

DIET & FITNESS

Chicken Dijon Rotisserie & Grill *By Susan Goldstein*

Chicken Dijon Rotisserie & Grill specializes in rotisserie chicken and Mediterranean fare in a fast, casual setting. Chicken is expertly marinated with Mediterranean spices, roasted to perfection and served in a variety of dishes.

Vegetarians have plenty of options here, too. From entrees to sides, options include freshly tossed salads, hummus, falafel sandwich, stuffed grape leaves, baba ganoush and lentil vegetable soup made fresh every day.

The menu of "healthy dining" choices is excellent. As noted, request sauces and dressings on the side, then enjoy bites with or without them, and savor all the flavors of each dish.

Located in Irvine and the Los Angeles area, Chicken Dijon plans to franchise and eventually grow nationwide. The following dishes are prepared by special request.

Fattoush Salad Mixed greens, tomatoes, cucumbers, parsley, crushed mint, sliced radishes and green onions. Served with 2 oz. garlic sauce and 1 pita (not in analysis, see next page). 180 calories, 3.5 grams fat, 14 grams fiber. Request Lemon Garlic dressing on the side. 1 Tbs. has 80 calories and 9 grams fat.

Chinese Chicken Salad Chicken, mixed greens, baby cucumbers, green onions, carrots, won-ton noodles and peanuts, topped with mandarin oranges and sesame seeds. Served with 2 oz. garlic sauce and one pita (not in analysis, see next page). 520 calories, 25 grams fat, 10 grams fiber. Request Sherry Dijon Chinese dressing on the side. 1 Tbs. has 70 calories and 7 grams fat.

1/4 Chicken Combo Plate with 2 sides Request all white meat and no skin on the chicken. Analysis includes chicken with steamed vegetables and a plain baked potato. 610 calories, 8 grams fat, 10 grams fiber.

Veggie Special Steamed vegetables, lettuce, parsley, crushed mint, tomatoes, green onions and cucumbers with Dijon Caesar dressing and freshly grated Parmesan cheese. Served with 2 oz. garlic sauce and one pita (not included in analysis, see below). 260 calories, 6 grams fat, 20 grams fiber. Request lettuce instead of rice and Caesar dressing on the side. 1 Tbs. dressing has 85 calories and 9 grams fat.

1 Pita Bread: 140 calories, 0 grams fat.

Garlic Sauce (1 Tbs.): 50 calories, 5 grams fat. H&O

