

Turn Over a New Leaf

The parties are over, and many of us are one meal away from sizing up. Thankfully, plenty of Dallas restaurants offer lovely green things to satisfy our palate—and our diet.

By **NANCY NICHOLS** Photography by **ELIZABETH LAVIN**

EVERY YEAR YOU MAKE THE SAME NEW YEAR'S RESOLUTIONS. This is going to be *the* year that you quit swearing. After January 1, you will get the garage cleaned out. By golly, you are actually going to use that gym membership. Hell—whoops, there goes the first resolution—we all know what happens to the best-laid plans. We've lived long enough to know how tough it is to be disciplined, especially when it comes to food.

Despite the proliferation of tempting dishes like Brie macaroni and cheese with truffle oil (thank you, Social!), Dallas-area restaurants do offer beautiful and creative salads topped with myriad veggies, grilled proteins, and fruits. (Bye-bye, Caesar.) If you substituted, say, a Texas cobb from Wolfgang Puck or Bistro N's Vine Ripe Salad for that double-meat jalapeño burger just once a week, you could kiss 10 pounds goodbye just in time for the 2007 eating—um, we mean holiday—season.

Or take the masochistic approach: bathing suit season is only 12 weeks away. And the gym? It will still be there next year.

Texas Cobb

WOLFGANG PUCK CATERING

With bits of avocado, applewood-smoked bacon, Roquefort, and garbanzo beans, this is an up-to-date revamp of the classic cobb. Enjoy with a side of art.

Warm Pear and Goat Cheese Salad

GREENZ

Arugula, mixed lettuces, warm poached pears, goat cheese, strawberries, and candied pecans are lightly tossed in an apple, chamomile, and honey vinaigrette.

The Salad Bar

SNAPPY SALADS

Most salad bars are danger zones. By the time you add bacon, cheese, and a mayonnaise-based dressing, you might as well have eaten that burger. But we'll allow the bar at Snappy Salads. The ingredients are actually good for you—and the planet. This eco-friendly spot features organic or locally grown produce, free-range chicken, smoked Atlantic salmon, and lots of healthy veggies, such as grilled portobello mushrooms.

Vine Ripe Salad

BISTRO N



Roma tomatoes, asparagus, hearts of palm, cucumber, bits of toasty lavash, and tangy feta are tossed in a tomato vinaigrette. Up the protein with grilled shrimp or chicken.

Spinach and Five-grain Salad

SEVY'S

Tender poached grains (hard and soft wheat berries, barley, millet, toasted buckwheat), spinach, red cabbage, arugula, and garlic pancetta vinaigrette provide the base, which is topped with crumbled feta.

Greenz, 2808 McKinney Ave. 214-720-7788; 15616 Quorum Dr., Addison, 972-385-7721;

Wolfgang Puck @ Nasher Sculpture Center, 2001 Flora St. 214-242-5118. www.nasher-sculpturecenter.org; **Bistro N @ Nordstrom**, NorthPark Center, 8687 N. Central Expwy. #2000. 214-231-3810; **Snappy Salads**, 5915 Forest Ln. 972-991-7627; **Sevy's Grill**, 8201 Preston Rd. 214-265-7389.

