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Clean Plates

Two healthful cookbooks that can double as inspiring and beautifully photographed coffee-table tomes have just been released by legendary wellness resorts The Ranch at Live Oak in Malibu, Calif., and Thailand's Chiva-Som International Health Resort. The recipes feature nutritious gourmet cuisine that is low in calories, and each includes calorie counts and macronutrient content. The plant-based dishes from The Ranch at Live Oak Cookbook lean toward raw and vegan, and most weigh in at between 100 and 400 calories per serving. The book (*Rizzoli*, \$35) first details the benefits of many of the ingredients used in its recipes, including fermented foods. Try the red quinoa with beets and radicchio (382 calories and 11 grams of protein) for an extra dose of antioxidants. The multigrain fruit and nut bars are a favorite snack that guests have long clamored to make themselves. theranchmalibu.com



Chiva-Som celebrates its 20th anniversary with the release of *Cooking with Light* (\$125), filled with more than 130 low-calorie, nutrient-rich dishes. The resort's philosophy that flavor, nutrition, and presentation are of equal importance is obvious in each elegant plate. Simple fare like an open-faced "fried" egg quesadilla (189

calories and 8 grams of protein) take just 10 minutes to prepare. The book includes recipes for fresh juices, spreads—including "chiva-tella," a chocolaty almond glaze—vegetable breads, and more. Notes detailing specific ingredients appear throughout; the sesame seed, for example, contains the antioxidants sesamin and sesamol as well as cholesterol-lowering lignans. Creating meals from both books is likely to shift how and what you eat daily, not just while on a spa holiday. chivasom.com