

## Lighter Meals for a Healthy Summer

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

---

### Food news we know you can use



ining out and summer bodies are two terms you don't usually see in the same sentence. After all, going out to eat can easily add extra inches to your waistline.

If you're watching your diet, rest assured that you don't have to give up on restaurant visits completely. One of the benefits of living in a city so close to the beach is the variety of healthy options.

One of those options is **Boulud Sud** (255 Biscayne Blvd. Way, 305-421-8800), the recent downtown Miami addition that replaced db Bistro Moderne's heavy French food with lighter Mediterranean fare. The much more approachable menu features small sharable plates like dips along with kale and beet salad, yellowfin tuna crudo, and a fantastic (and hearty) branzino with freekeh and artichoke. Who says counting calories has to be boring?

At MiMo's **Blue Collar** (6730 Biscayne Blvd., 305-756-0366), Instagram-worthy items like the Corben get all the attention; it's hard not to salivate over succulent braised brisket on a Portuguese muffin. We implore you to check out a menu underdog, though: the veg chalkboard. This laundry list of fresh veggies gives diners the opportunity to mix and match selections like roasted artichoke hearts, curried cauliflower purée, maple-roasted carrots, and other mouthwatering greens. Everything is so flavorful that meat becomes an afterthought.

## Lighter Meals for a Healthy Summer

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

---

Odds are that Cuban food isn't at the top of your list when it comes to healthy dining. But the new **Sergio's Cuban Café & Grill** (1821 NE 123rd St., 305-702-7211) is trying to change that image. This North Miami fast-casual concept from the owners of Sergio's Restaurant (a sit-down establishment) is all about offering a fresh take on what you know to be Cuban cuisine. Here the customers are in full control of their meals and can create heart-healthy bowls with lean ground turkey, organic quinoa, and other diet-friendly proteins.

**Eat Greek Souvlaki** (3530 Biscayne Blvd., 305-456-2799) is another fast-casual spot that won't have you scared of the scale. This Midtown eatery offers Greek classics like spanakopita, gyro platters, and pita wraps at prices that are friendly for all budgets. The spartan menu, in particular, is a must for those who are extra mindful of their nutrition; and Eat Greek spices up diet staples like chicken breast and grilled salmon with fun Mediterranean flavors.

Sushi is many a dieter's go-to meal for good reason: It's relatively low in calories and high in satiety. At **Sushi Zen & Izakaya** (18090 Collins Ave., 305-466-4663) in Sunny Isles Beach, there's something for everyone. Seriously, the only thing not on the menu must be the kitchen sink. Rolls galore are joined by small cold and hot plates meant to be split among parties. Thai stir fry, udon, fried rice, and ramen also make an appearance, but we suggest sticking to the fresh fish to avoid overeating.

## OPENINGS

Not worried about a summer body? Your taste buds are in for a treat. Among the newest openings in Miami is Venezuelan chef Carlos Garcia's **Obra** (1331 Brickell Bay Dr., 305-846-9363). Garcia, who has trained at internationally renowned restaurants like El Bulli, is putting Latin American flavors on full display at the Brickell establishment. Some of the menu highlights include spaghetti with octopus carbonara and short rib asado, which are brimming with Venezuelan influences.

Further north, **Palmar** (180 NW 29th St., 305-542-0532) in Wynwood has been busy filling a big gap in the neighborhood's dining scene: Chinese food. Steamed buns, softshell crab fried rice, jasmine-smoked pork ribs; you'll find yourself drooling over the whole menu. In addition to its

## Lighter Meals for a Healthy Summer

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

---

regular offerings, the restaurant often hosts collaborative dinners with local and out-of-state chefs -- there's always something going on here.

**Sandwich Where?** (36 NE 54th St., 786-502-4696) isn't new to South Florida, but we've just discovered this under-the-radar gem. Inside this Upper Eastside business, the warm, friendly staff serves up fresh sandwiches and salads, including a meaty sopressata and brie that's the perfect midday meal. At \$5.99, the Lunch Box special -- half a hoagie, chips, and a drink -- is hard to beat.

## CLOSINGS

Midtown said goodbye to **Gaijin Izakaya by Cake** last month. The Japanese-style restaurant from beloved local chef Phuket "Cake" Thongsodchareondee closed after enduring long-term rent and permitting issues.

*Geoffrey Anderson Jr. and Dianne Rubin are co-founders of Miami Food Pug, an award-winning South Florida food blog that fuses the couple's love of dogs and food.*

Send us your tips and alerts: [restaurants@biscaynetimes.com](mailto:restaurants@biscaynetimes.com)

## Lighter Meals for a Healthy Summer

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

---

Feedback: [letters@biscaynetimes.com](mailto:letters@biscaynetimes.com)