

Healthy Foods for a New You

Written by Geoffrey Anderson Jr. and Dianne Rubin, BT Contributors
January 2018

Food news we know you can use



Happy New Year! Yes, 2018 is here, and odds are you've made some resolutions. If you're like many people, dieting is one of them. Unfortunately, dining out isn't exactly the healthiest of habits (although it's one of the most fun). Things like big portions and copious carbs can add up fast.

With a little bit of balance, though, you can squeeze dining out into your routine while maintaining your weight -- or even losing extra pounds. The beauty of living in Miami is that there are plenty of places that cater to those seeking a South Beach body or just an overall healthier lifestyle.

In downtown Miami, **Manna Life Food** (80 NE 2nd Ave., 786-717-5060) is one of those spots. The plant-based café is big on tasty vegan options like "noritos," which are healthy twists on your standard burritos. Instead of a tortilla, Manna uses a seafood wrap and loads it with raw falafel, tofu, or roasted veggies. The eatery's signature superfood arepa -- made with organic corn, sea salt, coconut oil, and chia and golden flax seeds -- is another option that's low in calories but big on flavor.

Just over the bridge, **DIRT** (900 S. Miami Ave. #125, 786-235-8033) in Mary Brickell Village is doing its part for a healthier you with breakfast items like matcha protein pancakes and nutritious bowls, along with an array of toasts that go beyond the ubiquitous avocado kind. This is the only location that currently has vegan soft serve, which can give your meal a sweet

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ending without requiring a trip to the gym.

Up in MiMo, **Organic Bites** (7010 Biscayne Blvd., 786-542-9654) is living up to its name with wholesome bites that double as comfort food. Among their many selections are shrimp taquitos, salmon croissants, and zucchini spaghetti. Even heartier fare like the macaroni and cheese with bacon, goat cheese, and mushrooms is satisfying without being overwhelming.

North Miami's **KC Healthy Cooking** (11900 Biscayne Blvd. #103, 786-502-4193) also takes nutritious food seriously. Chef Jerry Dominique's extensive menu features tried-and-true morning pick-me-ups like omelets, oatmeal, bagels, and juices to start your day on the right foot. Don't miss out on his fruit smoothies like the Melon Carnival, which is made up of a delectable mix of cantaloupe, honeydew, pineapple, and watermelon.

It's a good thing these restaurants are helping you save calories because temptation is right around the corner. **Boulud Sud** (255 Biscayne Blvd. Way), a Mediterranean concept by celebrated chef Daniel Boulud, is opening in the former db Bistro Moderne space any day now. Miamians got a taste of the concept in 2017, courtesy of a seasonal popup, but now guests can enjoy upscale Greek, Moroccan, Turkish, and other European bites all year long downtown.

Casual food fiends also have reason to rejoice: **The Taco Stand** (313 NW 25th St.) is opening in Wynwood. Hailing from San Diego, the low-key operation is set to fire up Baja-style tacos and burritos this month. Look out for the usual fillings -- grilled shrimp, steak, and pork (to name a few) -- plus not-so-common items like flame-grilled cactus and breakfast fare, such as the chorizo and egg burrito.

OPENINGS

At the tail end of 2017, Wynwood welcomed the first entry from Miami's much publicized food hall lineup. **1-800-Lucky** (143 NW 23rd St., 305-768-9826) opened in time for Art Basel, and the crowds have done nothing but grow. That should come as no surprise: the Asian food hall is

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home to seven diverse vendors, each serving its own cuisine, like ramen, poke, and dumplings; there really is something for everyone.

On the other side of town, **CVI.CHE 105** (19565 Biscayne Blvd., 786-516-2818) expanded its reach with a third location, this time in Aventura Mall. The Peruvian restaurant's latest outpost doesn't mess with a good thing: northern Miami-Dade residents and visitors can enjoy the same fresh ceviche and seafood that make the restaurant's southern counterparts so popular.

CLOSINGS

North Miami suffered a huge loss this past month: **Mignonette Uptown**. Locals will now have to travel to the seafood restaurant's original location in Edgewater for a taste of their popcorn shrimp, lobster roll, and oysters.

Rust

and

Wynwood Public

also called it a day, marking the end of a tough 2017 for restaurants.

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Send us your tips and alerts: restaurants@biscaynetimes.com

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