



Canyon Ranch Cooks: More Than 200 Delicious, Innovative Recipes from America's Leading Health Resort

Barry Correia, Scott Uehlein

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For more than 20 years, the chefs and staff nutritionists at Canyon Ranch have created tantalizing recipes that nourish both the body and the soul. The Ranch's commitment to serving meals that use fresh, seasonal ingredients and foods free from additives, preservatives, and chemicals has been the hallmark of their program since their beginnings. In *Canyon Ranch Cooks*, Executive Chefs Barry Correia and Scott Uehlein, in collaboration with staff nutritionists, share the tools and inspiration you need to eat well and feel fabulous-- along with more than 200 fantastic recipes.

The incredible flavors of dishes such as Beef Tenderloin with Adobado Paste and Potato-Crusted Salmon with Dijon Shallot Sauce demonstrate just how delightful eating well can be. Fun foods like Spinach and Cheese Calzone and Pizza with Grilled Vegetables and Garlic are unsurpassed. And delicious, healthy desserts like Chocolate Cake with Raspberry Filling, Lemon Blackberry Pie, and the signature Canyon Ranch Homemade Vanilla Ice Cream will take you to new culinary heights.

By using "nutritional intelligence," Correia and Uehlein show you how to apply practical knowledge of food and nutrition while listening to your body's need to enjoy the myriad delights of eating well. No matter what your motivation-- transforming your diet or just fine-tuning it, losing weight or having more energy-- this practical and easy approach to eating well will fit into your plan. *Canyon Ranch Cooks* provides an effective, balanced, and delicious approach to eating that will energize your body, stimulate your mind, and enrich your spirit.

In 2000, Canyon Ranch was recognized by *Gourmet* magazine as the world's best spa. In 2001, the readers of *Travel & Leisure* magazine voted Canyon Ranch in Tucson the top spa for food in the United States.

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John Hawkins:

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Mildred Lyons:

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