

Celebrity Chef Recipes to Help You Eat Healthy This Year



By [Rachel Sparks](#)

Winter blues are on their way out, but some of that extra insulation you may have packed on over the holidays is still sticking around. We fully believe in your ability to accomplish your New Year's resolutions, so we're going to help you with those health goals. These [celebrity chef](#) recipes are the perfect inspiration to help you feeling clean and energized. Plus, they're the needed accompaniment to your fitness plan.

These celebrity chef recipes make eating healthy seem **g**lamorous!

You may not be the next [Gwyneth Paltrow](#) in the kitchen, but these celebrity chef recipes are great references to get you started on a sustainable food journey. Healthy food doesn't mean a bland experience. These recipes will make you feel like you'll be ready to deck out in [celebrity style](#):

1. [Tom Colicchio's Roasted Chicken](#): The majority of us enjoy chicken as a regular staple for our families. Chicken is a great choice of protein while you're trying to be healthy; be conscious of how you choose to cook the meat. Frying, of course, is not the cleanest option. Roasting in the oven is not only healthier for you, but it's easy and delicious. Brown the skin on the stove top for extra flavor, or keep the oven on low for a juicy bite with a crisp skin. You won't want to use any other method for cooking chicken again.

Related Link: [Celebrity Diet: Get a Red-Carpet Ready Body and a Healthy Mind By Eating These Super Foods](#)

2. [Jason Franey's Mustard-Glazed Black Cod](#): Fish is a clean and delightful alternative to traditional animal proteins. Don't be afraid to add variety to your meals. Fish contains healthy and happy minerals, such as Omega-3, which fights heart disease, high blood pressure, depression, and anxiety. Fish cooks for less time, so it's a healthy and quick option when you forgot to set meat out to thaw. Try sautéing, grilling, roasting, or steaming for healthy and easy ways to cook fish.

3. [Leah Chase's Gumbo z'Herbes](#): We're throwing it back to the Meatless Monday trend, and there's a reason. Cutting meat out for a meal helps cleanse the body and gives you more energy for endurance-heavy workouts. The plus side: this Louisiana classic is a real treat. The heat from the cayenne and paprika

create a pleasant warm feeling and the slow-cooked greens are the savory staple of the South. With all this flavor you won't even know it doesn't have meat. The secret to good ole' Southern cooking: low and slow. This is definitely a recipe to add to your crockpot repertoire.

Related Link: [Find Your True Weight with the Incredible Dukan Diet](#)

4. [Herby Barley Salad with Butter Basted Mushrooms](#): Don't be fooled by the words salad and mushrooms. This is a delicious and protein-packed lunch. We love starches, but they don't love us. Try switching out standard carbs like rice with protein-heavy alternatives, such as quinoa, barley, or oats.

5. [Jonathon Brooks Ramen](#): Forget the old cup of noodles. Authentic ramen is packed with nutrients. The combination of the capsaicin from chiles, the zing of brightness from limes, cilantro, and stock feel like the cure for any illness. It's the perfect way to start a day when you feel down or the best way to end a day of too much fun. It really is one of the best ways to fill yourself with the most nutrients.

What secret recipes do you break out when you're trying to eat healthy? Share below!