hotel/Resort in the Spa Category* is **Canyon Ranch**. Certainly, we are far from the first in the media to shower accolades on one of the world's most famous luxury spa, health and well-being brands, for Canyon Ranch consistently garners top ratings from travel and spa magazines. Canyon Ranch, in fact, is an 11-time winner of *Conde Nast Traveler's* "Best Destination Spa" award; in 2011, *Travel + Leisure* readers placed **Canyon Ranch Miami Beach** among the "Top 10 Spas in the World"; *Spa Magazine* and *Spa Finder* have bestowed other honors, from "Favorite Day Spa" and "Favorite Cruise Spa," to "Best Spa Cuisine," "Best Spa Cooking Classes," "Best Medical Spa," "Best Spa for Men," and "Best Spa for Going Solo."

Canyon Ranch pioneered the wellness lifestyle when it debuted its founding property, **Canyon Ranch Tucson**, in 1979. “Back then, we couldn’t have offered all the things we do today,” says company spokesperson Meredith Ford. “Today’s consumer is eager to embrace the four traditional pillars on which Canyon Ranch rests: nutrition, exercise, medical services and spa, and nowadays we are adding spirituality. Come next year, we will be celebrating in different ways our 35 years of empowering people to live healthier, longer and more joyful lives through fitness, nutrition, stress management and integrated wellness.”

In this day and age of the pursuit of both luxury travel and healthy living, Ford feels that the Canyon Ranch all-inclusive and all-caring business is good business for travel agents. “Ours is a really appealing product for agents, for our commissions cover not only hotels but all aspects of the client’s vacation package, which normally run three, four or seven nights, depending on the property.”

According to Ford, 25 percent of Canyon Ranch’s business comes from travel agents, “and we work closely with industry groups such as **Virtuoso** and **Signature**.”

Since Canyon Ranch Tucson opened its doors it has gone on to become one of North America’s most famous spa, health and wellness meccas. Set amid a gorgeous 70-acre spread of Sonoran Desert landscape, Canyon Ranch Tucson continues to live up to its reputation as an innovator in the spa industry. Most recently, according to Ford, “we have introduced features to increase male business, such as *Primitive Outdoor Skills* workshops—fire-making and native awareness are just a couple of examples. Additionally, we have added innovative physical activities such as pickleball and *X-treme Outdoor Boot Camp*.”

The jewel in the Canyon Ranch crown is its *Life Enhancement Program*, which operates out of a separate complex with its own spa and health center, staffed with all the expertise and resources guests need to pursue their wellness goals.

The second destination spa is **Canyon Ranch Lenox**, a sprawling complex constructed around an 1890 Italianate mansion. Ford points out that while the Canyon Ranch Lenox property offers the same destination-immersion type of vacation experience as desert-bound Tucson, “its location alone gives clients all new experiences and activities that come with the changing seasons of New England’s Berkshire Hills, and we offer a full range of outdoor activities to complement each season. Additionally, guests benefit from being in one of the most active art centers in the country.”

According to Ford, the Lenox property “attracts guests — always a hit for a girlfriend getaway—from the tri-state area on the east coast who book a 3-night package and for the next visit, head for a longer stay at Canyon Ranch Tucson.”

The company’s newest health and hospitality model is Canyon Ranch Miami Beach, which combines the flexibility of a la carte services in a five-star resort with the lifestyle choices of a health resort. The family-friendly, all-suite resort sports four pools; a range of fitness facilities including a pampering spa, a physician-therapist-physiologist-staffed Health and Wellness Center; and three restaurants whose chefs create protein-rich dishes balanced by fruits, vegetables and whole grains.

SpaClub, meanwhile, is the Canyon Ranch day-spa model now in play at the **Venetian** and **Palazzo** hotels in Las Vegas. It’s designed to offer guests respite from the action of the city, a place to relax, renew and re-energize, taking a massage, climbing the 40-ft. rock wall or adjourning to *Aquavana*, an oasis of water therapies. *SpaClub* went east last year to create a spa and fitness experience in partnership with **The Homestead**, a historic, family-friendly hotel in Hot Springs, VA. *SpaClub* here has its own style *Aquavana*, a European-inspired, aqua-thermal oasis where adults-only guests enjoy “taking the waters” from mineral springs that have drawn travelers since the mid-1700s, including Thomas Jefferson.

SpaClub, incidentally, also goes to sea aboard the **Queen Mary 2**, **Oceania Cruises** and **Regent Seven Seas**. While at 20,000 sq. ft., the *SpaClub* aboard the *Queen Mary 2* is the largest spa afloat, and all share common features in their havens of wellness and rejuvenation: aqua-thermal environments, massage and body treatments, fitness classes and workouts, fitness assessments, specialized fitness services, personal training, and Canyon Ranch dining selections on shipboard menus.

Bottom line: Canyon Ranch was certainly ahead of its time in promoting a product that is all the rage today—luxury vacations focused on doing what’s good for the mind, body and soul.

Original URL:

<http://www.recommend.com/destinations/north-america/canyon-ranch/>

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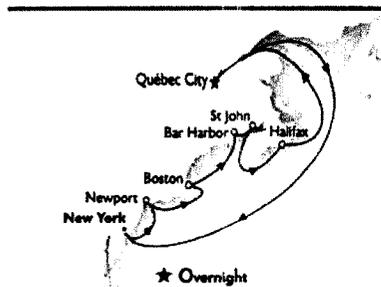
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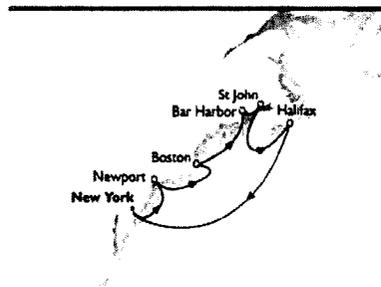
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Roundtrip New York
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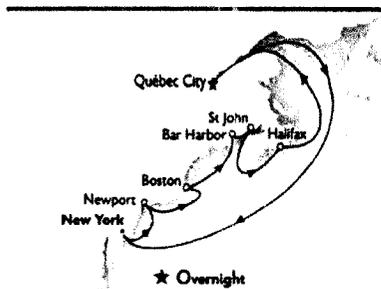
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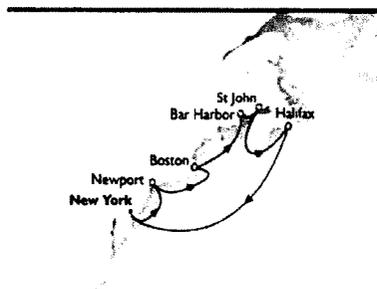
New England & Canadian Sojourn I

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Oceanview (C4)	\$3,095	\$2,295
Inside (D8)	\$2,695	\$1,995

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New England & Canadian Sojourn II

Roundtrip New York

7 Days: 21 October 2012 (M224)

	Early Booking Fares From*	Special Fares From*
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Princess Suite (P3)	\$4,295	\$3,395
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Cooking Light

« [Return to Chef Giovanni Arias: The Healthy Chef Award 2013](#)

Chef Giovanni Arias: The Healthy Chef Award 2013

Chef Giovanni Arias wins The 2013 Healthy Chef Award in our Trailblazing Chef Awards. |By: *Tim Cebula*

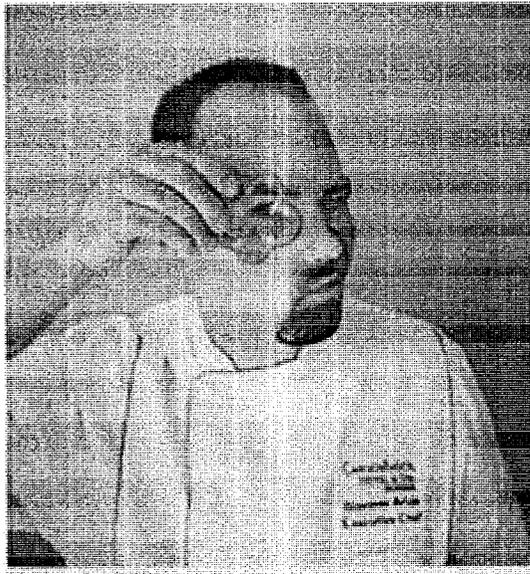


Photo: Scott Wiseman

The Healthy Chef Award
Giovanni Arias

AGE: 37

RESTAURANT: Canyon Ranch Grill

LOCATION: Miami Beach, Fla.

(2013)
TRAILBLAZING
Chef
AWARDS

2013 Trailblazing Chef Award Winners
Each year we recognize chefs that are contributing to the culinary arts in interesting ways.

more

More chefs, coast to coast, are becoming health conscious. We see it on menus that feature more and better produce, more seafood, more whole grains, and saner portion sizes. It's not universal, but it is trending.

For menus with top-to-bottom healthy food, though, the kind served in judicious portions with nutritional stats proudly attached, spa restaurants still corner the market. Yet "spa food" often creates a justified sense of dread—a promise of stingy plates, high prices, and dated cooking. Certainly we've tasted our share of that bad stuff over the years.

Smart spas are turning to innovative chefs to shake things up. Case in point: Giovanni Arias at Canyon Ranch in Miami Beach. Since taking over as executive chef in 2011, Arias has put a "Floribbean" inflection on the Canyon Ranch Grill menu—including tricks he picked up from years working under legendary South Florida chefs Robin Haas and Allen Susser. He also draws ideas from his native Puerto Rico. Arias cleverly pulls from the global pantry to create intrinsically healthful dishes with big, punchy flavors that more than compensate for the limits on calories, fat, and sodium. His Scallops with Saffron Sauce is accented by citrus and creamy mashed cauliflower: loaded with taste but weighing in at a mere 340 calories.

And he knows as well as anyone how indispensable acid and spicy heat are in the healthy cook's kitchen. Appetizers like his Peruvian-inspired *tiradito*—a form of seviche—pair lean, ultrawhite fish with tangy-sweet citrus and crunchy blue corn chips, while Szechuan-spiced seared tuna is splashed with peppery ginger-sesame vinaigrette.

Signature dishes like avocado tartare with a tangy-sweet mango-sesame dressing and oven-roasted artichoke fries with organic, fat-free sour cream-based ranch dressing have drawn raves, in part because they seem indulgent while staying under 100 calories per serving. "They're better than French fries—packed with flavor," Arias says. And his Black Pearl Organic Salmon smartly uses thin, crunchy wisps of carrot

and radish and wasabi "roe" that pops in your mouth to add textural excitement to a low-cal entrée.

Nutrition info, calculated by Canyon Ranch's corporate food-development team, accompanies each menu item. Entrées tend to fall in the 350- to 400-calorie range, with the exception of the optional 8-ounce grass-fed steak offerings, lean cuts that still hit a relatively reasonable 660 calories. In addition to feeding spa guests, Canyon Ranch Grill is open to the public and attracts plenty of customers hunting for tasty fine dining they can feel good about.

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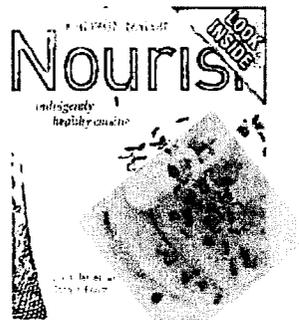
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Canyon Ranch: Nourish: Indulgently Healthy Cuisine

Hardcover

by Scott Uehlein (Author), Canyon Ranch (Author)

★★★★☆ 21 customer reviews

See all 3 formats and editions

Hardcover
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Delicious and nutritious recipes from the leading authority on healthy, luxurious living

For nearly three decades, Canyon Ranch has been the world's premier health and wellness destination, celebrated for its integrative treatments, incredible facilities, and signature gourmet food. The cuisine at Canyon Ranch is so satisfying and inventive that guests hardly know they are dining healthy. Through the years, Scott Uehlein and the staff of Canyon Ranch nutrition experts have sought out the most natural, wholesome ingredients and used them to create delicious, nutritious dishes that please the senses and the soul.

The culinary philosophy at Canyon Ranch is that the most nourishing food—and best tasting—is fresh and seasonal. Featuring more than two hundred recipes from breakfasts such as Thai French Toast with Orange Ginger Syrup and delicious sides such as Butternut Squash Tart to entrées such as Cod with Cauliflower Tomato Broth or Zahlar-Crusted Lamb and indulgent desserts such as the Alsatian Plum Cake, *Canyon Ranch: Nourish* includes mouthwatering dishes that will entice the most sophisticated palate. In addition, each recipe includes complete nutritional information as well as simple step-by-step techniques to empower the novice cook. With all the authority and experience as the recognized leader in wellness, *Canyon Ranch: Nourish* makes healthy eating easy and irresistible.

