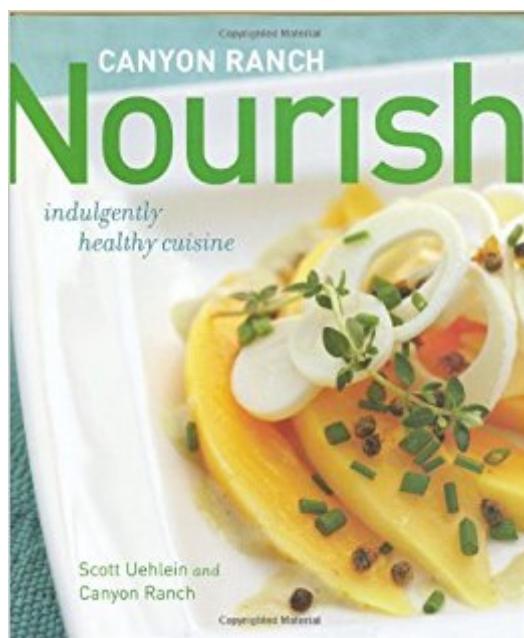


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# Canyon Ranch: Nourish: Indulgently Healthy Cuisine



## **Synopsis**

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 Zahtar-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.

## **Book Information**

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## **Customer Reviews**

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 CondÃ© Nast Traveler magazine's Readers' Choice Awards for best destination spa. In 2000, Canyon Ranch was named Best Spa for Food by Gourmet magazine.

Chilled Cucumber with Arugula Soup Peppery arugula gives this cool summer soup a savory finish. Makes 6 (1/2 cup) servings.

1. Combine the cucumber, water, onion, lemon juice, garlic, salt and pepper in a blender and puree until very smooth. Chill in the refrigerator for at least 30 minutes, or until well chilled.

2. Serve 1/2 cup of the chilled cucumber soup with 1 teaspoon of the cream and a sprinkle of the arugula.

1 cup water 1/2 cup diced onions (white or sweet onions are best) 2 tablespoons fresh lemon juice 1 teaspoon minced garlic 1/2 teaspoons sea salt 1/2 teaspoon freshly ground black pepper 2 tablespoons heavy cream 1/2 cup julienned fresh arugula

35 calories 4 gm. carbohydrate 2 gm. fat 6 mg. cholesterol 1 gm. protein 319 mg. sodium 1 gm. Fiber

Apple Cranberry Salmon Salad

Apples are the main ingredient here. "use any combination of tangy and sweet varieties. Makes 4 servings.

1. In a shallow glass baking dish, combine the BBQ Sauce and salmon. Cover and marinate for 30 minutes to 2 hours.

2. In a large bowl, combine the lemon juice, honey, salt, and pepper.

3. Core the apples and thinly slice using a mandolin or a knife. Add the sliced apples to the lemon honey mixture and toss together to coat. Toss cranberries and tarragon with the apple mixture.

4. Preheat the grill or broiler. Grill or broil the salmon fillets 3 to 5 minutes on each side, or until the fish is opaque at the center. Do not overcook.

5. Break apart the salmon fillets into bite-size pieces. Toss the salmon with the Apple Cranberry Salad.

6. Evenly divide among 4 plates and serve.

1/2 cup Mongolian BBQ Sauce 4 4-ounce salmon fillets

For the Apple Cranberry Salad:

1/2 cup fresh lemon juice 2 tablespoons honey 1/2 teaspoon sea salt

Pinch freshly ground black pepper 1 pound Gala apples 1 pound Granny Smith apples 1/2 cup chopped fresh cranberries 2 tablespoons chopped fresh tarragon

300 calories 38 gm. carbohydrate 8 gm. fat 54 mg. cholesterol 22 gm. protein 216 mg. sodium 6 gm. fiber

London Broil

This is a quick-cooking dish that's perfect for a summer meal. Makes 4 servings.

1. Place the Mongolian BBQ Sauce in a shallow glass baking dish. Add the steak, turning to coat evenly. Cover and refrigerate for at least 2 hours or overnight.

