



Miraval's Sweet & Savory Cooking

Justin Cline Macy, Kim Macy

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Miraval's Sweet & Savory Cooking is a blend of two styles of cooking by Miraval Resort & Spa's **Executive Chef Justin Cline Macy** and **Pastry Chef Kim Macy**. Although they're from very different areas of the kitchen, this husband-and-wife team has come together to create a unique cookbook that will take you on an exciting journey of culinary delights that are sure to please the palate and respect the waistline. Whatever your skill level may be, you'll learn to combine flavors to create bold, delicious dishes without the added calories. A number of celiac-friendly recipes and low-fat substitutions are also included so you can prepare meals that fit the dietary needs of your whole family.

In addition to the array of recipes that align with Miraval's dedication to optimal well-being, Justin and Kim provide information on proper cooking tools and equipment, helpful hints and kitchen safety tips, and a handy shopping list to keep your pantry well stocked. Beautiful color photographs throughout will inspire you, and insights on techniques and serving suggestions will guide your every step. Both chefs are masters at making their sweet and savory creations lower in fat and calories yet so tasty that you'd never consider their dishes to be "health food," but rather delicious food that is full of lively flavors and appealing textures—and packed with nutrition.

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Tanya McGaha:

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