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Shipping Weight: 3.2 pounds (View shipping rates and policies)
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Editorial Reviews

About the Author

Scott Uehlein, who trained at the Culinary Institute of America, is Canyon Ranch Corporate Chef. A visionary in his field, he is consistently recognized for his creativity and expertise in the development and preparation of healthy cuisine. A consummate chef with a personality to match, he frequently appears on television and has been featured in many magazines.

Canyon Ranch is the most celebrated health resort in the world. In addition to countless other honors, it is the only 10-time winner of the *Cosmopolitan* magazine's Readers' Choice Awards for best destination spa. In 2009, Canyon Ranch was named Best Spa for Food by *Gourmet* magazine.

More About the Author

Visit Amazon's Scott Uehlein Page

Discover books, learn about writers, read author blogs, and more

Customer Reviews

★★★★★ (21)

4.9 out of 5 stars

5 star	19
4 star	1
3 star	1
2 star	0
1 star	0

I am really looking forward to trying these.

Ms. Perrinck

This book is great very informational the recipes look easy and not many hard to find ingredients.

ronell day

I personally cannot wait to make the Butternut Squash Tart with Arugula Salad.

Chicago Book Addict



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Most Helpful Customer Reviews

37 of 37 people found the following review helpful

★★★★★ Best of all the spa cookbooks!

By Ms. Perrinck on May 1, 2009

Format: Hardcover

I have purchased 2 other Canyon Ranch cookbooks which I have rarely used, since the recipes and ingredients didn't seem to suit my everyday meals. Neither were they exciting enough for entertaining. They were lacking, too, in not providing caloric information for the recipes.

As I read "Nourish" tonight, I found myself pleasantly educated as to cooking techniques and equipment. I could immediately see how the expertise of the CIA-trained author could generalize to enhance the taste as well as nutritional quality of food akin to what I prepare every day. For example, he suggests that some cream cheese be used for butter in a biscuit recipe. I can't wait to try this and to experiment as to whether I can thus convert other baking recipes.

Amazingly, "comfort" foods are not excluded from the repertoire. For example, there is a great recipe for macaroni and one for baked ziti! Both are amazingly low in calories.

A few of the ingredients require a trip to a specialty store, but I think that there are work-arounds.

I was especially impressed by the chapters on vegetarian meals and various beverages.

There is even advice on making fruit jams so that it's possible to take advantage of the abundance of summer fruits. I am really looking forward to trying these.

While this is the most pricey of the Canyon Ranch Cookbooks, it is also the weightiest and provides the most extensive illustrations. I think that it is a good investment. The recipes have "staying" power. Also, the cooking wisdom contained represents an important aspect of the spa experience.

1 Comment Was this review helpful to you? Yes No

20 of 21 people found the following review helpful

★★★★★ More delicious and healthy recipes from Canyon Ranch

By Chicago Book Addict TOP 1000 REVIEWER VINE VOICE on May 6, 2009

Format: Hardcover

I already own Canyon Ranch Cooks: More Than 200 Delicious, Innovative Recipes from America's Leading Health Resort and

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Most Recent Customer Reviews

★★★★★ wonderful

This book is great very informational the recipes look easy and not many hard to find ingredients. It also is extremely healthy and balanced

Published 4 days ago by ronell day

★★★★★ Nourish is great!!

Great healthy cookbook. Love the photos and also nutritional info. Highly recommended by my nutritionist. She was right!! Service and price were both excellent.

Published 5 months ago by Paula W. Dumarr

★★★★★ Nourish Cookbook : Canyon Ranch Recipes

I spent a week a Canyon Ranch in Tucson and enjoyed wonderful food, so I couldn't come home and live without their style of cooking. [Read more](#)

Published 6 months ago by Pat A. King

★★★★★ A must have for flavorful healthy eating

We have made many things from this cookbook - every dish has been excellent and all have become part of our cooking routine. [Read more](#)

Published 8 months ago by Aud Reader

consider it one of my favorite cookbooks, healthy or otherwise. Because of this I was very excited for this cookbook's release. Lucky for me it lives up to my expectations based on the earlier book

What is so appealing about Canyon Ranch "Hourish: Indulgently Healthy Cuisine" is that it is full of recipes for food that are low fat and nutrient rich, but that don't taste like bland diet food. Whenever I make a Canyon Ranch recipe it's easy to forget I am cooking healthy food because the food is so boldly flavored and indulgent.

This book is no exception. It is full of restaurant quality food that is craveable whether you are trying to eat a healthy diet or not. It also includes a lot of foods that one might think would be forbidden in a healthy lifestyle like Cauliflower Fritters, Crab Souffles with Caramelized Carrot Sauce, Salmon en Croute, and Cream of Mushroom Soup. Overall there are SO many recipes I have bookmarked that I want to make that I have a post-it on every page. Best of all, the recipes turn out as amazing as they sound. I made the Salmon en Croute with the Parsnip and Carrot Puree last night. It was amazing and my boyfriend commented on how rich and flavorful it tasted. We both tend to find salmon a bit bland at times but in this recipe it really brought out its natural flavor. [Read more](#)

Comment Was this review helpful to you? Yes No

12 of 12 people found the following review helpful

A Chef Cooks GREAT food that HAPPENS to also be healthy!

By Dan Fendel on May 5, 2009

Format: Hardcover

There are lots of "healthy eating" cookbooks out there, but most are written by food scientists, academics, and people whose culinary training, while perhaps competent, has been outside of the mainstream of the restaurant/hotel industry. That means that while they please the statistics and requirements of their healthy mission, they have little-to-no experience at actually pleasing the palates of real customers used to "real" food, healthy or otherwise. Happily, Chef Scott Uehlein comes from a lifelong background in restaurants and hotels where the culinary rubber-chicken hits the delight-of-customers road--and this book shows it in every delicious page. Scott is no culinary elitist. He knows about FLAVOR and TEXTURE and how they combine with desire to create snacks, dishes, and whole meals that satisfy the body's healthy nourishment needs AND the soul's sustaining, pleasing ones, too. And a lifetime of actually talking to his customers and actually interacting with diners and experts alike means he can communicate to the home chef the how's and the why's of this truly "indulgently healthy" treasure-trove of recipes that you can make even tastier in your home than they look and sound in the book's beautiful pages. Scott Uehlein's people-pleasing passion fused with Canyon Ranch's time-tested nourishing mission of health and excitement makes this book a keeper. So get it. Keep it. USE it and cook from it. Your body AND your soul will be both nourished and enriched!

4 Comments Was this review helpful to you? Yes No

7 of 7 people found the following review helpful

Hourish

By Linda Hanille on August 25, 2009

Format: Hardcover Amazon Verified Purchase

Great book, great food. I went on a cruise on the QM2 and they served Canyon Ranch food in the dining room which prompted me to order the book as soon as I got back. If this doesn't satisfy your tastebuds nothing would. A great assortment of heart- and life style friendly recipes

Comment Was this review helpful to you? Yes No

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☆☆☆☆ Amazing Recipes that are as healthy as they are delicious

I first found this cookbook at my local library. After trying out a few recipes, I ended up re-checking it out back to back so that I could still have access to the book. [Read more](#)
Published 10 months ago by Meredith

☆☆☆☆ A book worthy a spot on your bookshelf

After visiting the beautiful Canyon Ranch out in AZ I wanted to be able to recreate the recipes at home. Lots to choose from, great photos. I even bought some more books as gifts.
Published 10 months ago by CainrGil68

☆☆☆☆ Love it

Especially like the snacks, chicken, and dessert recipes. Several are a little more involved than I prefer & there are some not-typical ingredients (e.g., white balsamic vinegar). [Read more](#)
Published 22 months ago by Adam in New York

☆☆☆☆ Consistently Delicious Recipes!

One of my pet peeves is investing in a cookbook only to find that some recipes are not well tested, don't perform as expected, and just don't taste good. [Read more](#)
Published on December 30, 2011 by smurph05

☆☆☆☆ too many ingredients required.

I stayed at the Ranch and loved the food. I think that they may have changed the recipes since it was written. [Read more](#)
Published on June 24, 2011 by Nancy

☆☆☆☆ Nourish

Excellent recipes and easy to make! The price of the book on Amazon is so much better than the Cayenne Ranch
Published on March 13, 2011 by Nayla

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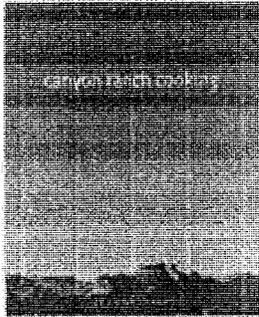
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Canyon Ranch Cooking: Bringing The Spa Home Hardcover

by Jeanne Jones (Author)
 ☆☆☆☆ (25 customer reviews)

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Hardcover from \$0.69 Paperback

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The two Canyon Ranch spas are rated No.1 and No.2 (they alternate positions) over and over by readers of the *Condé Nast Traveler*. Part of the allure are their stunning locations -- in the hills of Tucson, Arizona, and in the Berkshire mountains in Massachusetts -- but one of the best parts of a visit to Canyon Ranch is the food. Jeanne Jones developed and supervised the Canyon Ranch menu, and in *Canyon Ranch Cooking*, she offers everyone a chance to eat the spas' low-cal, low-fat delicious food. The recipes all have detailed nutritional breakdowns to help you plan a healthy meal with a lot of variety. Perhaps best of all are the tips and techniques to help enhance flavor without adding calories. Why does spa food taste so good when nearly all the fat has been removed? Jones reveals all the secrets -- such as adding citrus or vinegar to lift "flat" flavors, grilling over aromatic wood, marinating meat and vegetables, cooking at low temperatures for long periods to "marry" flavors, roasting rapidly for crispy crusts and tender interiors; using dried fruit for rich and creamy fat-free sauces; and much, much more. Try the Canyon Ranch Guacamole, Osso Bucco and Cheese Enchiladas; enjoy Chocolate Mini Cake and Cherry Streusel Pie. This is not a cuisine of deprivation -- the food is wonderful, and the recipes for making it easy and sensible.

This book can't give you a workout or a hike, but it does tell you how to plan your own spa weekend at home, with suggestions for exercise, relaxation, even theme parties for special Saturday night dining. The wonderful recipes and the luscious photographs are here to delight

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Hardcover: 448 pages
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 Product Dimensions: 1.3 x 6.1 x 9.4 inches
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Editorial Reviews

Amazon.com Review

This intimidatingly beautiful book on low-fat spa cooking takes the chi-chi out of spa food and actually makes it accessible to the average cook. Although the easy-to-prepare recipes in *Canyon Ranch Cooking* rely mostly on fresh produce and meats, Cook It Light expert Jeanne Jones offers alternatives to and substitutes for ingredients you might not find during certain times of the year (such as frozen berries and vegetables in place of their fresh counterparts). Also, many of the recipes incorporate carbohydrates and grains such as pastas, white and brown rice, couscous, and bulgur, which are easier to find year-round. The tone of the book is not restrictive or didactic—Jones really wishes to make the food accessible and friendly, as well as healthful—and the language used is positive and intended to empower the cook both in building a low-fat pantry and in trying new cooking methods. In addition, calorie and nutrient analyses of each dish are provided with portion sizes that are realistic and possible to visualize. Jones suggests using spices to add dimension to dishes and, from cooking a number of them, we would have to agree—main courses such as Turkey Meatloaf and Polenta Crusted Sea Bass were a little bland. However, the corn salsa that accompanied the sea bass jazzed it up a bit and made it taste both fresh and healthy. The Banana Bread and Fruit Muffins, both of which used whole-wheat flour and minimal oil, were low-fat hits with office tasters. Garbanzo Nuts, or oven-baked, spiced garbanzo beans, are the perfect mid-afternoon snack fix. The salad and dressing ideas are all zesty and quick to make, but finding the fresh ingredients could prove challenging for most of the year. With more than 200 wonderful recipe and menu ideas, the book could end up paying for itself in more healthful and flavorful meals than one could get dining out. The "Canyon Ranch Weekend at Home" ideas in the back of the book will inspire more than a weekend of pampering oneself and eating with one's health in mind. —*Gilia Angell*

From Publishers Weekly

Syndicated food columnist and menu designer for the upscale Canyon Ranch fitness resorts, the prolific Jones (*Healthy Cooking for People Who Don't Have Time to Cook*, etc.) offers well-flavored, healthful recipes. She restricts fat calories to about 20% and keeps careful tabs on protein-rich foods. The usual healthful helpers (e.g., defatted stocks, fruits and vegetables, herbs and spices) play major roles. Substitutes abound. Instead of the fatty avocado, asparagus and light sour cream make Canyon Ranch Guacamole. Nutritional breakdowns are given for all recipes, and Jones is a firm advocate of portion control. One pound of extra-lean ground round yields eight Canyon Ranch Burgers. Seared Ahi Tuna on Warm Potato and Leek Salad with Sun-Dried Tomato Dressing makes a fine luncheon. Fish 'n' Chips ingeniously dips fish in egg white, then in flour and bread crumbs before baking at 450 degrees. A spicy Indonesian Chicken with Grilled Bananas arouses the palate. There's also room for modestly sized Steak au Poivre and Osso Bucco. Desserts are either fruit-based, such as Pear in Phyllo, or pared-down fare like Chocolate Mocha Cheesecake made with light and nonfat cream cheese. This is an appealing collection for disciplined eaters, spiced with helpful tips that might inspire cooks to apply some of Jones's methods to their own recipes. *Author tour.* Copyright 1998 Reed Business Information, Inc.

