

HEALTHY OPTIONS FROM 5 OF NEW YORK'S TOP CHEFS

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As we are still in the first half of January 2017, many of us are still following the New Year's resolutions which we had announced in late December 2016. For the Downtown readers still looking to dine out and be sociable, it may seem challenging to find healthy fare at great New York City restaurants.

Industry Kitchen – Chef Braulio Bunay

Although it's known for its wood-fired pizzas, Industry Kitchen offers a healthy Winter Kale Salad — priced at \$13 — that tastes just as indulgent. Do your body good with this delicious mix of quinoa, pomegranate, watermelon radish, pickled red onions, persimmons, feta, candied almonds and cider vinaigrette.