

THE BEST THINGS WE ATE, APRIL 2016

Welcome back to the ["Best Things We Ate" series!](#) In true Spring fashion, this month was full of fresh produce, tons of fish and light, bright flavors that made everything sing. When I'm making a conscious effort to eat healthy, I'm always thinking about ways I can add more vegetables to a dish, whether it's adding leafy greens and avocado to oatmeal (yes, savory oatmeal is a thing and it is DELICIOUS!) or throwing a whole mess of herbs into the skillet when I saute fish (see the Vietnamese dish below). The beauty of vegetables is their versatility and a meal is almost always made better by adding as much fresh, local produce as you can to it—even in the case of burgers (see the mushroom blend below).



Photo Credit: David Danzig

BRANZINO AT CAPE DUTCH (ATLANTA)

When Diane Lane tells you that she's eaten branzino all over the world and this one is in, and I quote, "top .0001 percent", you order the branzino. As it happens, this scenario actually happened to me a couple weeks ago when I was dining at my amazing friend Justin Anthony's latest South African hotspot, Cape Dutch. The stunningly beautiful Diane Lane happened to be eating there with Liam Neeson and as she was leaving, she came over to our table and waxed poetic about the branzino. I couldn't agree more—this fish, tender and juicy, is absolutely bursting with flavor thanks to the Brai it's grilled on, the crispy skin adding the perfect amount of crunch. And when you add a little Peri Peri sauce... yeah, chef Philippe Haddad's branzino is perfection.