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More About the Author

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Customer Reviews

4.8 out of 5 stars (25)

4.8 out of 5 stars

5 star 25
4 star 0
3 star 0
2 star 0
1 star 0

The recipes are very simple to make, and they taste great.

em16402

I've owned this book for two weeks now, and have made at least 10 delicious dishes from it!

A. Gaskin

If you are trying to lose weight and love to eat, this is the book for you.

Abigail D'Vito

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Most Helpful Customer Reviews

61 of 61 people found the following review helpful

A beautifully designed cookbook with really tasty recipes.

By A Customer on June 2, 1998

Format: Hardcover

I know people who go to spas, and they have mixed reactions about the food at Canyon Ranch. Some say that they starve to death because the portions are so small, and others claim that the entire eating experience is out of this world. Although I've not been to Canyon Ranch, I must say that this cookbook inspires me to think seriously about it.

First of all the layout is truly a graphic masterpiece. The photographs and information are laid out in a very logical, colorful and exciting way. The visuals make you want to rush out to the store and start cooking as soon as you open the book.

This book truly offers healthy food with real taste. The top choice for menus that we've tried in our house were: the duck breasts with blueberry sauce, spaetzle (German noodles) and braised cabbage. Dessert was blackberry cobbler.

Preparation is clearly spelled out, and fairly easy in comparison to other gourmet type recipes in the cookbook market presently. I managed to successfully prepare this menu for 6-10 people, and without any rehearsals!

The duck breasts were amazingly delicious (and very expensive to make - but with a little creativity, you could avoid the additional costs meal-wise), the spaetzle was weird in texture and taste but quite good and a hit - beats the usual rice tenfold - and the cabbage was a great surprise and the tastiest favorite of all the various foods offered (guests were looking for seconds and thirds). The blackberry cobbler (which could be done with any kind of berry) was light, not too rich, and a huge hit. It has replaced my usual calorie and fat laden recipes for fast desserts and it impressive to look at as the grande finale!

This menu worked well with the ten and twelve year old taste tasters. [Read more >](#)

Comment: Was this review helpful to you? Yes No

17 of 17 people found the following review helpful

Fabulous, delicious

By A Customer on August 6, 2007

There are two reasons I did not give the book 5 stars. One, because I do not like the hardback format - this is a cookbook to be used, not some pretty picture book to lay on the coffee table. Secondly, the book has margarine listed as an ingredient listed in several recipes. The latter is a very small complaint that is actually addressed by the author in the introduction, apparently Canyon Ranch switched away from margarine when the book went to press, and the introduction lists proper substitutions. Maybe both will be corrected if there is to be a second edition.

I highly recommend this healthy eating cookbook - for its delicious foods, beautiful photos and layout, unusual techniques, and proper nutritional analysis with each recipe.



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☆☆☆☆ Review

Love this book. I live near this establishment but saw this book at a local restaurant and had to have it. Would recommend it to anyone. Published 2 months ago by Patricia A. Sherman

☆☆☆ Good.

This is my second Canyon Ranch cookbook and I must say it seems a bit dated. The food is delicious but such an old edition (even though I bought it new). Published 10 months ago by Karen H Ryan

☆☆☆☆ So good it had to have a home on my cookbook shelf

I love this cookbook. I'm always looking for healthy recipes that taste good and aren't too, um, "out there." [Read more](#) Published 14 months ago by LouLynn

☆☆☆☆ EXACTLY what I was looking for!

I have been on the lookout for a really well put together gourmet cookbook on super healthy dishes - and I've finally found it! [Read more](#)

Published on August 6, 2007 by A. Gaskin

Coffee table book

If you like books that have beautiful pictures, then get this one and put it on your coffee table. Do not keep it in the kitchen. [Read more](#)

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▲ Rustic meets modern at Triple Creek Ranch's main lodge in Montana.

Triple Creek Ranch

Montana Rockies

Seeking a classic "walk in the woods"? This ranch delivers. It sits amid about 600 acres, three sides of which are adjacent to U.S. Forest Service land. The activities director can recommend marked hiking trails and provide maps to woodlands that open up to valley vistas and alpine lakes accessible only by foot. This mountain sanctuary spoils its guests with king-sized log-post beds and wood-burning fireplaces in its cozy cabins. (Cabins from \$650 per night, inclusive of all meals, cocktails, activities and more; triplecreekranch.com.)

Tauk Tours Bugaboo Adventure

Canadian Rockies

Tauk celebrates the 30th anniversary of its heli-hiking program with a new six-day Bugaboo Adventure expedition in the Canadian Rockies. Your vacation begins with a one-night stay at Fairmont Chateau Lake Louise. Then, each day after that, your group will board a helicopter to fly from one awe-inspiring, high-altitude locale to the next. Evenings include sessions in the sauna, or a massage, fireside drinks and gourmet dinners. (From \$3,290 per person, plus airfare; tauk.com.)

Pure Jackson Hole

Jackson Hole, Wyo.

Tell them what you wish for, and owners Bryan and Lily Iguchi will work to make it happen. One option: Enlist a guide to lead you on a customized hike into the magnificent Grand Teton or Yellowstone national parks, and pause to enjoy a wine-and-cheese tasting along the trail. Later, you can practice yoga with your

own instructor while a chef prepares dinner in your mountaintop dwelling with panoramic views of the Tetons. (Five-day Pure Jackson Hole hiking experiences start at \$4,500 per couple, which includes accommodations, daily guided hikes and more; purejacksonhole.com.)

Canyon Ranch

Tucson

Hiking-obsessed guides at Canyon Ranch Resort in Arizona's Sonoran Desert organize private and group hikes that cater to each guest's pace, from a saunter to a sprint. Enjoy an easy hike to Wild Horse Canyon, where you'll take in 60-mile views while breakfasting near a grotto. Or push yourself on a longer excursion in the Catalina Mountains, where you start in a desert canyon and, 4,000 feet higher, end up in a conifer forest. Back at the ranch, book a hydromassage or just relax on your patio. (Four-night stays start at \$4,310,

which includes accommodations, meals, airport transportation and more; canyonranch.com.)

Twin Farms

Barnard, Vt.

Stretch your legs and take in the scenery of the Green Mountains with a naturalist from the Vermont Institute of Natural Science as your guide. Together, you can explore the five trails winding 6 miles around Twin Farms' 300 acres. More challenging hikes await at the nearby Appalachian and Long trails, Mount Abe and Camel's Hump. Off the mountain, Twin Farms feels like a country estate. Choose from 20 suites and cottages with clawfoot tubs, screened porches and wood-burning fireplaces. Wine from the 26,000-bottle cellar will complement meals prepared by chef Ted Ask, who highlights local ingredients. (Prices starting at \$1,200 per night, including meals; twinfarms.com.) **OE**

OE Check out videos of fellow outdoor-life enthusiasts pushing it to the limit at openai.usatoday.com.

Ultimate gear

Perfect fit

Want a custom-fit leather boot that should last a lifetime? Take a minute to consider a foot on Limer's. Some waiting isn't by spending in a foot tracing. When your boots are ready to be made—about two years from now—visit the West Coast store with them for a final fitting (minus boots from \$2,000; limer.com/boots).

Thirst quencher

On the trail, staying hydrated is vital—and so is carrying along your essentials. The new Heritage 30 pack by CamelBak helps you do both. A reservoir compartment holds 3 liters, and lots of pockets let you stash everything from snacks to clothing layers to your MP3. (\$150; camelbak.com)

Vision quest

Get your bearings using Swarovski's new binoculars. They're made with 19 lenses, plus they're waterproof, fogproof, and have a lifetime warranty. (\$495; swarovski.com)

Lightweight and durable, Swarovski's new binoculars are made with 19 lenses, plus they're waterproof, fogproof, and have a lifetime warranty. (\$495; swarovski.com)



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Comment Was this review helpful to you? Yes No

15 of 20 people found this following review helpful

Way beyond my expectations
By Cary Gordon on January 22, 2009

Format: Hardcover

I like to cook for friends, and I don't mind accommodating their dietary needs. In fact, I consider it a challenge. In that light, the words "low fat" struck fear into my heart

I bought this book with the expectation that the food would at least look good. I didn't expect that it would rock my gastronomical world

From: our first nibble of Canyon Ranch Guacamole to our last morsel of Pears in Phyllo (file to me) the tastes were amazing.

I made

Canyon Ranch Guacamole
Five Onion Bisque

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put it on your coffee table. Do not only read it in the kitchen. [Read more](#)

Published on November 6, 2005 by Vampa

☆☆☆☆ Wonderful, No Gimmick Cookbook

This book is just wonderful. The sheer number of recipes and variety alone is great, but the fact that the focus is on healthy food with little processing makes it a real winner. [Read more](#)
Published on July 20, 2005 by Courtney Keeter

☆☆☆☆ This Is A Must Have Cookbook

My sister who visits the Canyon Ranch Spa yearly gave me this cookbook. It was so fabulous that I bought my best friend and sister-in-law one for their birthdays. [Read more](#)
Published on July 19, 2005 by Atigall Dillon

☆☆☆☆ The only cookbook I use

I've had this cookbook for 3 years and it is the only cookbook I

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Canyon Ranch Cooks: More Than 200 Delicious, Innovative Recipes from America's Leading Health Resort Hardcover

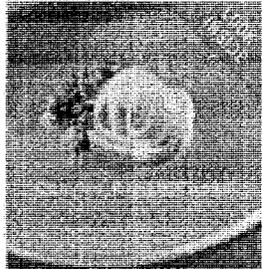
by Barry Correia (Author) , Scott Uehlein (Author)

★★★★★ 27 customer reviews

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More Than 200 Delicious, Innovative Recipes from America's Leading Health Resort

For more than 20 years, the chefs and staff nutritionists at Canyon Ranch have created tantalizing recipes that nourish both the body and the soul. The Ranch's commitment to serving meals that use fresh, seasonal ingredients and foods free from additives, preservatives, and chemicals has been the hallmark of their program since their beginnings. In *Canyon Ranch Cooks*, Executive Chefs Barry Correia and Scott Uehlein, in collaboration with staff nutritionists, share the tools and inspiration you need to eat well and feel fabulous— along with more than 200 fantastic recipes.

The incredible flavors of dishes such as Beef Tenderloin with Adobado Paste and Potato-Crusted Salmon with Dijon Shallot Sauce demonstrate just how delightful eating well can be. Fun foods like Spinach and Cheese Calzone and Pizza with Grilled Vegetables and Garlic are unsurpassed. And delicious, healthy desserts like Chocolate Cake with Raspberry Filling, Lemon Blackberry Pie, and the signature Canyon Ranch Homemade Vanilla Ice Cream will take you to new culinary heights.

By using "nutritional intelligence," Correia and Uehlein show you how to apply practical knowledge of food and nutrition while listening to your body's need to enjoy the myriad delights of eating well. No matter what your motivation—transforming your diet or just fine-tuning it, losing weight or having more energy—this practical and easy approach to eating well will fit into your plan. *Canyon Ranch Cooks* provides an effective, balanced, and delicious approach to eating that will energize your body, stimulate your mind, and enrich your spirit.

In 2000, Canyon Ranch was recognized by *Gourmet* magazine as the world's best spa. In 2001, the readers of *Travel & Leisure* magazine voted Canyon Ranch in Tucson the top spa for food in the United States.

