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## Top 10 Heart-Healthy Restaurants in the U.S.

Dining out at a restaurant doesn't mean you have to abandon your diet

By Gayot for MSN Local Edition

Savvy chefs know that they don't have to drown a dish in butter to make it delicious -- lean sashimi, inventive salads and low-carb creations are just a few satisfying meals that can be low in sodium, cholesterol and saturated fat, but not low on taste. These top 10 heart-healthy restaurants in the U.S. offer healthy meal options that will help you to both eat well and live well.



Rouge Tomate

**Rouge Tomate**, New York, N.Y.

This Belgian export in the East 60s serves up health-conscious fare with an elevated, French accent. Ignore the restaurant slogan, Sanitas Per Escam (health through food), and just eat. Chef Jeremy Bearman (who has worked with Daniel Boulud and Joël Robuchon) does an admirable job of cutting corners (i.e. keeping dishes on the healthy side) while still making them appetizing. A salad of Brussels sprouts leaves is given an added jolt with a sprinkling of Berkshire prosciutto. Market squash soup is thick and accented with apple, pumpkin seeds, Anisette froth and tarragon. The black cod is so tender it manages to practically disassemble itself when the fork hits. And somehow it all tastes better in a room that's chic and airy. The wine list includes plenty of options by the glass, including a handful of good local New York State wines.