



Healthy Spa Cuisine: 400 Signature Recipes from the World's Top Spas

Lynn Nicholson, Tracy A. Smith

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In this mouthwatering collection, Cordon Bleu Chef Lynn Nicholson treats you to healthy, delicious recipes from more than sixty of the most renowned international spas. From Bangkok to Carmel, top spa chefs share their secrets for creating low-calorie, highly satisfying meals that have put their kitchens on the culinary map.

Learn how to impress your friends by making such tasty dishes as:

- Amelia Island Plantation's Vegetarian Lasagna
- Sonoma Mission Inn and Spa's Maine Diver Scallops with Grilled White and Green Asparagus and Oven-Dried Apricots
- Canyon Ranch's Lox and Cream Cheese Frittata
- Mi Amo at Enchantment Resort's Smoked Salmon on Blue Corn Cake with Melon and Avocado Relish
- Grand Wailea Resort and Spa's Pink Grapefruit Champagne Granita

Healthy Spa Cuisine also includes these special features:

- The secrets of gourmet food preparation
- Exclusive interviews with top spa chefs
- A glossary of ingredients, terms, and techniques
- A resource list for purchasing difficult-to-find ingredients

Now the culinary magic you used to dream about can be yours—in the comfort of your own home!

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