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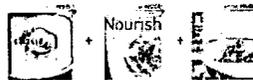
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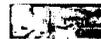
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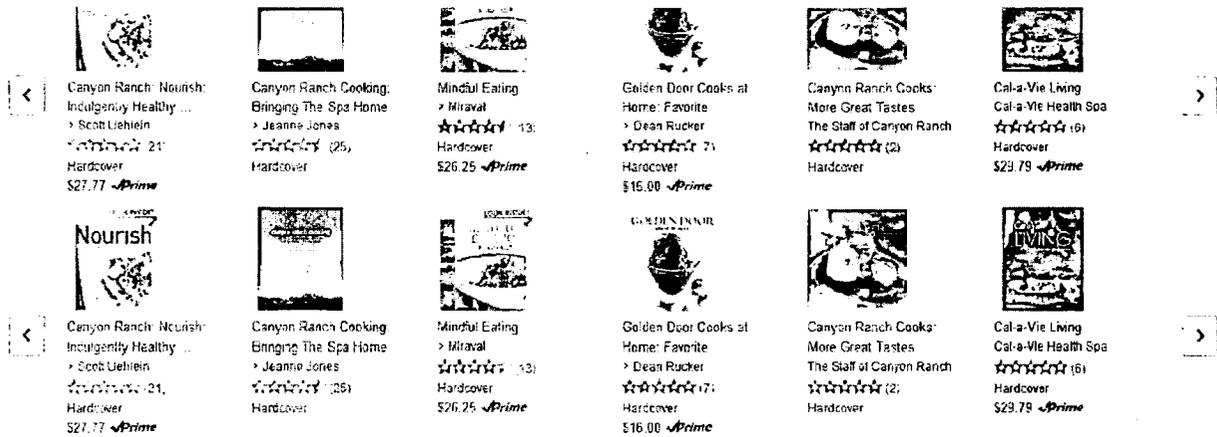
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ISBN-10: 1579548474
ISBN-13: 978-1579548476
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Editorial Reviews

From Publishers Weekly

Part nutrition guide, part kitchen primer, part healthy cookbook, this volume brings a taste of the tony Canyon Ranch spas to home cooks. The myth that healthy foods all taste like tree bark was exploded long ago, but the entries in this collection take healthy haute cuisine to new creative heights. And they should: guests of Canyon Ranch shell out big bucks, and executive chefs Correia and Uehlein need to dazzle accordingly. Few recipes are intimidating or exceedingly complicated; inventive combinations of fresh ingredients—Grapefruit and Sage Dressing, Raspberry Mustard-Crusted Chicken, Spiced Pear and Fig in Phyllo—are what make them stand out. Ninety artful, full-color photographs demonstrate how exquisite healthy foods can look. Many dishes can be prepared in 30 minutes or less (and these are helpfully labeled). Nutritional analysis accompanies each recipe, so just like at the spa there's no guesswork. This book is an affordable way to get a delicious taste of Canyon Ranch. Copyright 2003 Reed Business Information, Inc.

From the Inside Flap

Canyon Ranch Cooks

More Than 200 Delicious, Innovative Recipes from America's Leading Health Resort

For more than 20 years, the chefs and staff nutritionists at Canyon Ranch have created tantalizing recipes that nourish both the body and the soul. The Ranch's commitment to serving meals that use fresh, seasonal ingredients and foods free from additives, preservatives, and chemicals has been the hallmark of their program since their beginnings. In *Canyon Ranch Cooks*, Executive Chefs Barry Correia and Scott Uehlein, in collaboration with staff nutritionists, share the tools and inspiration you need to eat well and feel fabulous—along with more than 200 fantastic recipes.

The incredible flavors of dishes such as Beef Tenderloin with Adobo Paste and Potato-Crusted Salmon with Dijon Shallot Sauce demonstrate just how delightful eating well can be. Fun foods like Spinach and Cheese Calzone and Pizza with Grilled Vegetables and Garlic are unsurpassed. And delicious, healthy desserts like Chocolate Cake with Raspberry Filling, Lemon Blackberry Pie, and the signature Canyon Ranch Home-made Vanilla Ice Cream will take you to new culinary heights.

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By using "nutritional intelligence," Correia and Uehlein show you how to apply practical knowledge of food and nutrition while listening to your body's need to enjoy the myriad delights of eating well. No matter what your motivation—transforming your diet or just fine-tuning it, losing weight or having more energy—this practical and easy approach to eating well will fit into your plan. *Canyon Ranch Cooks* provides an effective, balanced, and delicious approach to eating that will energize your body, stimulate your mind, and enrich your spirit.

In 2000, Canyon Ranch was recognized by *Gourmet* magazine as the world's best spa. In 2001, the readers of *Travel & Leisure* magazine voted Canyon Ranch in Tucson the top spa for food in the United States.

Barry Correia joined Canyon Ranch as executive chef in 1969 to open Canyon Ranch in the Berkshires in Lenox, Massachusetts. Chef Correia received his formal culinary training at New England's noted Johnson and Wales Culinary Arts Program, where he graduated in 1981.

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Scott Uehlein was named executive chef at the celebrated Canyon Ranch Health Resort in Tucson in 1999. Uehlein received his culinary training at the prestigious Culinary Institute of America.

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4.4 out of 5 stars (27)

4.4 out of 5 stars

5 star 19

4 star 8

3 star 2

2 star 0

1 star 1

Great all-around cookbook and I would recommend it to anyone.

Jennifer L.

The food is fantastic, the recipes easy to follow and best of all, everything is very healthy for you.

G Duran

Wow, if you want some really healthy and interesting meals, this is the book for you.

A Cozzolino



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Gourmet Health/Spa Resort Cooking At Its Best

By [robbrobb](#) on [WILEY](#) on March 2, 2004

Format: Hardcover

From the legendary health spa comes this sensuous cookbook loaded with info and recipes and aids to help the home gourmet who wants to tone down the cooking yet keep it exciting both to the eyes and tastebuds.

This cookbook accomplishes its goal by clear layout with attractive color photos and much helpful aids like appendices for cooking beans, stocking pantry, glossary, gluten-free and dairy-free recipe listings and more.

To me one of the strengths of this collection is the soups and salads. Try the likes of, Alboridgas made with turkey; Bohemian Chicken Soup with Dumplings; Ahi Tuna Salad with Cinnamon Plum Sauce; Southwest Roasted Pepper and Avocado Salad with Pineapple Vinaigrette, Stuffed Yellow Bell Pepper, Baked Wild Mushrooms Madeira with Pecan Pastry Crust;

Entrees like Potato-Crusted Salmon with Dijon Shallot Sauce; Turkey Breast Medallions with Blackberry Sauce; Beef Tenderloin with Apple Bourbon Sauce will wake up any diet!

There is a neat and unique "Create-A-Pizza Toppings" two-page chart with helpful nutrition breakdown as well as topping combo suggests.

Desserts are not spared either: Spice Pear and Fig in Phyllo; Lemon Blackberry Pie; Grand Marnier Creme Brulee.

A wonderful addition to any cook's collection, especially those who want health with the gourmet touch.

Comment Was this review helpful to you? Yes No

41 of 41 people found the following review helpful

Canyon Ranch cooks tried and true

By [R Alan](#) on August 22, 2005

Format: Hardcover

The recipes are absolutely delicious and nutritious but a word of warning! VERY expensive to make! Buying specialty items and natural health food to prepare these meals is probably beyond most average family budgets and in many parts of the country, impossible to find in their local markets! Geared toward the more fortunate in the purse and in the availability of many of the foods

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16 of 16 people found the following review helpful

One of the best cookbooks I've ever had

By [Diane Greenfeld](#) on September 3, 2005

Format: Hardcover

Everything I cook in this cookbook is delicious. I can serve the recipes for parties and no one knows it's "healthy" in a diet-like way. Very interesting sophisticated combination of ingredients create wonderful tastes that have helped my husband I keep our weight down without deprivation. I think I've made the majority of recipes, and this is from someone that doesn't cook a lot. Highly recommended!

Comment Was this review helpful to you? Yes No

47 of 54 people found the following review helpful

So disappointed.

By [Beig](#) on March 29, 2006

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☆☆☆☆ very interesting recipes fun cookbook which i am hoping will help me drop a few pounds can't wait to start cooking. delicious ingredients, should be an exciting time in the kitchen
Published 13 days ago by [Doris E. McLaughlin](#)

☆☆☆ Review
Its ok, I ordered this book but it is not the one I wanted. Will probably give it to my local library book sale at some point.
Published 2 months ago by [Patricia A. Sherman](#)

☆☆☆☆ Great cookbook
Yes, the recipes are innovative and tasty. We made a few of the recipes and they all turned out well.
Published 3 months ago by [Jo](#)

☆☆☆☆ Very Good
This is a very good cookbook. Everything I have tried has turned out well and I have loved using this cookbook... I would recommend this book.
Published 11 months ago by [Carolyn J. Caron](#)

☆☆☆☆ Much Better Options Out There
This is not a fabulous cookbook. I have made several recipes from it and not been impressed with many of them. There are also typos.
[Read more](#)
Published on September 7, 2005 by [book lover](#)

☆☆☆☆ Superb healthy recipes
Wow, if you want some really healthy and interesting meals, this is the book for you. The range of foods is awesome, the taste and presentation come out really good. [Read more](#)
Published on June 4, 2009 by [A. Cozzolino](#)

☆☆☆☆ Extremely satisfied
This cookbook is all that it represents--photos are attractive and inspiring. Recipes are innovative yet simple and easy to follow, logical preparation and healthy ingredients =... [Read more](#)

Format: Hardcover Amazon Verified Purchase

Frankly I expected more from Canyon Ranch. After reading Mark Hyman's wonderful book Ultrametabolism (he was medical director at Canyon Ranch for ten years) I am stunned -- STUNNED -- to find that Canyon Ranch Cooks is full of recipes calling for refined sugar and processed flour. Twenty years ago, just cutting back on those toxins and substituting baby food prunes was about as good as you could do. Not today. Not with the plethora of truly healthy foods available and the cutting edge information available about what havoc refined sugars and flours wreak on your body.

You'd never know it from this cookbook, but there are wonderful substitutes for sugar (and I'm NOT talking about Splenda or any of the other chemical concoctions ... Agave Nectar is healthy, affordable, easy to use, readily available and very low on the glycemic scale). Any cook dedicated to real nutrition has figured out how to use whole grains (whole wheat flour, soy flour, chick pea flour, even Quinoa) instead of All Purpose Flour. All Purpose Flour. You've GOT to be kidding me! If your intent is to get serious about your health, this cookbook flunks on a grand scale.

Comment: Was this review helpful to you? Yes No

5419 people found the following review helpful

New favorite cookbook!!

By Chicago Book Addict TOP 100 REVIEWER VINE VOICE on April 24, 2007

Format: Hardcover Amazon Verified Purchase

I can't fully express how much I have enjoyed cooking from this book. I have always loved collecting cookbooks and making interesting recipes from them. However, January 11 I decided that I wanted to take charge of my lifestyle and eat more healthy. I was disappointed as I started to look at most healthy cookbooks available. They seemed like healthy retools of Betty Crocker favorites and often seemed to use a lot of very processed ingredients. Or they seemed very focused on the health aspect of food with little emphasis on taste.

What I love about this food is that it tastes amazing and oh by the way, happens to be healthy too. Every dish in this book features really big, well balanced flavors that make you feel as though you are dining in a fine restaurant. You completely forget you are eating healthy!

So far I have made 11 recipes and all have turned out great. I especially like the vanilla bean ice cream recipe as it is so easy to experiment with other flavors and tastes amazing. I don't miss full fat ice cream at all. I also enjoyed the Spinach Eggs Benedict, Macadamia Crusted Mahi Mahi, and Raspberry Mustard Crusted Chicken Breast. Beyond these recipes there are still many, many more that I cannot wait to try.

The photography is so gorgeous. It makes me get very excited about what I am going to make. I also appreciate that there is a section on vegetarian meals because while I do eat fish, meat and poultry, I occasionally like to make something purely vegetarian and that section gives me some nice options.

Overall I love this cookbook and have gotten so much use out of it over the past couple of years and could not recommend it more highly.

Comment: Was this review helpful to you? Yes No

19 of 23 people found the following review helpful

More than two hundred outstanding recipes

By Midwest Book Review on May 8, 2004

Format: Hardcover

In Canyon Ranch Cooks, Barry Corcia and Schott Ushlein (with the support of the Canyon Ranch kitchen staff) have compiled more than two hundred outstanding recipes drawn from the menus of Canyon Ranch -- one of America's most successful health resorts over the last two decades. Each individual recipe is nutritionally sound, free from additives, preservatives and chemicals, and offer mouth-watering flavor and appetite pleasing substance. From Lox and Cream Cheese Frittata; Peach Mango Raspberry Smoothie; Chicken Gyoza with Wasabi Soy Sauce and Roasted Salmon Salad with Honey Mustard Vinaigrette; to Sweet Potato Cakes with Jicama Slaw, Macadamia-Crusted Mahi Mahi, Lamb Chops with Pomegranate Molasses, and Chocolate Polenta Cake. Canyon Ranch Cooks is an impressive presented and highly recommended collection of kitchen cook friendly recipes.

Comment: Was this review helpful to you? Yes No

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Published on May 27, 2009 by U. Uevert

Great recipes, not complicated has become one of my favorite cookbooks. Love all the photos of the recipes and so far all had turned out good.

Published on May 6, 2009 by L. Gorenson

Buy this cookbook!!

One of the best purchases I've ever made. The food is fantastic, the recipes easy to follow and best of all, everything is very healthy for you.

Published on January 10, 2009 by G. Duncan

Attractive and delicious recipes

This is a good additional source of recipes for those following a "no-whites" diet. The recipes are healthful, delicious and the foods are appetizing.

