



Healthful Tips from Chef James Boyce

James Boyce is the award-winning chef of Studio, the signature restaurant of Montage Resort & Spa in Laguna Beach, California. Since its inception, Studio has won numerous raves from discerning publications, including Food & Wine, Esquire and Wine Spectator. For info, visit www.studiolagunabeach.com.

Eat with all your senses. For visual pleasure, put bright, eye-catching colors on the plate—yellow, red, purple, white or green peppers, heirloom tomatoes, orange or tangerine sections.

Experiment with seasonings to boost flavor. Try different salts, freshly cracked pepper, large pieces of beautiful herbs like basil, cilantro, Italian or curly parsley, mint, sprigs of fresh thyme.

Play around with contrasts in textures and temperatures when you cook and serve. For example, serve a crisp, cold salad on the same plate with simply grilled seafood.

Reduce portion sizes. You can still enjoy ice cream on occasion, but eat one scoop instead of two.

Reduce fat, but you don't necessarily have to eliminate it. Use small amounts of butter or use extra virgin olive oil to satisfy your palate without overindulging.

Salmon "Tacos"

- 12 3-oz. pieces king salmon
- Salt & freshly ground pepper
- 1 tsp. chopped thyme
- 1 tsp. chopped dill
- 2 tbsp. olive oil
- 12 radicchio lettuce cups
- 2 c. shredded savoy cabbage
- 12 cilantro sprigs

Season salmon with salt and pepper and place on baking sheet. Sprinkle with chopped herbs and rub with olive oil. Allow to sit for 30 minutes.

Cook salmon on a pre-heated charcoal grill for 2-3 minutes per side and transfer to a warm tray.

Place cooked salmon in radicchio cups and garnish with cabbage, cilantro and your favorite sauce.



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