

NYC CHEFS TELL US THEIR FAVORITE HEALTHY RECIPES YOU'LL ACTUALLY WANT TO MAKE

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For many of us, the beginning of a new year means two things: resolving to work out more than once a week (fine print: once a month) and stashing away the booze and butter in favor of kale and coconut oil. Of course, this isn't always an easy task in NYC, where delivery apps reign and gyros, ramen, and pizza are just footsteps away at any given moment. Luckily for us, the city's best chefs have a few ideas for how to make healthy eating a lot less terrible than it seems. From the veggie-forward to the seafood-centric, here are seven recipes from the city's top chefs that you'll actually want to make.



THE MEATBALL SHOP

The Kitchen Sink Salad

"This is my favorite dish when I'm in the mood for something healthy but flavorful and hearty. [At The Meatball Shop] our 'sink sides' rotate, so you can never get sick of it. Right now we're serving up honey roasted carrots, cauliflower salad, white beans, and couscous. We like to keep it seasonal and fresh, and when topped with your choice of meatballs, it makes for a heartier meal option." -- **Daniel Holzman, The Meatball Shop**

INGREDIENTS:

- 8 large carrots cut into (3) 1-inch pieces (like thick-cut french fries)
- 1/4 cup olive oil
- 1 teaspoon salt
- 1/2 cup honey
- 1/3 cup mustard dressing
- 4 teaspoon scallions, sliced
- 3 tablespoon parsley, chopped
- 1 head cauliflower, shaved
- 1 ½ tablespoons sunflower seeds, toasted
- 1/3 cup Dijon mustard
- 1 cup lemon juice
- 2 1/2 tablespoons red wine vinegar
- 1 1/2 tablespoons salt
- 1 1/3 olive oil
- 3/4 cup Couscous, cooked (1/4 cup couscous dry)
- 1/8 cup shallots sliced, lemonged
- 2 teaspoons parsley, chopped
- 1 tablespoon roasted almonds, chopped

DIRECTIONS:*For the honey roasted carrots*

- 1.** Preheat the oven to 450°F.
- 2.** Toss the carrots with the olive oil in a large bowl, and coat thoroughly. Add th salt and toss to coat.
- 3.** Combine the honey and 1/2 cup warm water in a small bowl and stir until thoroughly mixed.
- 4.** Lay the carrots out on a large rimmed baking sheet or roasting pan so that the are evenly spaced and do not touch one another. Drizzle with the honey mixture and put the carrots in the oven to roast.

- 5.** Roast until all of the water has evaporated and the carrots are soft and beginning to brown, 35 to 40 minutes.

For the cauliflower salad

- 6.** 1/3 cup mustard dressing
- 7.** 4 teaspoon scallions, sliced
- 8.** 3 tablespoon parsley, chopped
- 9.** 1 head cauliflower, shaved

- 10.** 1 ½ tablespoons sunflower seeds, toasted

For the dressing

- 11.** Blend all ingredients except oil.
- 12.** While blending, add oil slowly to emulsify.
- 13.** Stir well before using.

For the couscous salad

- 14.** Zest the orange, then halve and juice.

- 3 tablespoons Fuji apples, small dice

- 1 tablespoon cranberries, dried

- 1 teaspoon orange, zest and juice

- 2 teaspoons oil

- 1/2 teaspoon salt

- 3 1/2 cup white beans, cooked

- 1 1/2 cup olive sofrito

- 1.5 tablespoons parsley, chopped

- 1/2 cup olive oil

- 1/2 cup yellow onion, finely minced

- 1/4 cup carrot, finely minced

- 1/4 cup celery, finely minced

- 1 teaspoon garlic cloves

- 2 teaspoons salt

- 1/4 teaspoon chili flakes

- 1/2 teaspoons oregano, chopped

- 1/2 cup tomato paste

- 4 teaspoons red wine vinegar

- 1/4 cup kalamata olives, chopped

- 15.** Combine all ingredients in a mixing bowl, sprinkling in the salt and mix well to combine.

For the white bean salad

- 16.** Mix together all ingredients.

- 17.** Let sit minimum 4 hours before serving to let beans absorb flavors.

For the olive sofrito

- 18.** Add oil, minced vegetables, salt, chili flakes, and oregano to pan and cook over high heat stirring often.

- 19.** Turn down heat to medium once the veggies give off their liquid and boil, cook for about 30-45 minutes.

- 20.** Once oil and liquid have separated and veggies are starting to stick, add the tomato paste.

- 21.** Cook another 10-15 minutes until brick red, scraping bottom to prevent mixture from burning.

- 22.** Add vinegar and chopped olives, and cook for 2 minutes. Then remove from heat and cool. Stir well before using.