

NYC's Rouge Tomate follows its own rules for healthy cuisine

The founders of Rouge Tomate in New York City and Brussels have a unique way of conducting business that focuses on serving customers delicious yet still nutritious fare. Chefs adhere to "SPE" guidelines -- sourcing, preparation, enhancement -- that rely heavily on locally sourced food. "SPE is really taking these wonderful ingredients that we have and preparing them in a way that not only makes it taste really wonderful, but also keeps the nutritional integrity of the food," executive chef Jeremy Bearman says.

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