

# Fresh and Healthy Tips for Delicious Dinners

Whether dining out or making a night of it at home, it's easy to turn everyday meals into special treats by adding healthy, versatile and affordable options. With more than 40 years of experience, Tony Seta is one of only 61 Certified Master Chefs in the United States, an accreditation awarded by the American Culinary Federation. Now, Seta is serving up five tasty tips to makeover your next meal, at home or out on the town.

## Dining Out

- It's always tough to decide on a restaurant for a large group with varied tastes. Seta suggests opting for a variety of sharable appetizers and small plates to satisfy everyone's cravings. Restaurants with communal bar tables and specialty cocktails also make a night out with friends a fun, shared feast.

- Sticking to a diet can be a challenge when dining out, but grilled options are an easy and delicious way to savor healthy options. Enjoy leaner cuts of meat and seasonal vegetables prepared with olive oil instead of butter and layered with fresh herbs and spices to amplify taste. To bring out the best flavor with no additives, try market fresh fish seared over a wood-burning grill. Bonefish Grill, an upscale casual restaurant in 29 states around the country, specializes in wood-grilling and features an innovative menu of fresh, seasonal offerings that can be grilled to perfection and topped with a variety of original sauces.

- The best tasting food is always based on the freshest ingredients selected at the peak of perfection and doesn't have to be expensive or unattainable. Look for offerings that are timely and seasonal, such as Bonefish Grill's Rockefeller topping, made with sharp, creamy spinach and succulent lump crab, served on a variety of regionally-available fish such as Arctic Charr, Dorado and Wolfish.

## Eating In

- The old adage says drink white wine with white meat and red wine with red meat. "Out with the old, and in with the new," says Seta. There are

plenty of delicious red wines that are perfect for fish, seafood, and white meat. When there is no sommelier to guide your wine choices at home, Seta's rule of thumb is to pair lighter red wines, such as Sangiovese, with delicate, flaky fish, while full-bodied, robust wines like Shiraz stand up against heartier, buttery seafood and shellfish.

- Sauces and condiments can jazz up a meal and add a whole new flavor profile to salmon or chicken. Try warm Mango Salsa on top of simply grilled tilapia for a flavorful, healthy treat, or whip up Seta's favorite—Bonefish Grill's signature Chimichurri Sauce—for a garlicky, fresh herb kick.

## BONEFISH GRILL'S CHIMICHURRI SAUCE

### Ingredients:

- 8 cloves garlic, minced
- 1 teaspoon Kosher Salt (or to taste)
- 1 teaspoon oregano, dry leaves
- 1 teaspoon black pepper, ground
- 1 teaspoon red pepper flakes
- Finely grated lemon zest from 3 lemons
- 4 ounces fresh lemon juice
- 1 bunch flat leaf (Italian) parsley
- 1 cup virgin olive oil

Combine all ingredients in a food processor and pulse chop until all ingredients are approximately 1/8-inch in size. Add Italian parsley and pulse chop until parsley is 1/8-inch in size. Add the olive oil and blend in quickly. Allow the sauce to marinate for 30 minutes before serving.

For more fresh fish and seafood inspiration, visit [www.bonefishgrill.com](http://www.bonefishgrill.com).

—Courtesy of ARAcontent