Published on July 29, 2003 by Nancy

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Canyon Ranch Cooks: More Great Tastes Hardcover -- November 1, 2001

by The Staff of Canyon Ranch (Author) ☆☆☆☆ 2 customer reviews



Hardcover from \$6.45

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214 wholesome, delicious, practical recipes from the health resort that pioneered and leads the healthy gourmet food movement. Canyon Ranch Tucson, was named sole North American winner of Travel + Leisure Readers' Poll, 2001. Best Spa Food award. The other four winners were European spas. Beautifully illustrated, with a helpful introduction to eating and cooking for good health and great taste, Canyon Ranch Cooks is both a spectacular gift book and an indispensable kitchen classic.

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Grid of recommended books including Nourish, Canyon Ranch Cooks, Canyon Ranch Cooking, Golden Dow Cooks at Home, and others.

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Hardcover: 332 pages
Publisher: Canyon Ranch Enterprises, 1st edition (November 2001)
ISBN-10: 0971409609
ISBN-13: 978-0971409606
Product Dimensions: 10.8 x 9.3 x 2 inches
Shipping Weight: 3.2 pounds
Average Customer Review: ☆☆☆☆ (2 customer reviews)
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12 of 12 people found the following review helpful

A life changing experience

By Anthony J. Scaletta on March 5, 2002

Having just returned from Canyon Ranch, I was anxious to try the new recipes and a bit skeptical that my family and friends would eat them. There was no problem at all. Besides being healthy, the recipes taste delicious. Even my 3 small children enjoy eating my new creations and my husband no longer turns up his nose when I return from the grocery with Tempeh and FLex Seed. The first chapter on what you need to stock for a healthy kitchen provides the essential building blocks. I recently hosted a dinner party for 8 where I served the poached salmon in orange relish, lemon-poppysseed cake and Quinoa (all from the cookbook). The compliments were never ending and we spent much of the evening talking about nutrition and health. If you can't get away with 5 days at Canyon Ranch, this cookbook will help you meet whatever health needs you may have deliciously. I dare you not to buy the first one when you've exhausted all the recipes in the second.

Comment: Was this review helpful to you? Yes No

6 of 6 people found the following review helpful

Canyon Ranch Cooks: More Great Tastes

By W & B's mom on March 21, 2005

This is a great book, however, they seem to be the same recipes as the newer Canyon Ranch Cooks book, only in a different format, the newer is not in ring binder only hardback. Either way, the recipes are great - and I feel so virtuous - like I'm doing something good for me.

Comment: Was this review helpful to you? Yes No

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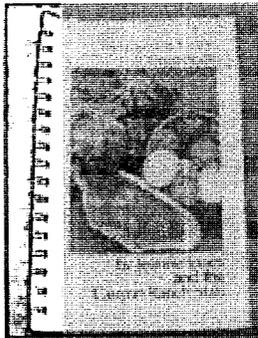
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The Canyon Ranch Cookbook Spiral-bound – January 1, 1988

by Jeanne and the Canyon Ranch Staff Jones (Author) , Mary Anne Kutz (Illustrator)

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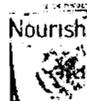
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Spiral-bound: 241 pages
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The Canyon Ranch Guide to Living Younger Longer: A Complete Program for Optimal Health for Body, Mind, and Spirit Hardcover

by Andrew Weil (Foreword) , Len Sherman (Author) , Canyon Ranch (Author)

11.11.13 **★ ★ ★ ★ ★** 6 customer reviews

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America's premier health resort for more than twenty years, Canyon Ranch has helped tens of thousands of guests develop customized strategies to achieve their lifestyle goals -- from stress reduction to improved fitness, from nutritional guidance to weight loss, and from enhanced sexuality to heightened spirituality. Now Canyon Ranch's expert staff has adapted its innovative life-extending program for home use. Using the same individualized approach pioneered at the health resorts, this gorgeous book offers practical and easy-to-follow goal-setting guidelines and a varied menu of activities from which you can create a personal health program.

Drawing from Canyon Ranch's experience in fitness, nutrition, and wellness, *The Canyon Ranch Guide to Living Younger Longer* shows you how to use the latest information on human resiliency, healthy aging, musculoskeletal problems, preventative and integrative medicine, massage therapy, yoga, healthy sexuality, exercise, and mindful eating to create a routine that works for you.

If your primary goal is to lighten your diet, you'll find dozens of delicious and healthy recipes, five guiding principles for nutritional intelligence, and practical tips on how to avoid overindulging in restaurants, as well as information on how to quickly measure portion size, how to choose foods rich in nutrients like antioxidants and omega-3 fatty acids, and how to limit the amount of sugar you consume. If you want to reduce arthritic pain, you'll learn exercises to build musculoskeletal strength, hear about traditional and complementary medicines that have been shown to ease pain, and find out what massage therapies might be appropriate for you.

If you don't have a specific goal in mind, but want a life full of zest, joy, and dignity, read about the connections between human values and human health, reaffirm the importance of emotional and sexual intimacy, and explore a variety of stress reduction techniques, from meditation and chi gong to letting go of self-punishing behavior and learning to cope with shifting moods.

Beautifully illustrated with striking full-color and instructional photographs, *The Canyon Ranch Guide to Living Younger Longer* is as inspiring and exhilarating as it is practical. With information on everything from how to flavor recipes without salt to how to incorporate more

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Language: English
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Editorial Reviews

Amazon.com Review

Before slugging on a week at the world-famous spa, why not experiment with Canyon Ranch's new distance-learning program? Examining everything from your sleep schedule to daily fitness, this book's aim is for you to feel your best in every respect. The staff of the spa has pooled its experience into 10 simple chapters that cover exercise (with photos and instructions), nutritional information (with recipes), and relaxation techniques (start with a hot bath). Inspirational stories are plentiful, leaving you with a feeling that success is just around the corner. Insisting there is no ideal weight, the food chapters end with the request for you to "go out there and be reasonable," which is excellent advice for us all. The introduction offers three ways to use the book to achieve the particular goals of weight loss, stress management, and cardiovascular health—if one of these goals is your priority, use the specific chapter recommendations rather than reading the book straight through. Every chapter stands beautifully on its own, and taken as a whole, *The Canyon Ranch Guide to Living Younger Longer* might just change your life. —*Jill Lightner*

Review

Larry Dossey Author of *Healing Beyond the Body* and *Healing Words* For more than two decades, Canyon Ranch has been a mecca for people wanting to raise their health and well-being to a new level. Can't go? This book is the next best thing — a clear, inspiring description of the Canyon Ranch program. — *Review*

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 4 star 4
 3 star 3
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★★★★★ A handbook for living!
 By A Customer on October 3, 2001

Format: Hardcover

I got hold of an advance copy -- what a great book! So many self-help books cover one aspect of life -- building muscles, dieting, relationships, whatever -- but this one book, from the staff of Canyon Ranch just nails it all. Everything you need to know about taking care of yourself, and why you should, is right here. The chapter maintaining a healthy weight is worth the price all by itself. I'm getting a copy for my mom, and one for my brother. I can't "make" them fit right, but this is one heck of a hint.

Comment: Was this review helpful to you? Yes No

13 of 15 people found the following review helpful

★★★★★ A different perspective on lifestyle
 By A Customer on August 21, 2002

Format: Hardcover

This book was a breath of fresh air. Most of what you read in the personal development genre seems to make you feel guilty for your lifestyle. This book tells you that you're okay and how to work with what you have to make your life even better. I was so inspired by the book that I recently went to Canyon Ranch in Tucson. That place is fantastic! The introduction in the book claims that they are trying to put the spa resort in a book in case you can't make it there. From first hand experience, I can say that this book really does sum up the philosophy and spirit of Canyon Ranch. I highly recommend this read.

Comment: Was this review helpful to you? Yes No

6 of 10 people found the following review helpful

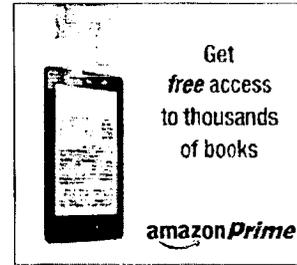
★★★★★ What We All Need
 By Jenny L. Crocker on January 8, 2003

Format: Hardcover

This is an excellent way to find out how to be truly good to yourself. To treat yourself inside and out positively, in a 12th grade level, yet still very formal. I highly recommend this book for those of you who are beginning a lifestyle change towards healthy living, or if you have been living healthy. An excellent way to keep you on your toes!

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 beautiful book, with gorgeous pictures, well worth the price. This is a keeper and is moving around with us when other books were given away or donated.
 Published 11 months ago by Linda S. Campbell

★★★★★ hypocrisy
 It is a SCANDAL that Canyon Ranch would publish this book as I am personally aware of the age discrimination that this company practices. [Read more](#)
 Published on July 10, 2002

★★★★★ A program for optimal health of mind and body
 Canyon Ranch Guide To Living Younger Longer provides a program for optimal health of mind and body and is based on the programs of Canyon Ranch, a health resort known for helping... [Read more](#)
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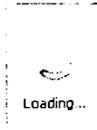


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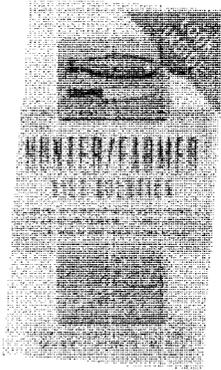
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The Hunter/Farmer Diet Solution: Do You Have the Metabolism of a Hunter or a Farmer? Find Out...and Achieve Your Health and Weight-Loss Goals (Healthy Living (Hay House)) Hardcover

by Mark Liponis M.D. (Author)

76 customer reviews

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Americans are overweight, and they're getting heavier. Other than wanting to perform invasive surgical procedures, most doctors offer little help. Their advice is usually "Eat less, exercise more," which falls back on the outdated dogma of calories in/calories out. Medical research on dieting is confusing and often contradictory. Not only are physicians unsure about which weight-loss plan is best, but their patients are, too!

It has become an "every one for him- or herself" situation, where we're forced to experiment, hoping to hit on the magic weight-loss formula by chance... and the increasing number of fad diets makes our odds of picking the right weight-loss plan even less likely. Why can't the medical industry make sense of the overload of information and give us sound advice that actually enables people to lose weight and improve their health?

Fortunately, recent studies have shined a new light on the subject and may finally help us understand a successful way to diet. This research proves what many men and women have learned through trial and error: some do better on a low-carb diet, and others do better on a low-fat diet. This is because some people have the metabolism of a hunter, while others have the metabolism of a farmer.

In this groundbreaking book, Dr. Mark Liponis, a leading expert in preventive and integrative medicine, will show you how to determine which type you are so that you can lose weight and improve your health at the same time.

Once you know your type, you'll be on the road to successful weight loss and greater health and well-being!

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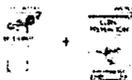
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3.8 out of 5 stars

It was informative and easy to read.

It all makes so much more sense now.

5 star 27
 4 star 27
 3 star 14
 2 star 8
 1 star 4

Lise Checcard

I have questions and there were no answers to be found really.

Ash

or Me

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132 of 143 people found the following review helpful

★★★★★ Hunter, Farmer, Paleo, Warrior, ok, which is it?

By Joanna Daneman **HALL OF FAME** **TOP 10 REVIEWER** **VINE VOICE** on May 3, 2012

Format: Hardcover

To optimize your weight loss and maximize your health, there are quite a few authors who propose that each of us falls into some kind of body type that responds to different foods. That seems to be true; some people thrive on carbohydrates, others need high protein and fats and pasta makes them balloon up. Author Liponis proposes that people who are apple shaped and can go a long time between meals are "hunters" and those who like snacking and lots of carbs are "farmers."

I am not sure of the exact validity of this, of course I use myself as a guinea pig and I know in the past as a skinny kid, I needed to eat frequently of balanced carbs and protein: too much of one thing and I was still hungry. But later in life, I found I was more likely to skip dinner and snacks are not interesting. And I'm an "apple shape." Hunters are resistant to insulin. (Takes more to pick up the insulin.) Smaller (under 6.5 lbs) birth weight is also associated with being a Hunter. Hunters have high cortisol and insulin levels, promoting that abdominal and visceral fat that is so harmful to health. Ok, so far, I think I'm ready to go pick up that bow and arrow.

On the other hand, the Farmers are pear shaped (bigger hips than chest), have higher birth weight and are less liable to diabetes and fatty liver disease. They always want more syrup on the pancakes, want a little sweet something and when you ask "will you have dessert?" they say "Yes, please."

So the ideal Farmer diet is low fat, high fiber, high grain (they need those carbs) while Hunters need high protein, low gluten, and high in magnesium. And they're the ones that tend to diabetes. So far, I'm agreeing. Read more

35 Comments Was this review helpful to you? Yes No

54 of 61 people found the following review helpful

★★★★★ Good information, but not worthy of a whole book.

