

voices

Certified healthy dishes



Pan Seared Lake Superior White Fish at State and Lake Chicago Tavern

The State and Lake Chicago Tavern at the Wit Hotel has added 13 SPE-certified dishes on its menus.

The [certification](#), which is by the dish, looks for use of seasonal ingredients sourced from local farmers and vendors whenever possible; preparation (grilling and deep frying are out); and “nutrient density,” meaning optimizing the amount and number of nutrients per calorie.



Healthy food can be nutritious and delicious when dining out. SPE Certified is a unique certification and consulting program that defines a new way to eat by enhancing the nutritional quality of meals, without compromising taste.

- SPECertified.com

Executive chef Evan Percoco told chicagobusiness.com he was initially skeptical about certification. "The transition was very easy because many of the dishes planned for our winter menu were close enough to SPE guidelines that they only needed to be tweaked," he said.



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