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## Healthy Eating in SD

Some Healthy Eating!

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### Stick to It- Healthy Options for Keeping Your New Year's Resolution

One of the most popular New Year's resolutions people make is to eat healthier. However, keeping with this promise might be hard when friends and coworkers invite you out for happy hour or dinner. Check out these San Diego hotspots that can help you stick to your New Year's resolution with some healthy and just-as-satisfying options.

**Wang's North Park** combines Asian Fusion with traditional Chinese cuisine and only uses the freshest ingredients. During happy hour, share healthy and light favorites like curried cashew cups with kefir lime pickled green papaya slaw and Vietnamese herbs and Saigon Spring Rolls with fresh mint, basil, rice noodle and lemongrass poached shrimp with Tahini-Szechuan pepper dipping sauce. Sip on The Skinny Ginger as a non-resolution-busting cocktail.

**Lumberyard Tavern** is known as the place to get craft beer and elevated bar food in Encinitas. But did you know there was more on the menu than just wings and burgers? Those looking for healthier options will love snacking on the grilled artichokes with house herb aioli & balsamic dipping sauces while watching the game-of-the-day. For something a little heartier, make any sandwich into a wrap like The Waterman with the choice of grilled salmon or ahi, fajita mix, sweet ginger slaw and mandarin sesame dressing if carbs are a no-no.



Located in the heart of Mission Beach on Ventura Place **Sandbar Sports Bar & Grill** is the spot for an after-the-beach pit stop. Dry off from the beach in Sandbar's Sky Bar with a taco or two. Just as satisfying as wings or onion rings, Sandbar's famous tacos are a healthy option to keep you on track. Try the Ti-Juan-A Taco with pork adobado, roasted pineapple, cilantro and onion on a corn tortilla or order stand-by's like a Sandbar Style chicken taco with shredded lettuce, chipotle aioli, salsa fresco.

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The Fish Shops in **PB** and **Encinitas** are committed to helping San Diegans keep with their health-conscious resolutions. Their famous TKO taco is a great option to help you stay on track without sacrificing flavor. A corn tortilla is stuffed with fresh Mahi-Mahi cooked with Fish Shop seasoning and topped with a tropical salsa and cabbage for a satisfying lunch or dinner. Or make your favorite fish (Fish Shop has 12 options!) a salad or as a plate with healthy home-made sides like seasonal veggies and six grain rice.



Perched on the second-story overlooking the famed Prospect Street, La Jolla's **Prospect Bar + Grill** serves mouth-watering cuisine and cocktails alongside colorful sunsets. Order the Quinoa Tabouli Wrap made with organic quinoa, feta cheese, parsley, mint, cilantro, pickled onions, grilled veggies & hummus in a spinach wrap for a healthy lunch. The Cali Ceviche with shrimp, white fish, onions, cucumber, red and yellow peppers, lemon, lime and orange juices and a Skinny Colada cocktail complement every sunset.

The Gaslamp's **barleymash** offers progressive bar fare that infuses the barroom staples of beer and bourbon throughout its menu, but that doesn't mean there aren't any healthy options. The Spiced Rum roasted Squash soup with toasted pumpkin seeds, red chili oil and chive cream is a healthy and delicious option when something a little lighter when out with friends. The Farmhouse with citrus spiced grain pasta, roasted farmhouse veggies, quinoa-veggie "meatless" balls, roasted tomato sauce, parmesan and balsamic-jager reduction will make you forget what real spaghetti and meatballs taste-like.

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