By ron larsen on May 2, 2012

Format: Hardcover Amazon Verified Purchase

I saw an interview with this guy on TV and what he had to say sounded interesting. I bought the Kindle version of the book to save money since I am always skeptical about diet plans. His title "The Hunter/Farmer Diet Solution" is a just re-tong but I guess if he had used the word "metabolism" it might not sound as interesting. I am not discounting his premise about the way different people should eat but he could have said that in about 2 pages with some charts. But then he wouldn't have a book to sell. Based on what I read (it took me about 5 minutes to skim through to find what I needed) am of the "Hunter" type and based on that and my medical history I will make some adjustments to my diet. But like I said, he didn't need a whole book to tell me that.

1 Comment Was this review helpful to you? Yes No

12 of 13 people found the following review helpful

★★★★★ diet for a new outlook

By smuthers on June 24, 2012

Format: Kindle Edition Amazon Verified Purchase

This book broadened my outlook on diets. It makes a great deal of sense that any given diet can't work for all people. Taking into account our ancestral differences over generations made the difference to me. The nomadic hunter's life style certainly is not akin to the settled farmer's life style. My husband and I adapted our meals to meet the general philosophy of the hunter's menu. Without trying to cut back on calories we both began a slow and steady reduction in weight. But, what surprised me even more was how I feel. I feel better. Check out the book, you may find that this idea works for you.

Comment Was this review helpful to you? Yes No

8 of 8 people found the following review helpful

★★★★★ Makes perfect sense!

By M.T. on April 17, 2013

Format: Hardcover Amazon Verified Purchase

I read the definitions of the Hunter and the Farmer in terms of metabolism and food choices and must say this concept makes perfect sense. As an American Indian, I found my body type and responses to particular foods resembled the "Hunter" type. Historically, I have found that my body reacted better and I felt better eating certain types of foods and inversely to other types of foods. This book gave me an understanding why and how to eat for my metabolism type. I have noticed my clothes fit better and I am not battling fatigue as much as before. I am glad I bought the book.

Comment Was this review helpful to you? Yes No

11 of 11 people found the following review helpful

★★★★★ Good starting point

By S. Webb on September 17, 2012

Format: Hardcover

This book is simple, two types and no diet plan. That works for me, I don't like menu plans because they always contain things I either can't stand (I don't like salmon and I have a gluten allergy) or would have to go to a specialty store to find. By giving a guide as to what foods to eat I can pick what fish I do like and I'm more likely to stick to it. Besides, the Web is full of so many recipe sites, who needs a specific plan?

As for me, my body type is Hunter, I consider this a starting point; since everyone is different, I am testing the Hunter plan for 30 days. If I see definite improvement in my energy level and weight loss I will be happy since that's all I'm looking for.

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★★★★★ A solution for you

I am a hunter and I know when I eat as a farmer my body wants to gain weight and I start having more problems with my health. Published 1 day ago by Norma Bhagat

★★★★★ An excellent source for those trying to lose weight!

This appears to be an informative and comprehensive approach to weight loss. It really does explain why we so often fail at such efforts as we do not understand our own struggles. [Read more](#) Published 4 days ago by angel1

★ Reads like a horoscope...

It is a very compelling theory, but it reads much like a horoscope. According to the body type description, I'm an Apple or Hunter. [Read more](#) Published 1 month ago by BSKIA

★★★★★ Awesome

Informative and extremely interesting. It has given me a better understanding of my body shape and is going to help me get to where I need to be. Published 2 months ago by little indian

★★★★★ And what about the people with the third option?

But how can I find out what to eat if I feel like I am a mix of a hunter and farmer? It is a great book to find out what you are though! Published 2 months ago by The Businessman

★★★★★ Great book!

I am now able to understand better how my body works and what to do to keep it healthy, while at the same time I am able to choose better the types of ailments I take. Thanks Dr. [Read more](#) Published 2 months ago by Felton Rangel

★★★★★ makes sense

Nothing that I have not read before, but it completely makes sense with the eat for your blood type! always good information Published 2 months ago by L. R. Scuggs

★★★★★ Great book

This book should really be interesting, good ideas and makes sense, book in great shape, can't wait to finish reading, thanks Published 3 months ago by Karen Miller

★★★★★ Farmer or Hunter

By the end of the first chapter I knew I was a farmer, now I just have to apply what I've learned to my diet. Published 3 months ago by Corinne Schlessner

★★★★★ Book that explains two types of metabolism

Dr. Liponis is the mid at canyon ranch. He noted over many years that there are two distinct body types he calls hunters and farmers based on metabolism. [Read more](#) Published 4 months ago by Dorene A. CHara

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This is what I have been looking for!
By Ash on August 28, 2012

Format: Hardcover

Oh my where to start. I am most definitely a Farmer. I had many "A-ha" moments in this book. I know how to eat healthy but I don't always do it right because I was failing miserably because I was doing it half wrong. I have tried many diets with the Paleo diet being the next one until my mom introduced me to this one! I started today and I am very excited to watch the pounds fall off and feel like I am supposed to feel. Like I said, I know how to eat healthy but some of the "healthy foods" are on my limit list or no-no list. I am a starchy eater so for me I am still allowed to have breads, pastas, and such but within reason and whole wheat. I am sensitive to dairy products, especially milk and yogurt, so limiting these are just fine with me. I felt like this book really took a whole turn in my mind from eating right to eating right for me. My boyfriend on the other hand is a Hunter so we are on opposite ends. But we can still share many different foods that are right for both of our bodies. I guess what I'm trying to say is that I know how metabolism works but I didn't realize to the extent how it works with my body. It all makes so much more sense now. I keep the list with me so no matter where I go I can look and see if it's on my ok, limit, or no-no list and avoid it if need be. I found this book incredibly helpful and I believe it's the first step in changing my life for the better. I highly recommend it to EVERYONE!

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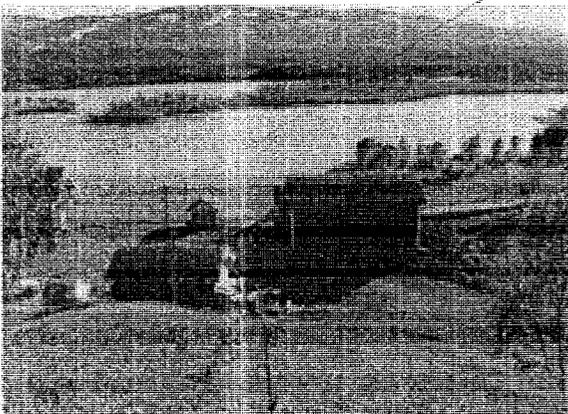
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Beyond the caveman diet: the new Hunter/Farmer diet solution



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Diets Examiner

The Hunter/Farmer Diet Solution:
Do You Have the Metabolism of a
Hunter or a Farmer?

Rating:

April 15, 2012

The **caveman diet**, sometimes called **the Paleo diet**, has reigned as one of the more popular diets for some time. Now, however, there's a new diet solution that promises to take you out of the cave and into the fields: **The Hunter/Farmer Diet Solution: Do You Have the Metabolism of a Hunter or a Farmer? Find Out...and Achieve Your Health and Weight-Loss Goals**. By the Canyon Ranch medical

director, Dr. Mark Liponis, this diet book offers the theory that you're either a hunter or a farmer. **Dr. Liponis** explains how to determine which **type suits your body**, and then how to follow the diet plan that will help you achieve your goals.

If you're a "farmer" type, says Dr. Liponis, you'll lose weight by following a **low-fat, grain-based diet**. Are you a "hunter?" Then you'll need a low-carb diet, based on **protein and veggies**. Farmers can succeed with frequent small meals and snacks, while hunters do well eating less often. The book also contains medical research underscoring the principles of the diet (notably the Stanford "A to Z Weight Loss Study"). And **you'll enjoy recipes** created and tested by Canyon Ranch's staff for your body type.

In addition to helping you lose weight, Dr. Liponis says that following the right diet can protect you from disease. Hunters can help themselves avoid cardiovascular diseases and **diabetes**, while farmers can help avoid cancer, autoimmune diseases, and Alzheimer's. **Learn more by reading about Dr. Liponis' appearance on Dr. Oz.**

ON WINEF3
COOKING ON TVF5
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Food



MICROSCOPE in
Scrumptious salads
for summer suppers

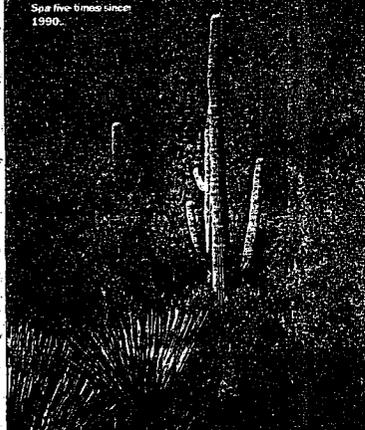
CANYON RANCH

Indulge

to melt that bulge

Spa menus trim laps in luxury

DESERT OASIS.
A majestic saguaro reaches toward a stormy sky in Saguaro Canyon, the home of Canyon Ranch, Tucson, named Best Spa five times since 1990.



STORIES BY LOUIS MAHONEY
Times-Dispatch Food Editor

TUCSON, Ariz.

At Canyon Ranch, saddlebags have nothing to do with horses and dieting has nothing to do with dining. A week at the ranch certainly didn't fit my preconceived notion of a spa where oodles of massages and yesssss the chant of sweet.

The flight to Phoenix and drive through the desert began with a note from a friend about to become a golden girl, a dubious honor I'd recently earned. I laughed at her description of a face that went out over nothing, a back that bulged at what used to be routine chores and a body that overnight was less than firm.

Been there, done that, I thought. "I just wish I could go somewhere and eat right without having to worry about it," she wrote.

"Aztec, I thought. "You find a place and I'm packed." Hmm, I thought.

I'd never been to the desert, but I'd read articles and dreamed about going to the country's leading spa resort. Maybe we'd share the pool ladies' locker room with Julia Roberts, Donna Karan, Paula Abdul and Sigourney



STARTER SOUPS. These rich lentil or chilling watermelon-coriander blends are healthful appetizers for hot days.

PLEASE SEE RANCH, PAGE F2.

Ranch's guests learn better way to stay fit

RANCH FROM PAGE F1

Weaver, be splattered with workout sweat from Robin Williams and Michael Keaton or have our tubby naut buffed while Barbra Streisand's had a long manicure.

Less than 24 hours later, we were booted into Canyon Ranch Tucson. We could have gone to Canyon Ranch at Lenox in the Massachusetts Berkshires, but luxury has a price. And the desert in August is hardly "in-season."

Canyon Ranch is not a "fat" farm where guests go to lose the same 10 pounds in a week all over again every year. It's a vacation that can last a lifetime. The staff of 800 — physical therapists, chefs, nutritionists, sports physiologists and more — offers up to 200 guests opportunities to learn wellness practices for body, mind and spirit in a luxurious setting.

Each day's schedule includes more than 40 opportunities for exercise, plus behavior modification, Chi Gong, meditation, yoga, stress management, tai chi and a half dozen types of massage among the latest pampering treatments.

Food was the star. Daily menus tempted with cutting-edge dishes that exceeded those in most starred restaurants. No artificial sweeteners and erata chocolate here. Some guests even plan their visits based on days when favorite dishes are on the menu.

Those fearing a week of oat bran, celery sticks, sprouts and tolu are quickly relieved. The first meal — Rack of Lamb with Warm Spinach Salad — certainly set my mind at ease. The only thing unusual about the menu I selected at first was that each item included calorie and fat gram counts.

Throughout the week, we indulged in four-course dinners featuring Duck with Blueberry Nipsters Sauce, Salmon Teriyaki, Lobster Coquilles with Newburg Sauce, Spicy Shrimp with Cucumber-Papaya Salsa and

Beef Tenderloin with Apple Bourbon Sauce. Each was preceded by soup — Bell Pepper Bisque, Wild Rice Soup, Vegetable Barley Soup, Strawberry Bisque, Cream of Tomato Soup — and salad.

But, if menus don't tempt, guests put together their own lunches and dinners from ever-present salad and pasta bars. At the former, dressings, including blue cheese, ranch and Thousand Island, are deceptively rich and creamy. At the latter, a chef fixes made-to-order sauces — Mustard Scallion, Grilled Artichokes and Leeks, Red Clam, Pesto, Spicy Lobster, Sweet Red Pepper — served over a choice of two pastas per meal.

Crisp cinnamon cookies and sundaes — a dark nonfat fudge sauce over creamy vanilla yogurt — are always on the dessert menu. But, good as they are, it's hard to pass up Peanut Butter Fudge Marble Cheesecake, Chocolate Mint Cake, Apple Pie, Strawberry Rhubarb Pie, Apricot Pistachio Strudel, Trifle, Pear Tart, Fudge Brownies, Chocolate Mocha Mousse, Peach Crumble, Apple Empanada with Cinnamon Yogurt or the deep, dark Chocolate Pie.

