

**SO**  
SOUTHERN VOICE  
**VO**

DINING

**DOC GREEN'S**

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Atlantic Station: 264 19th St., Suite 2180  
404-347-5216  
Midtown: 782 Ponce De Leon Ave NE  
404-0446-1750  
www.docgreens.com

**GREEN SPROUT**

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1529 Piedmont Avenue, Suite D  
404-874-7373  
www.greensproutga.com

**SEASONS 52**

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Perimeter: 90 Perimeter Center Parkway West  
770-671-0052  
Buckhead: 3050 Peachtree Road NW  
404-846-1552  
www.seasons52.com

# Healthy choices

Eating well is easy  
where good-for-you  
doesn't mean bland

By HOPE S. PHILBRICK

**DOC GREEN'S SALADS & GRILL MAKES IT** easy to be "as healthy as you wanna be" by offering a variety of fresh options. Part of the Raving Brands' portfolio — which also includes Moe's Southwest Grill, Planet Smoothie, Shane's Rib Shack, Boneheads and others — Doc Green's serves fresh ingredients prepared right in front of you in a casual atmosphere with fast counter service.

The menu features salads like Dr. Rosen with romaine lettuce, bleu cheese crumbles, bacon, egg, tomato, cucumber with ranch dressing and Dr. Beeks with field greens tossed with dried cranberries, feta cheese, candied walnuts and raspberry vinaigrette.

Hot entrees include fresh roasted turkey with roasted garlic mashed potatoes and sautéed seasonal vegetables, as well as buf-



The decor at Season's 52 wraps diners in luxury.

falo or barbecue chicken tenders with parmesan crusted button mushrooms, macaroni and cheese and corn casserole.

Soups, grilled panini and wrap sandwiches round out the options, all under \$10.

**VEGETARIANS AND CARNIVORES ALIKE FLOCK** to Green Sprout Vegetarian Cuisine for its creative, flavorful menu. Located across from Ansley Mall, vegetables are treated to lively sauces like tomato basil, plum, sesame sweet, garlic and other delicious choices.

The menu reads like any traditional Chinese menu, except all of the so-called beef, chicken, pork and shrimp are actually made of flour, potatoes and other non-meat products.

Most main plates are under \$10, but you'll pay slightly more for seafood platters. Add an appetizer and side, and you'll still walk away with a meal well under \$20.

Check out the chef's daily specials for tempting dishes like fish filets wrapped in crispy bean curd skin with apple cider slaw, Hunan-style salmon filets and roasted butter-nut squash with vegetables in plum sauce. Eating your veggies has never been tastier:



**SEASONS 52 ARRIVES COURTESY DARDEN** Restaurants — the company behind Red Lobster, Olive Garden, Bahama Breeze and Smokey Bones Barbecue & Grill. It's the healthy one in the family, with everything on the menu under 475 calories.

The good news is that what keeps the calorie counts low is healthful preparations and not reduced portions. Natural cooking techniques such as grilling over an open fire help add taste without adding fat. The trick for diners watching their waistlines is to avoid the temptation of ordering multi-course meals.

The menu features items like double garlic chicken breast flatbread, baked crab and shrimp stuffed mushrooms, pork tenderloin medallions, grilled Carolina striped bass and shot-glass size portions of classic desserts.

Most main plates are priced from \$15 to



\$20. The wine list boasts over 140 international selections, with 70 available by-the-glass starting at \$5.50.