



Urban Cuisine: Healthy Southern Cuisine with a Distinctive Urban Flair

Chef John Saxton

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Get ready for some lip smacking, healthy southern cuisine from what Author Chris Chamberlain says is one of the "100 Places To Eat in the South Before You Die". Nationally recognized by the U.S. Commerce Association, and an award-winning chef on the local scene, Chef John Saxton's Urban Culinary Cuisine Cafe was the Tampa hotspot for healthy, mouthwatering, southern cuisine. As Dianna King, retired Cultural Health Director - American Heart Association, says in her foreword, "Chef John's expertise in preparing traditional soul food but in a more healthful way has helped to demonstrate that making healthy lifestyle choices can be easy when the food tastes so delicious." To encourage southern food fanatics to take responsibility for their health, Chef John Saxton has written a book explaining how to prepare those healthy southern dishes that were his most ordered and his customers' favorites. It's loaded with healthy cooking techniques and has nutritional information associated with each recipe. He's included his personally developed, closely held recipes for such favorites as Urban Fried Catfish, Cheese and Macaroni, Juicy Grilled Chicken Breast, Caribbean Chicken with a Honey Pineapple Sauce, Cajun Spicy Chicken Breast and Grilled Salmon with a Fresh Mango Sauce, just to name a few. Chef's unique transformation of southern cuisine to deliciously healthy southern cuisine has caused the locals to coin it "The New Soul Food". Irresistible full-color photographs and tips on how to please your taste buds will give readers a glimpse into Chef's infectious passion for food and playful need to engage all the senses for a truly memorable dining experience. As author Chris Chamberlain said, Urban Cuisine is "a great read as well as an essential resource for anyone who wants to create delicious healthy Southern food in their own kitchen."

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