Blueberry Pancakes, Gingerbread Waffles, Breakfast Bread Pudding, Sweet Potato Waffles with Maple Syrup or Apple Pancakes and a selection of juices, hot cereals and yogurt were enough to jump-start most mornings. If not, a chef was at the ready to fill surprisingly rich egg white omelets with an array of vegetables and cheeses. Good as they were, I became addicted to the fat-free granola studded with dates and almonds at the soft serve daily breakfast bar of assorted cold cereals, fruits, muffins and breads.

Fortunately, granola is not the only addiction I picked up at Canyon Ranch. After reprogramming a life-style of deprivation during, pain-in-the-neck stress and exercise phobia, I'm indulging in the pleasures of food, making more time for laughter and, more often than not, relishing the joys of sweat.

es es



LOUIS MAHONEY

GOT IT? Sous chef Karl Schaller briefs serving staff on entrées by ingredients, cooking technique, calorie and fat gram counts so they can answer guests' questions.

Chefs push healthy up one more notch

"The pendulum has swung," Marilyn Majchrzak said. "We don't get a lot of people whose prime reason for coming here is weight loss. People want to learn how to live healthier."

A look at fellow guests hustling around validates that notion: Most folks look relatively fit, many very fit and only a few sport flabby saddlebags.

Majchrzak makes the eating part of healthier living a breeze. She is a registered dietitian and food development manager at Canyon Ranch.

She and two nutritionists help each guest personalize an eating plan. With up to an hour of aerobic exercise a day, mine was 1,650 calories, 450 higher to lose weight than I'd dreamed. With a gonzo two to four hours of exercise, likely for me only at the ranch, I got to eat 2,145 calories a day and still lose weight at their preferred rate of a pound to a pound and a half a week. At goal weight, my plan without exercise would be 1,794 calories, but with the moderate exercise I'm doing, I get to add 300 calories.

They also calculate nutrients in all foods served, find

PLEASE SEE SPA, PAGE F2 ▶

Spa staff creates healthful, palate-pleasing menus

▼ SPA FROM PAGE F1

top-quality new food products, respond to guests' requests for recipes and put together the ranch's evolving cookbook of most frequently requested recipes.

John Luzader turns the dry side of nutrition into delicious reality. He is the executive chef with a staff of 60, including about 45 chefs.

"The creativity of the food at Canyon Ranch comes from the front end of nutritional integrity," Luzader said. "Sometimes it's a long time coming, but when arrives, you can bet it's the best."

It's not unusual for a chef to test a recipe and a nutritionist to evaluate it 20 times. Pastry chef Jayne Shaulis recently worked four months meeting Luzader's challenge to come up with dessert that satisfied like a Reese's Cup.

"It got to the point I was dreaming about it," Shaulis said. "But, boy, did she nail it! Everybody wants the recipe for her Peanut Butter Fudge Marble Cheesecake," Luzader said.

"Our challenge is to take the cuisine up one more notch from a culinary standpoint — to exceed any cuisine that's out there."

Majchrzak and Luzader strive to teach guests how to take such techniques home.

"Lunch and Learn is a good example," Majchrzak said. Each day, one of the ranch's chefs prepares the lunch, then sits in a small dining room under an overhead mirror in a demonstration kitchen.

"They show that healthy cooking is not magical," she added. "The idea is to teach techniques guests can take home and use with their own recipes."

"Ingredients are constantly evolving. That's one of the things that keeps our world fresh," Luzader said. Another is the ranch's guest chef program. Luzader invites chefs to come in and tweak menus with specialty dishes. Marcel Desauvins from the Trellis in Williamsburg, Va., was the first. The chocolate creations that he's known for internationally brought him here.

"He came first to lower his cholesterol and we lured him back to help us with vegetarian dishes," Luzader said.

Regardless of striving from different approaches to healthier eating, Majchrzak and Luzader answered in well-rehearsed unison when asked their ultimate goal.

"Bottom line, the food still has to taste good." They're battling a thousand and, so far, I've lost 7.

Mustard Scallion Sauce

Makes 4 servings.

- 1/2 cup diced red onion
- 3 tablespoons Dijon mustard
- 2 tablespoons brown mustard
- 1/2 cup chicken stock
- 1/2 cup white wine
- 1/2 cup half-and-half
- 1 cup loosely packed julienned spinach
- 2 scallions, chopped
- 1 large tomato, peeled, seeded and diced
- Pinch freshly ground black pepper
- 3 tablespoons freshly grated Parmesan cheese

In a large skillet, cook onions, adding a bit of water if needed to prevent sticking, until lightly browned. Stir in mustards, stock and wine; cook over medium heat 2 minutes. Thoroughly mix in half-and-half, spinach, scallions, tomato, pepper and cheese; heat through.

Nutrients per serving: 90 calories, 4 grams protein, 6 grams carbohydrate, 4 grams fat (45 percent total calories), 9 milligrams cholesterol, 466 milligrams sodium.

Serve over cooked, hot pasta.



LOUIS MANNING

HOW DOES IT TASTE? Marilyn Majchrzak, food development manager, and John Luzader, executive chef, know that great-tasting food is key to getting people to change their eating habits at Canyon Ranch.

Dijon Balsamic Dressing

Makes 10 servings.

- 5 teaspoons canola oil
- 4 tablespoons balsamic vinegar
- 1 1/2 cups vegetable stock
- 2 tablespoons EACH: chopped shallots, Dijon mustard
- 1 1/2 tablespoons white grape juice
- 1 teaspoon whole-grain mustard
- 1/2 teaspoon minced garlic
- 1 1/2 tablespoons low-sodium soy sauce
- Pinch white pepper

Peanut Butter Fudge Marble Cheesecake

Makes 16 servings.

- 1 cup crushed peanut butter graham crackers
- 1 tablespoon EACH: applesauce, corn syrup
- Nonstick vegetable coating
- 2 cups fat-free cottage cheese
- 1/2 cup fructose
- 2 teaspoons vanilla extract
- 1/2 cup fat-free sour cream
- 2 egg whites
- 1 whole egg
- 1/2 cup peanut butter
- 3 ounces reduced-fat cream cheese, divided
- 1 tablespoon EACH: cocoa, fat-free fudge sauce

Preheat oven to 325°. In small bowl, mix crumbs, applesauce and corn syrup. Spray bottom of 9-inch springform pan with nonstick vegetable coating. Pour crumb mixture into pan and top with a piece of plastic wrap to keep it from sticking to your fingers as you press it evenly onto bottom of pan. Remove plastic wrap. Bake

- 1 tablespoon EACH: rice vinegar, cornstarch

In a medium saucepan, whisk together oil, balsamic vinegar, stock, shallots, Dijon mustard, white grape juice, grainy mustard, garlic, soy sauce, white pepper and rice vinegar. Bring dressing to a boil. Sprinkle in cornstarch and cook, whisking, until slightly thickened, 2 to 3 minutes. Remove from heat and cool.

Nutrients per 2-tablespoon serving: 35 calories, trace protein, 3 grams carbohydrate, 2 grams fat (51 percent total calories), no cholesterol, 200 milligrams sodium.

— Chef Carl Dulciv in "Great Tastes: Healthy Cooking From Canyon Ranch"

Spicy Shrimp with Cucumber Papaya Salsa

Makes 4 servings.

- 1/2 cup diced onion
- 1/2 cup chopped green onion
- 2 tablespoons minced garlic
- 1 tablespoon canola oil
- 1/2 pound peeled, deveined shrimp
- 1 teaspoon crushed red pepper
- 1 tablespoon chopped fresh cilantro
- 3 tablespoons low-sodium soy sauce
- 2 teaspoons fresh lemon juice
- 8 large bok choy leaves, lightly blanched
- 2 cups cooked brown rice
- 1 1/2 cups peeled, seeded, diced cucumber
- 1 cup diced papaya

In a large skillet, sauté onion, green onion and garlic in oil until soft. Add shrimp, red pepper and cilantro. Cook, stirring, until shrimp turns pink, about 5 minutes. Add soy sauce and lemon juice to skillet and remove from heat.

To serve, place 2 bok choy leaves on each plate. Top them with 1/2 cup brown rice, each. Divide cucumbers and shrimp with sauce evenly among each serving. Top with papaya.

Nutrients per serving: 270 calories, 22 grams protein, 31 grams carbohydrate, 7 grams fat (23 percent total calories), 129 milligrams cholesterol, 594 milligrams sodium.

— Chef Jonathan Spitalnik in "Great Tastes: Healthy Cooking From Canyon Ranch"

At Canyon Ranch, chefs add more fresh vegetables — julienned carrots, leeks, zucchini — depending on what's in season or on hand. This also is a good way to clean out the crispier drawer in your fridge. The potatoes alone are so good that they're already a staple at our house.

Potatoes Primavera

Makes 4 servings.

- 4 medium baking potatoes, scrubbed
- 1/2 cup minced onion
- 2 tablespoons nonfat buttermilk
- 1/2 cup EACH: fat-free cottage cheese, freshly grated Parmesan cheese
- 1/2 cup EACH: chopped green onion tops, shredded part-skin mozzarella cheese
- 1/2 cup EACH: small broccoli florets, julienned yellow squash, diced red bell peppers

Pierce potatoes with fork and bake at 400° until soft, about 1 hour. Set aside until cool enough to handle.

Meanwhile, in a covered pan over low flame, cook onions, adding a little water to keep from scorching if necessary, until soft.

When potatoes are cool, slice a cap off top of each one. Being careful not to rip potato skin, scoop out flesh of each potato into a large bowl. Mash potato with cooked onion, buttermilk, cottage and Parmesan cheeses until thoroughly mixed. Pack 1 cup potato mixture into each potato shell. Place on a baking sheet and top each with equal parts green onion and mozzarella cheese. Bake at 350° until these bubbles and is lightly brown, 15 to 20 minutes.

Meanwhile, in a collapsible basket, steam broccoli, squash and bell peppers just until tender.

Serve each potato in center of a plate and surround with steamed vegetables.

Nutrients per serving: 290 calories, 14 grams protein, 49 grams carbohydrate, 5 grams fat (16 percent total calories), 5 milligrams cholesterol, 235 milligrams sodium.

Can't take a trip? Check into book

BY LOUIS MAHONEY
TIMES-DESPATCH FOOD EDITOR

To book a vacation that can last a lifetime of wellness, the number to call is (800) 742-9000. Before you pick up the phone, here's the skinny on what you'll pay and the fat on what you'll get.

Stays at either Canyon Ranch location begin at less than \$300 a day. Discounts for groups, families, return visitors and various special packages are available for four, seven or 10 nights. At Lenox, Mass., packages are for three, four, five and seven nights.

Health and fitness assessment, consultations with a nutritionist and an exercise physiologist, meals, use of spa facilities, swimming pools, tennis courts, fitness classes, hiking, biking, round-trip transfers to Tucson airport, all gratuities, unlimited local calls, incoming fax transmissions, free access to long-distance carriers and toll-free numbers and self-service laundry with supplies are included. There also is no additional charge for group presentations by fitness, nutrition, stress management and medical experts or for lunchtime cooking instructions.

Each package includes a set number of spa and sports services and a dollar amount of health and healing services. During a seven-day stay, for example, I selected seven S&S services valued at \$75 each and spent a \$180 allowance for H&H.

A guest chef program is new on the Canyon Ranch menu. Virginia's own Marcel Desaulniers, an owner and executive chef, and Jon Pierre Peavey, sous chef, both of the Trellis in Williamsburg, kicked it off here this spring.

"The Canyon Ranch Visiting Chefs Program was designed to mix

the best in the world of spa cuisine with other culinary influences, ultimately creating an exceptional dining experience for our guests, while at the same time introducing Canyon Ranch's healthy cooking philosophy to restaurant-goers around the world," said Jeanne Jones, program coordinator.

Visiting chefs work with the ranches' kitchen staffs on innovative fare and present healthy cooking demonstrations for guests. Executive chefs John Luzader and Barry Correis make reciprocal visits from here and the Berkshires.

Other chefs scheduled through the first of next year are: Joe Cochran, Mission Inn, Riverside, Calif.; Nora Pouillon, Nora's and Asia Nora, Washington; and Rick Bayless, Frontera Grill and Topolo Bampo, Chicago. For dates and locations, call the ranch at (800) 742-9000.

"Great Tastes: Healthy Cooking from Canyon Ranch" is a collection of 234 recipes that brings the most-requested recipes from the spa into any kitchen.

Recipes reflect the cornerstone of the ranch's nutrition philosophy: moderation rather than deprivation or unreasonable restriction. With them, anyone can prepare meals that are low in fat, moderate in protein and high in complex carbohydrates to help control weight, while providing the fuel and fiber the body needs for energy without being hungry.

