

Chef cuts into lighter eating

Home delivery service focuses on healthy foods

By DENISE DEVEAU
for Metro Toronto

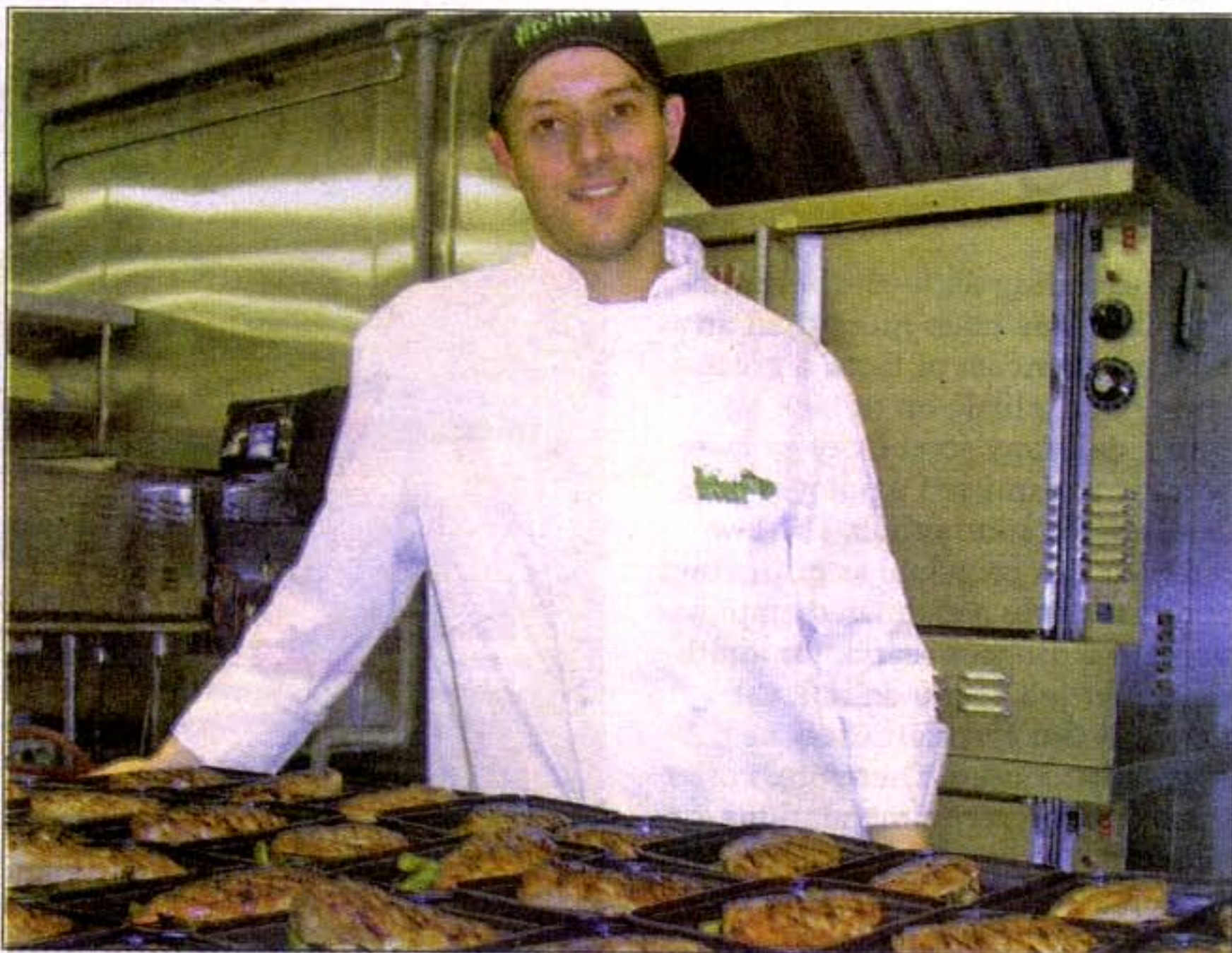
For one-time restaurant chef and fitness trainer Mike Haddow, it's always been about the food and not the fat.

Haddow is the proud co-owner of LitenUp, a Toronto-based healthy gourmet take-out and delivery service that makes meal planning as easy as opening your front door.

The LitenUp story began at Bally's Fitness, where Haddow once worked. In trying to shed some pounds from his restaurant cooking days, Haddow did some research on healthy eating and created his own common sense meal plan. When patrons saw Haddow whittling down in size, some asked if he could do meal planning and cooking for them. "It started with two people," he says. "Within a week I was bringing in meals for 10."

Now 50 lbs lighter, Haddow cooks up a storm from his kitchen location on Jane Street in the Bloor West area. There he prepares his healthy creations for weekday delivery to customers, along with a selection of pre-packaged meals for walk-in visitors.

Haddow and his business partner John Stevenson — who takes care of



DENISE DEVEAU FOR METRO TORONTO

Former restaurant chef and fitness trainer, Mike Haddow co-owns LitenUp, a healthy gourmet take-out and delivery service.

the marketing side of the business — say demand has increased over the past year, with at least five new customers each week.

The secret to success says Haddow, is the simplicity of it all. "Healthy eating is not rocket science and it doesn't have to be diet food," he says.

His home-grown creations focus on nutritious high protein, high fibre, re-

duced fat versions of traditional favourites such as meat loaf, stews and chili, roasts and salmon dinners, as well as innovative gourmet offerings.

"It's all about taste, health and convenience — and not about the latest fad," says Haddow.

LitenUp delivery options range from one-week trials to 60-day programs. For information visit www.litenup.ca.



PORTOBELLO BURGERS WITH HERB VINAIGRETTE

TIME 30 MIN.
SERVES: 1

INGREDIENTS:

1 large portobello mushroom (cleaned and stem removed)
1 tbsp Extra Virgin Olive Oil
1 multigrain burger bun

VINAIGRETTE:

1 tsp red wine vinegar
1/2 tsp dijon mustard
1/2 tsp minced garlic, thyme and rosemary
1/2 tsp minced fresh parsley, or dill
torn lettuce leaves
tomato slices

BENEFITS:

The garlic used in this dish can help lower cholesterol.

Hurry up and eat: meals in minutes



STEP 1: Preheat oven to 350 F. Place mushroom, cap side down on a baking sheet. Roast for 10 min., turn and roast on other side for same time.

STEP 2: In a small bowl, whisk



together oil, vinegar, mustard, garlic, 1 tsp water. Stir thyme, rosemary, parsley or dill. Drizzle over cooked mushroom.

STEP 3: Place bottom of bun on plate: add mushroom cap, lettuce and tomato. Drizzle more dressing on top if needed.

Straight out of Liaison College Culinary Arts, Downtown Campus (www.liaisoncollege.com) come these simple and quick recipes for busy students and professionals. Whether you're forced to eat at your desk or in between classes these recipes are made with you in mind.