

# GRANDTOUR

*Food*

## The Food Resolution

*By Gena Bell*

If you're like me, right around this time of year, you are probably feeling discouraged about not sticking with your New Year's Resolution to lose a few pounds. Summer is not too far off, and you're dreaming about that red bikini with little sexy ties on the sides. You have tried and abandoned your diet—whether it is Atkins, The Zone, Miami Beach or the famous Cabbage Soup Diet (blah, cabbage soup?).

Then there are the gym memberships we wasted hundreds or thousands of dollars on and spent little time. We never seemed to make it to that spinning class we promised ourselves we'd attend. Just the thought of strapping on the bicycle paraphernalia and pedaling as hard as you can to go nowhere never excited me. Oh, and of course, forget about the power yoga classes you needed to do. I prefer eating pretzels instead of looking like one.

Instead of a diet resolution, let's focus on a Food Resolution. If we incorporate three small food resolutions into our lives, we would all stay healthier and most likely take off a few pounds.

For starters, no more super sizing. Portion control is key in weight control no matter what you are eating. If you were raised to finish your plate, maybe it is time to order less or share plates with someone. Calories are what count and every American needs to watch the quantity of food being consumed. Chris Blobaum, Executive Chef at the Surf and Sand Hotel in Laguna Beach, says, "The lifestyles we have chosen in the last decade or two are showing up in our children and the health of our people. I think the general population is slowly getting it." He continues, "Any extreme diet will fail at some point, sooner or later, and diets should be monitored by a healthcare professional."

Secondly, we all need to start cooking again, even if it is quick dinnertime meals. By cooking at home, we can measure what we are putting into our food. There are hundreds of quick cooking recipes and cookbooks that offer healthy and delicious meals prepared in under 30 minutes. And, if you are one of those who frightens easily by the whole cooking process, don't be because most of these cookbooks can turn anyone into an amateur chef using very few steps and ingredients. Don't forget, cooking can be a great bonding opportunity for the family as well, so get the kids involved.

Finally, when you dine out, dine in restaurants and hotels that truly care about organic fresh foods. Many chefs today design their menus with high quality ingredients and offer a spa menu which consists of less heavy food full of flavor but with a lot less fat and calories. The Golden Truffle in Costa Mesa has a unique spa menu. Chef Alan Greeley asks if you have any food dislikes, and then creates for you an outstanding surprise three-course meal (with all your favorite foods). Now that's great service!

To become healthy Americans, we need to teach our kids, as well as retrain ourselves, to value food. It may cost a little more to eat well, but isn't it worth it in the long run? Skip the expensive gym membership, take a brisk walk around the block a few times, and

then put your money where your mouth is...so to speak. Dust off those pots and pans and prepare some homemade cuisine or make reservations at a quality restaurant. Remember, as the adage goes, you are what you eat.

### **Spicy Salmon with Cool Mango Avocado Salsa On a Bed of Roasted Baby Potatoes and Mixed Greens**

1 pound salmon filet – cut into 4 pieces  
1 ripe mango – diced  
1 ripe avocado – diced  
2 green onions – minced  
1 lime – juiced  
1 pound baby new potatoes – cut in half  
1 bag mixed greens  
1 cup brown sugar  
1 cup vegetable broth (can use chicken or beef broth)  
2 teaspoons hot sauce  
7 tablespoons olive oil  
salt  
pepper

#### **Preparation**

##### **Step 1**

Preheat oven to 400 degrees. Combine mango, avocado, green onions and juice of one lime. Stir mixture and season with salt and pepper. Place in refrigerator.

##### **Step 2**

Spread 4 tablespoons olive oil on a large baking sheet and toss potatoes in oil. Season potatoes with salt and pepper. Roast potatoes in the oven for 30 minutes until fork tender.

##### **Step 3**

Meanwhile, place 3 tablespoons of olive oil in a large non-stick skillet. When lightly smoking, place filets in pan and cook 4 minutes per side. Remove filets and cover on a plate while making sauce. Place brown sugar, vegetable broth and hot sauce in the same skillet and stir to combine. Cook mixture for 5 minutes until sauce is reduced by a third. Place filets back in pan for 3 additional minutes until cooked through.

##### **Step 4**

To serve, place mixed greens and roasted potatoes on a plate and top with filet coated in spicy sauce. Place a dollop of mango avocado salsa on each filet. Enjoy!

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