2. Preheat the grill or broiler.

3. Remove the steak from the marinade and discard the sauce. Grill or broil the steak for 4 to 6 minutes on each side, or until done. Slice thinly across the grain to serve.

Serving Suggestion: We like this with our Chilled Green Bean Salad.

1 pound flank steak 1 cup Mongolian BBQ Sauce

220 calories 3 gm. carbohydrate 9 gm. fat 57 mg. cholesterol 24

gm. protein409 mg. sodiumTrace fiber Wasabi Pea Crusted Mahi with Ponzu SauceDried, wasabi-coated peasâ "a favorite Asian snackâ "can be purchased in most grocery stores in the Asian food section of well-stocked supermarkets and specialty stores.Makes 4 servings 1. Preheat the oven to 350Â F.2. Grind Â cup of the wasabi peas into a fine flour using a coffee or spice grinder. Crush the other Â cup of the wasabi peas to make coarse crumbs. Dredge the fish fillets in the wasabi flour, then in the eggs, then in the coarse wasabi crumbs.3. Lightly coat a large sautÃ© pan with the canola oil spray. Bring to medium heat. Gently place the fish in the hot pan and cook until golden brown, about 2 minutes on each side. Transfer to a baking pan and finish in the oven for 5 to 8 minutes or until fish reaches an internal temperature of 135Â F.4. Combine all the ingredients for Ponzu Sauce in a blender container and puree until smooth. Strain.5. In a large sautÃ© pan, heat the canola oil over medium heat. SautÃ© the peppers and carrots in the oil until tender.6. Top each wasabi crusted fillet with 2 scant tablespoons of the Ponzu Sauce. Serve with Â cup of the stir-fried vegetables and Â cup of the brown rice.Â cup wasabi peas1 pound mahi, cut into 4 equal fillets2 whole eggs, beaten1 cup julienned yellow bell peppers1 cup julienned carrots1 teaspoon canola oilÂ cup Ponzu Sauce (see recipe)2 cups cooked brown rice400 calories50 gm. carbohydrate8 gm. fat186 mg. cholesterol31 gm. protein654 mg. sodium3 gm. Fiber

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. Once when I was cooking, I splattered it a bit and decided it was time to get my own copy. This book has never disappointed. I have made the Pomatinis (delish!), the chicken pot pies (probably the best I've had), the Salmon en Croute (a show stopper), Chicken Noodle Soup (devine), Tukey Apple Wraps, Tortilla Soup (a favorite!) and more. I find the instructions detailed and helpful (ex. cube the butter and then chill before making a crust) and the ingredient lists not too intimidating. This is an excellent cookbook for those wanting a bit of a culinary challenge for healthy yet delicious food. It has expanded my knowledge-base and thereby made me a better home cook. I love this cookbook!!

This is one of the most helpful cookbooks I've ever owned. Pictures and clear explanations of basic cooking techniques are included in the front and are helpful to almost anyone except maybe a professional chef. The recipes are many of the Ranch favorites, including their chocolate chip cookie recipe. There's a small vegetarian section that I wish included more vegan recipes, but I'm able to adapt many of the recipes easily to meet my needs.

Arrived on time. Product was as described.

Good quality book.

So far everything we've tried has been tasty. My GO TO summer dish is the Tortilla Soup recipe (p.134). Best and simplest tortilla soup recipe yet!!! (And I have tried many!) Simple to make, so fresh tasting veggies and light citrusy broth, can be made in a flash and at 140 calories it is healthy way to enjoy those mexican flavors without the heaviness--light enough to have soup in the summer and not feel guilty about 2nds!!! This is the third Canyon Ranch Cookbook I've purchased, and I use them regularly.

Everything it said it would be. Great inspiring recipes with interesting flavor combinations. A new twist on cooking which I have been looking for using healthier recipes.

We have made many things from this cookbook - every dish has been excellent and all have become part of our cooking routine. The soups are excellent - low sodium and low fat - and exquisitely flavorful. I have purchased this book for my adult children and have given it as a gift to friends. I only wish Scott would do another cook book.

A few good recipes but overall not a lot I plan to incorporate.

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