

# Health

Looks good on you

June 2006

Looks

Motion

Living

Feeling

Flavor

## Flavor

## In Brief

### **A healthier pizza, Italian-style**

Pizza has plenty that's good for you (like tomatoes rich in the antioxidant lycopene), but sometimes the dough can outweigh the good. Enter Palá, a new Manhattan pizzeria whose chef and owner, Gigio Palazzo, spent months working on an all-natural dough recipe that's higher in protein and lower in carbs. Palazzo combines up to 14 flours—including rice, wheat, and amaranth—and then lets the dough rise slowly over several days (rather than a few hours like most pizza joints). The result is a light, thin, and mouthwatering Roman-style pizza. When topped with the fresh veggies and imported meats and cheeses, you might forget you're eating a health food (Palá, 198 Allen St., New York, N.Y., 212-614-7252).