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AMAZING LACE! Sexy new lingerie worth splurging on

Sixlife

GOING OUT AND STAYING IN EDITED BY KIRSTEN MATTHEW

THE NEW Why NY learning

IT'S A MADONNA Who's hot

WHAT A RESTAURANT Inside the new dining

SPICE UP The trend appearing



The food is low-calorie and the fixtures—LED lighting and the kitchen equipment—are low-energy at Rouge Tomato. Inset: In-house nutritionist Natalia Rusin.



You Say Tomato

Midtown dining gets healthier—and more exotic—with the opening of Rouge Tomato.

Belgium, birthplace of the best fries and waffles in the world, isn't known for healthy eating. But that may change with the new eatery Rouge Tomato. The Midtown outpost of the Brussels restaurant serves farm-fresh meals of around 500 calories. Each dish was developed by resident nutritionist Natalia Rusin and chef Jeremy Bearman, formerly of DB Bistro Moderne, in accordance with a Belgian health charter. A \$72 three-course

prix-fixe dinner in the lower-level dining room might include a starter of beet cannelloni, grass-fed New York strip steak with strained parsnips and, to finish, Hawthorne Farm huckleberry and yogurt parfait—all for 530 calories. How is that possible? "We start off with a 5-ounce portion of strip, which is lean," Natalia says. "We focus on fruits and vegetables that are lower in calories. We use yogurt instead of cream and don't drown everything in fat." And it's not

just the food that's good for you: Water is purified in-house and there's an on-site juice bar serving drinks like the Royal Purple, made with spiced Concord grape puree and seltzer. It's not all about weight-watching, though. "The nutritional value of the food is our focus, but it has to taste good first," Natalia says. —Melissa Feldman

Rouge Tomato, 10 E. 60th St. (between Madison and Fifth Aves.); 646-237-8977.

SOPHIA JAMES On re

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