



HEALTH



Orange Marcona Almond Salad with Pineapple Granita

2 cups pineapple juice
8 small naval oranges, peeled, segmented, seeded and chilled (or any other variety of orange, such as a blood orange)
1/3 cup sugar
1 cup unsalted Marcona almonds
1 tablespoon almond oil
1/2 cup microherbs (any young seedlings)

For the pineapple granita:

- Heat the sugar and 1 cup of the pineapple juice in a small saucepan until the sugar dissolves, stirring occasionally. Remove from heat.
- Stir in the rest of the juice and cool in an ice bath.
- Pour into a flat, metal container (such as a sheet tray), cover and freeze.
- Once it becomes solid, break it up with a fork so that it becomes flaky.
- Cover and return to the freezer.

For the salad:

- In a large bowl, toss together the oranges with the almonds, almond oil and microherbs.
- Serve on chilled plates with granita scattered around. (Serves 4)

CHEFS TEAM UP FOR WELLNESS



Jehangir Mehta

Tennis and healthy eating go hand in hand at the annual **Taste of Tennis** (tasteoftennis.com) benefit, where renowned chefs will cook good food to kick off the U.S. Open.

Hosted by tennis champ Serena Williams and celebrity-chef Marcus Samuelsson, the event on Aug. 22 brings together fans, eaters, New Yorkers and chefs. Top NYC chefs will be on hand, including Harold Dieterle (The Marrow), Leah Cohen (Pig and Khao) and Daniel Holzman and Michael

Chernow (The Meatball Shop).

The chefs are crafting dishes that are, you guessed it, good for you. They're tasty too, of course, but because this is an event for athletic types — big name tennis pros will also be in attendance — the chefs created their dishes with an emphasis on both.

Chef Jehangir Mehta of Graffiti Food & Wine Bar, who is also the Next Iron Chef 2010 runner-up, shared with amNewYork his recipe for Orange Mar-

cona Almond Salad with Pineapple Granita.

"This is the perfect dish after a strenuous match, as the oranges provide coolness and refreshment, while the nuts are packed with nutrients," Mehta said.

Proceeds go to the James Beard Foundation, which organizes educational initiatives for chefs, hosts food industry awards and provides scholarships for culinary students. It's sponsored by BNP Paribas bank.

(GEORGIA KRAL)