

MARCH 2010

ASBPE
American Society
of Business
Publication Editors
2009
Magazine
of the Year
Honorable Mention
circulation
80,000 or more

CONNECTING WITH CONSUMERS

R&I

RESTAURANTS
& INSTITUTIONS



INSIGHTS

K-12 operators
champion nutrition
against all odds.
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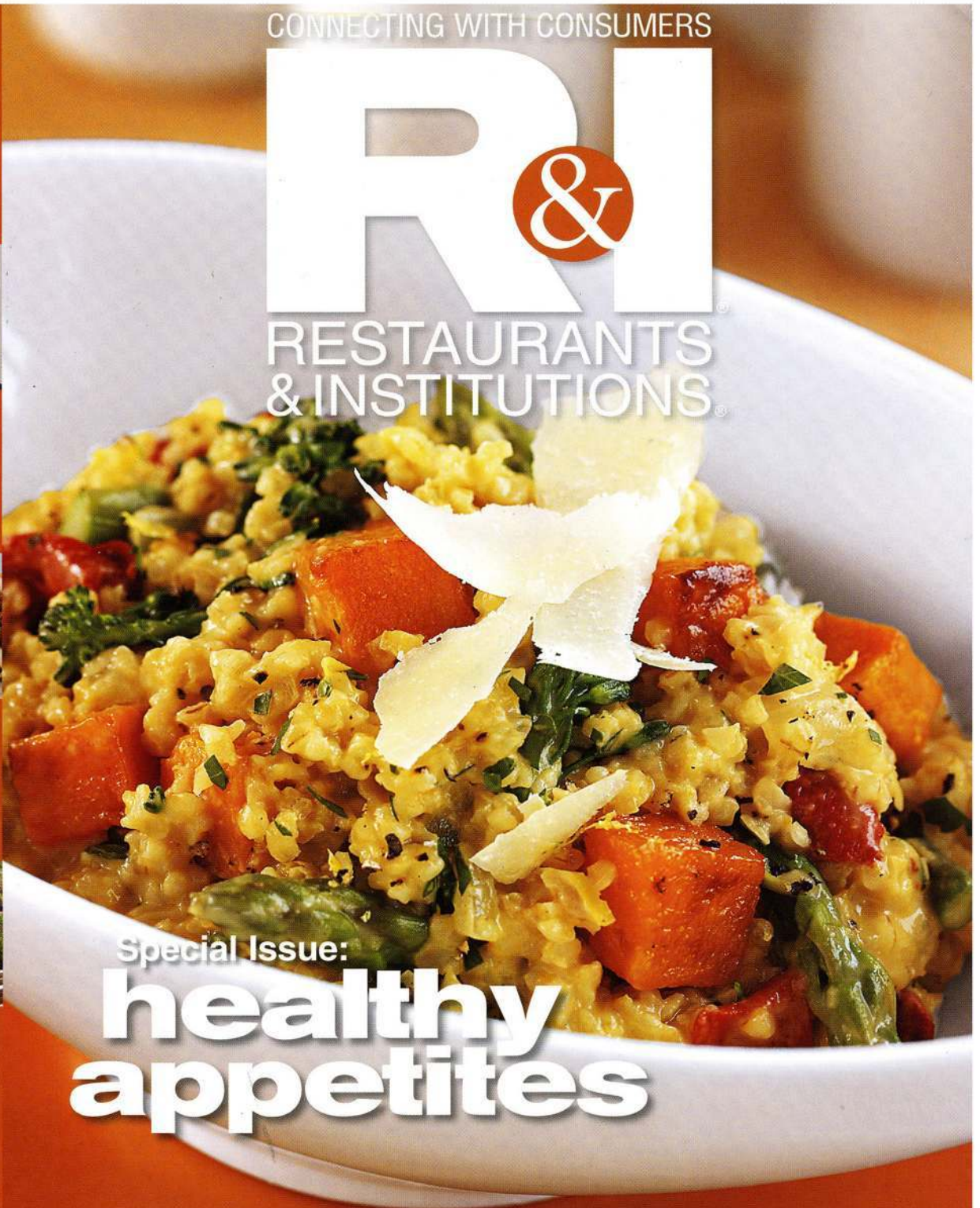
MENU

Wholesome break-
fasts offer a chance
to rise and shine.
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TRENDS

Chefs' gardens take
farm-to-table to the
next level.
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Special Issue:

healthy appetites

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**Creative Vegetarian
Entrées with Broad Appeal**

**Exploring Consumers' Real
Attitudes About Healthful Eating**



Fine Grains

Salads don't have to be green to be healthful: Food-cost-friendly whole grains take center stage in these sweet and savory starters.

By **Christine LaFave Grace**, Associate Editor

Bulgur Salad

Sweet Surrender, Louisville, Ky. For this hearty salad, bulgur (steamed, dried and crushed wheat kernels) is cooked in water and apple juice and combined with diced pear, dried cranberries and dried apricots. An apple-cider vinaigrette stirred into the fruity blend provides a touch of acidity. A pinwheel of pear slices decorates entrée portions.



Cracked Wheat Salad

Temple Bar, Cambridge, Mass. The vegetable stock used to steep bulgur, garlic and shallots lends depth of flavor in Chef Michael Scelfo's recipe. The mixture, matched with teardrop tomatoes, sliced green onions and chopped herbs, is tossed in olive oil and lemon juice. Chive oil and house-made ginger-harissa aioli on the side make zesty accents.



Farro Salad

1789 Restaurant, Washington, D.C. Nutty farro anchors a first course that showcases yellow, red and candy-cane beets. Chef Dan Giusti roasts the beets and thinly sliced fennel and then tosses them with farro and red onions in a sherry vinaigrette that includes orange juice and Dijon mustard. Baby arugula and shaved baby carrots top the finished salad.



Warm Sesame Barley Rice Salad

Compass Group, multiple locations. This Asian-inspired offering features pearl barley and brown rice dressed in sesame oil, soy sauce and rice vinegar. Sautéed shiitake mushrooms and zucchini play up the grains' earthy notes, while sugar snap peas, peppers and carrots add sweetness, color and crunch. Toasted sesame seeds are sprinkled on top.

