

CUISINE SCENE

# Tasty, Healthy Food

If you've resolved to eat healthy this year, it doesn't mean you have to give up on dining out. These Phoenix-area restaurants offer great healthy menus.—Susan Lanier-Graham



Grilled Salmon

## Farm & Craft

Farm & Craft, with one bistro in Old Town Scottsdale and another in Uptown Phoenix, brings together food and community. The seasonal menu, which includes local and responsibly sourced ingredients, uses 100% grass-fed beef and also features vegetarian and vegan options. Farm & Craft is open for breakfast, lunch and dinner, and is also popular for brunch and happy hour. The bowls are always a good healthy option. Build your own, or go for the Probiotic with red beet power kraut, quinoa tabbouleh, and a cucumber herb yogurt sauce. Be sure to try the Farro Mac & Cheese for a gluten-free twist on an American classic. The Grilled Salmon with rainbow quinoa and spiralized zucchini is a favorite entrée. [www.ilovefarmandcraft.com](http://www.ilovefarmandcraft.com)

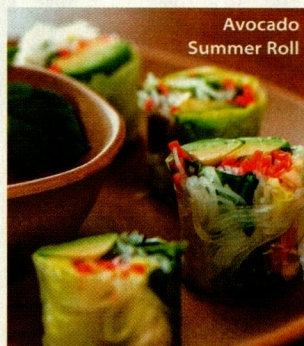


The Sexy Bowl

## ProteinHouse

ProteinHouse, with three Arizona locations, is a protein-rich, fast-casual restaurant serving athletes, fitness enthusiasts, and anyone wanting to eat clean. Dine in at the restaurant or let ProteinHouse do

your meal prep. Lean bowls include your choice of protein. For a post-workout splurge, try Chocolate Monster Pancakes, featuring chocolate, bananas and walnuts on whole grain whey protein pancakes. [www.protein-house.com](http://www.protein-house.com)



Avocado Summer Roll

## Kale + Clover

Kale + Clover Mindful Kitchen is a fast-casual restaurant with chef-crafted healthy options, located in Scottsdale. Here, diners can start the day with a cold-pressed juice, nut milk or fresh smoothie and a selection of entrées, including veggie/vegan and gluten-free dishes. An egg-white burrito with sweet potato has a smoky chipotle salsa. Want something stick-to-your-ribs good? Try the quinoa porridge with apples and maple syrup. For lunch and dinner, the Superfood Salad is a meal in a bowl with greens, quinoa and avocado topped with a bright lemon vinaigrette. For a veggie twist to the popular sushi roll, try the Avocado Summer Roll with a house-made chili garlic sauce. Other options range from Turkey Bolognese to Shrimp Pesto Pasta. [www.kaleandclover.com](http://www.kaleandclover.com)

## 24 Carrots

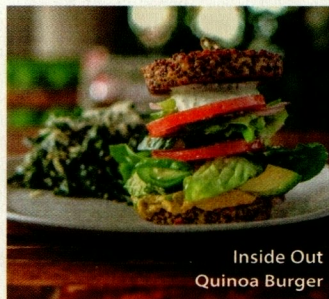
24 Carrots Natural Café & Juice Bar in Tempe serves all-vegan, mostly gluten-free dishes made with local, organic, seasonal ingredients. At 24 Carrots, it's all about clean eating, whether you opt for an all-natural smoothie, fresh juice, a savory dish, or want something sweet. A local favorite is My Favorite French Toast, dipped in coconut custard and served with grilled banana, house granola and berry orange syrup. A gluten-free option is available. Raw eating is definitely clean eating, so try the Raw Tacos Supreme, a gluten-free, vegan option to traditional tacos. They start with a house-dehydrated veggie tortilla, topped with walnut "taco meat," greens, rainbow veggies, cashew sour cream and avocado. [www.24carrotscafe.com](http://www.24carrotscafe.com)



Raw Tacos Supreme

## True Food Kitchen

True Food Kitchen, founded by Dr. Andrew Weil, has locations in Phoenix and Scottsdale. True Food celebrates better living and prepares items with ingredients known for their anti-inflammatory properties. The menu features gluten-free, veggie and vegan options, but there are also great choices for meat and fish lovers. Although the menu changes often, drawing on what's in season and available, there are always a few favorite mainstays. Try the Inside Out Quinoa Burger with hummus and tzatziki. Want meat? No worries. Try the pan-seared natural chicken or a taco with



Inside Out Quinoa Burger

grilled fish or grass-fed steak. True Food also has a hand-crafted cocktail menu featuring fresh ingredients. Opt for a margarita with pomegranate and ginger, or a grapefruit vodka martini with organic vodka and fresh Thai basil. [www.truefoodkitchen.com](http://www.truefoodkitchen.com)

CLOCKWISE FROM TOP LEFT: COURTESY FARM & CRAFT; COURTESY KALE & CLOVER; COURTESY 24 CARROTS; COURTESY TRUE FOOD KITCHEN; COURTESY PROTEIN HOUSE