

## Canyon Ranch Nourish: Indulgently Healthy Cuisine

**Scott Uehlein**

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Straightaway upon opening *Canyon Ranch: Nourish*, we are warned about using the “spa cuisine” moniker to describe any health-conscious recipe. In his introduction, Scott Uehlein writes, “We don’t just feed our guests, we nourish them....Our food meets both the highest culinary and nutritional standards, which makes it unique.” The point is reinforced in an opening chapter called “Canyon Ranch Nutrition Basics,” offering extensive nutrition detail, advice, philosophy, and even some stern counsel for improving health through food. To wit, Canyon Ranch recipes emphasize 1) A wide variety of ingredients from plants; 2) Plenty of fiber from a wide variety of plant foods; 3) Minimal added sugar and no artificial sweeteners; 4) Balanced portions of protein and carbohydrate; and 5) Healthy fats in moderation.

The recipes included in the following eleven chapters cover beverages and snacks, starters and sides, soups, salads, salsas and sauces, beef and lamb, fish and shellfish, poultry, vegetarian entrees, and desserts. With a few creative exceptions, Uehlein is not trying to deliver the most innovative food, instead he offers a broad palate of bright flavors utilizing comfortable ingredients and healthy cooking techniques.

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