



# **Hollywood Dish: More Than 150 Delicious, Healthy Recipes from Hollywood's Chef to the Stars**

*Akasha Richmond*

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## **Hollywood Dish: More Than 150 Delicious, Healthy Recipes from Hollywood's Chef to the Stars**

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Hollywood's celebrities expect only the best—especially when it comes to food. That's why they turn to Akasha Richmond, Hollywood's favorite healthy chef.

In Hollywood Dish, Akasha brings her A-list menus to the rest of us. She offers more than 150 recipes from her favorite experiences as a chef and caterer, including theme parties and holiday dinners for some of today's top stars and parties for MTV awards shows, the Sundance Film Festival, and the Grammy Awards. Mouthwatering but surprisingly simple recipes include Cinnamon French Toast with Pomegranate-Cherry Compote, Wild Salmon and Artichoke Salad with Green Tea Ranch Dressing, Pumpkin Seed Crusted Cod with White Peach Salsa, Short Ribs Braised with Chinese Flavors, Crispy Fruit Crumble, and Sundance Chocolate Torte—all deliver fresh, authentic flavor and are made with wholesome, tasty ingredients.

But Akasha offers more than just recipes. She is the authority on Hollywood's long—standing tradition of healthy eating. From the early health-food pioneers to today's healthy—living trailblazers, she weaves a fascinating history of food trends, stars, and events that have made Hollywood the health capital of the world. With each recipe, she shares the nutritious culinary habits of the stars of the silver screen, including Greta Garbo, Cary Grant, and Gloria Swanson, as well as today's hottest celebrities, like Madonna, Tom Cruise, and Tobey Maguire.

Now you, too, have the chef to Hollywood's A-list at your disposal. To create chic, healthy, delicious food, all you need is Akasha Richmond's Hollywood Dish.

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