

BEACHS

8th ANNIVERSARY ISSUE



**RAVISHING
REBECCA
ROMIJN**

**NIKKI BEACH
LAS VEGAS**
Celebrates Its
Grand Opening

LIGHT BITES

The skinny on tasty, lighter fare at Vegas' best restaurants.

By Casey O'Hanlon and Susan Stapleton

Slice of Life

Everyone loves pizza, but there's no doubt all those carbs are an indulgence. Luckily, **SAMMY'S WOODFIRED PIZZA** offers health-conscious crust options including thin, whole wheat and gluten-free, as well as low-fat, vegan mozzarella so you can chow down in good conscience. The menu includes plenty of vegetarian items including the classic Margherita pie with fresh tomatoes and basil (SHOWN), and a veritable garden of a pizza loaded with grilled eggplant, onions, zucchini, bell peppers, tomatoes, fontina and roasted garlic sauce. *Five Las Vegas locations, including 6500 W. Sahara Ave., 702-227-6000; sammyspizza.com*



Not Pasta

One of Vegas' hottest dining spots, **LAVO** at The Palazzo has an extensive Italian menu full of diet-busting pizzas and pasta dishes. Stick with the watermelon and frisée salad with pistachio dressing (a summer special) for a good-for-you starter. Then try the delicious meatball with salad and garlic crostini (eat just half), or go for the grilled swordfish giardiniera with fingerling potatoes, haricot verts and citrus vinaigrette (SHOWN). *The Palazzo Resort Hotel Casino, 702-791-1800*



Grilled Goodness

ESTIATORIO MILOS, in the chic Cosmopolitan, is a great choice for diners looking to watch their weight, with a diet-friendly Mediterranean menu created by acclaimed chef Costas Spiliadis. The signature fried eggplant and zucchini may sound tantalizing, but your waistline will pay for it later; instead, order the grilled octopus with oregano and capers (SHOWN) or horta, a side dish of Swiss chard with spinach, lemon, olive oil and sea salt. *The Cosmopolitan, 702-698-7930*



Options Galore

Packed with American favorites, the restaurant at **SPAGO** offers lots of great choices for calorie-conscious eaters. The warm mushroom salad with field greens and shaved Parmesan or the sautéed Maine diver scallops with brussels sprouts (a superhealthy green) or the grilled yellowfin tuna. *The Forum Shops at Caesars, 702-369-6300*