"Great Tastes" also includes an introductory chapter with information on healthy meal planning by controlling calorie and fat intake. More than 175 "Cooks Notes" and "Quick Tips" throughout provide shortcuts, general cooking information, definition of cooking terms and explanations of unusual ingredients.

The pages are in a hardback, three-ring binder with each chapter separately numbered to make it easy to add new recipes as they become



CANYON RANCH

ANOTHER FIRST. Marcel Desaulniers (right), an owner and executive chef of the Trellis in Williamsburg, was the first chef to participate in the Visiting Chefs Program at Canyon Ranch in Tucson. Ranch executive chef John Luzader and his crew work with the guest chefs to combine spa cuisine with other innovative fare.

The cookbook, \$25 plus \$4.75 shipping, is available by calling (800) 726-8040, faxing (520) 749-0554 or writing P.O. Box 31534, Tucson, Ariz. 85751.

THIS "AMERICA A LA CARTE" ARTICLE WAS SYNDICATED TO HUNDREDS OF NEWSPAPERS IN THE U.S. VIA THE UNIVERSAL PRESS SERVICE.

RECIPE

JICAMA AND SUN-DRIED TOMATO SALAD ⁶⁷⁴⁰

2 3/4 cups julienned jicama
12 sun-dried tomatoes, julienned
1 tablespoon chopped cilantro
1/2 teaspoon ground black pepper
1 tablespoon chopped chives
2 teaspoons freshly squeezed lime juice
1 tablespoon freshly squeezed lemon juice
1 teaspoon olive oil
3 tablespoons champagne vinegar
1 cup finely shredded radicchio
1 tablespoon lime zest

Wash and peel jicama root. Julienne jicama and place in a bowl of cold water. Cover and refrigerate.

In a small nonmetal mixing bowl, combine sun-dried tomatoes, cilantro, black pepper, chives, lime juice, lemon juice, olive oil and champagne vinegar. Toss to mix well. Cover and marinate in refrigerator at least one hour.

To assemble salad: Drain jicama. Add jicama to marinated tomato mixture and toss well. Place 1/4 cup of radicchio on each serving plate. Arrange a heaping 1/2 cup of salad over radicchio. Sprinkle salad with lime zest. Makes four servings.

■ Each serving contains 85 calories, 14 grams carbohydrates, 1 gram fat, 0 mg cholesterol, 2 grams protein and 5 mg sodium.



The jicama and tomato salad is part of the healthful, unexpected cuisine at Canyon Ranch in Tucson, Ariz.

AMERICA A LA CARTE

Jicama, sun-dried tomatoes make salad to nourish the soul

By Diane Howard

Question: My visit to Canyon Ranch in Tucson, Ariz., was a very special experience. It gave me time to reflect on the past year and set new goals for the coming year, and the food was the best! Please print the recipe for their Jicama Salad with Sun-Dried Tomatoes and Champagne Vinaigrette.

— Harley Jackson, Salt Lake City

Answer: Stressed? No libido? Hate your mate? Depressed over a bulging paunch? Can't stop smoking? Strengthen your body, challenge your mind, and nourish your spirit amid the Saguaro cactuses on the 70-acre Canyon Ranch Health & Fitness Resort, which was described by one guest as a

cross between boot camp and heaven!

At the desert resort, which nestles on the outskirts of Tucson, Ariz., in the foothills of the Santa Catalina Mountains, emphasis is on individual health and well-being, on developing a mind-body connection. Traditional spa services are enhanced by special programs that focus on shared issues such as Arthritis Week, ElderCamp (for seniors), Woman to Woman (mid-

life issues), Beyond Breast Surgery, Spiritual Pathways (inner peace) and Healthy Heart Week. The rugged take to aerobics classes, racquet sports and mountain hiking and biking, while others choose aquatherapy, yoga and creative arts classes. Relax at day's end with a Red Devil, a frothy mocktail of strawberries and freshly squeezed orange juice.

Unexpected cuisine choices such as Apple Pancakes, Beef Tender-

loin, Chocolate Mint Cake and Cherry Pie encourage pounds to disappear. Sun-dried tomatoes and vinaigrette put a new spin on jicama salad, a Canyon Ranch staple.

America a la Carte welcomes requests. Send the complete address of the restaurant along with your name, address and phone number to America a la Carte, P.O. Box 5994, Austin, TX 78763-5994; or fax: (512) 453-2145.

ENERGY TIMES

ENHANCING YOUR LIFE THROUGH PROPER NUTRITION

March 1997

Weekend at the Spa



Canyon Ranch visits are rejuvenating and focus on spiritual and physical wellness.

Want to have your healthy cake and learn how to cook it too? Well, the Canyon Ranch Health and Fitness Resort, one of the original American health spas, wants to show you how.



american spa

in touch

Ted Ent, corporate director of food and beverage for Canyon Ranch, Tucson, strives to serve the healthiest, most preservative-free organic products. He adheres to what the spa calls the clean, healthy philosophy. One aspect of Canyon Ranch's philosophy is the commitment to using organic products. The organic product label stands for a commitment to low impact on the environment; this is also part of Canyon Ranch's philosophy and is considered in all business decisions. Ent explains some of the finer points of bringing organic into your spa. "We've increased our organic purchasing by 300 percent in the past three years. That's still only 5 percent of our total purchasing. People think it's tremendously expensive to buy organic, but we've only seen cost increases of a mere 2 percent," Ent says. Often, when purchasing increases, you may see cost increases of roughly 30 percent. "But the benefits far outweigh the costs," he affirms.

Canyon Ranch also educates guests about the benefits of organic products, which lets them know that spa owners care about their long-term health, and lunch demonstrations are included in the cost of the stay. Ent often informs guests about the dirty dozen: strawberries, bell peppers, spinach, cherries, peaches, cantaloupe, celery, apples, apricots, green beans, grapes, and cucumbers. According to the FDA, these items have the



committed to organic

Canyon Ranch encourages guests to subscribe to a philosophy of clean, healthy living—that includes a commitment to the environment and organic food.

its website, <http://www.ota.com> and also find out about organic fiber manufacturers.

With spas such as Canyon Ranch supporting local growers and considering the use of organic fibers for items such as towels, the demand for organic will most certainly increase. Almost one-third of the population currently buys organically grown products, demonstrating widespread consumer interest. In fact, demographic information indicates many consumers who buy organic are in the same income bracket as those who attend spas. Making a choice to protect the environment and the health of your guests may also be a sound business decision.—Mary Arcuri ✨

highest occurrence of residual pesticides. For now, Canyon Ranch's most realistic goal is not to become totally organic, as that would be extremely difficult, but at least to purchase items in the dirty dozen from an organic supplier to ensure the spa is getting only the cleanest produce.

The fact remains that diversity is still a problem; organic is only grown seasonally. "When we don't have certain berries in the winter, we tell our guests that we are protecting their health," Ent says. He feels that lack of diversity is the only limitation that organic has imposed upon the spa. Admittedly, it's important to make sure that what you are buying is actually organic; but that's where the Organic Trade Association (OTA) can help. You can locate established providers through

CITY AZ

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LEAN CUISINE

The days of small
of tasteless food are
gone. Fine spa cuis
has arrived, and some
the best examples
our own backyard.
Frank Johnson

OUTSIDE ARIZONA

Bellagio

Las Vegas, NV
888.987.6667

www.bellagiolasvegas.com

The Broadmoor

Colorado Springs, CO
800.634.7711

www.broadmoor.com

Canyon Ranch in the Berkshires

Lenox, MA

800.326.7080

www.canyonranch.com

Canyon Ranch Spa at the Venetian

Las Vegas, NV

702.414.4100

www.thevenetian.com

Four Seasons Resort

Nevis, West Indies

869.469.1111

www.fourseasons.com

Golden Door

Escondido, CA

800.424.0777

www.goldendoor.com

Health Spa at Meadowood Napa Valley

St Helena, CA

800.458.8080

www.meadowood.com

Las Casitas Village and Golden Door Spa

Las Croabas, Puerto Rico

787.863.1000

www.wyndham.com

Nemacolin Woodlands Resort and Spa

Farmington, PA

800.422.2736

www.nemacolin.com

Ojai Valley Inn and Spa

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"I HAVE THREE OPPORTUNITIES A DAY TO WOW GUESTS... I WANT TO REMIND THEM THAT FOOD IS A NATURAL SOURCE OF ENERGY AND PLEASURE."

AS A MAJOR HUB FOR THE GROWING NATIONAL love affair with lifestyle, Arizona continues to set the precedent for spa culture. The renowned La Stone massage treatment was invented in Tucson, and although we documented the trendsetting new spa designs found across the Valley in our Design Issue, today, the spa catch phrase is *cuisine*.

Although there are several local spas offering cuisine specifically designed for their health-conscious guests, only a select few actually provides the complete experience. Here are four that do it all, and happen to be located right in our backyard.

The **Camelback Inn** is well known among spa aficionados. Nestled on 125 acres overlooking Camelback Mountain, the resort features tennis courts, golf courses, seven restaurants and lounges, and, of course, The Spa at Camelback Inn. Opened in 1989, The Spa was one of the first in the country to offer the three musts of spa perfection—a fitness and exercise center, body and beauty treatments, and lifestyle-enhancing wellness programs, including diagnostic testing, education, and nutrition counseling.

What really puts The Spa at Camelback Inn over the top, however, is its in-spa restaurant, Sprouts. Overlooking one of the resort's three pools, this unique eatery is under the direction of executive chef Donald Rini. The food, which is a combination of Californian and Southwestern influences, is both flavorful and healthful. Rini says the most important aspects of spa cuisine are "portion size and ingredients," so he shares the recipes of his most popular creations with his guests—like the sumptuous lobster salad with angel hair pasta—so they can enjoy the health benefits of his cuisine in their own homes.

Canyon Ranch Health Resort in Tucson enjoys an impeccable reputation, in part because of its fine fare. Opened in 1979 as a year-round vacation destination dedicated to healthful living, this renowned health resort was a pioneer in the development of nutritious food. Executive chef **Scott Uehlein** believes it's Canyon Ranch's stringent culinary standards that make his menu exceptional.

"We don't take an [unhealthful] dish and try to make it good," he explains. "We build from the bottom up. When you are taking away fat you have to add flavor, so I start with fine and natural ingredients."

Canyon Ranch stresses that healthful eating habits are

something you should take home with you. That's why Uehlein and his fellow chefs offer daily "Lunch and Learn" classes in their 40 person demonstration kitchen, so guests can learn how to cook healthy food for themselves.

Miraval is a resort and spa situated at the base of the Santa Catalina Mountains, 30 miles north of Tucson. Based on the philosophy of "Life in Balance," this luxurious getaway provides amenities ranging from horseback riding to volleyball to Zen and desert gardens. However, no guest should overlook the impressive spa facility and its extensive selection of "Conscious Cuisine."

Created by executive chef Cary Neff exclusively for Miraval, Conscious Cuisine is a culinary infusion of color, texture, aroma, and flavor, combined to awaken the senses.

"I have three opportunities a day to wow guests," Neff explains. "I want to remind them that food is a natural source of energy and pleasure."

Neff's dishes are abundant in grains, vegetables, and fruits, while low in fat. Yet, like everything else at Miraval, choice is the central ingredient, and guests are often amazed at the wide range of available foods. Finally, Miraval's kitchen staff offers cooking lessons six days a week, so guests can learn more about Neff's creations.

Mii amo, a destination spa at Enchantment in Sedona, opened its doors January 4, 2001. In addition to its Crystal Grotto meditation area, red rock views from its treatment rooms, and luxurious suites, Mii amo also houses an 80 seat indoor-outdoor café, featuring an eclectic spa cuisine.

Executive chef Paul McCabe has stayed true to the idea of nurturing the mind, body, and soul by creating light but flavorful food. With his love of Pacific Rim cuisine, and his French, Mediterranean, Southwestern, and Thai culinary background, McCabe creates dishes of great taste and low fat.

McCabe's menu includes lobster spring rolls, cold-smoked buffalo tenderloin, grilled Chilean sea bass, and seared sesame sea scallops, all made with the finest organic, macrobiotic, and local produce available. Layering flavors is the key to a high-flavor, low-fat-dish, and McCabe uses inventive marinades and smoking techniques to create his dishes. Cooking classes are taught twice a week in the exhibition kitchen for guests interested in learning just how easy it is to prepare healthy and flavorful spa cuisine of their own.

Dig in and make your reservation today. ■

TRAVELER

+ LIFESTYLE

NOVEMBER 2001

READERS' POLL: WORLD'S BEST FOOD hotels spas cruise lines cities

THE TOP SPAS FOR FOOD

1. Thermes Marins de Monte Carlo	80.2
2. Clinique La Prairie, Clarens-Montreux, Switzerland	79.7
3. Domaine du Royal Parc Évian, France	79.2
4. Canyon Ranch Health Resort, Tucson	77.6
5. Hotel Terme di Saturnia, Saturnia, Italy	76.0