

ESR

Ideas and Insights for Full-Service Restaurants

Beyond
Happy Hour

Orange is the
New Blanc

Canadian Diners
Hunger for U.S.
Restaurants

Pork Takes
Center Plate

40 UNDER 40 RISING STARS

Cheryl Dolven, director of health and wellness at Darden Restaurants, is bringing healthier menus to 425 million guests.

Kristy Del Coro, R.D.

AGE 30

SENIOR CULINARY NUTRITIONIST
ROUGE TOMATE

● The persistence and determination that Kristy Del Coro used to hike Machu Picchu is the same mindset she carries into her work at New York City's Rouge Tomate, one of the globe's few Michelin-starred restaurants with an in-house registered dietitian.

Since joining the Rouge Tomate team in 2011, Del Coro, an SPE Certified Culinary Nutritionist, has worked with the acclaimed eatery's culinary team to produce refined, market-driven dishes optimizing nutrition and taste.

"It can be challenging, it can be tiring, but finding that perfect balance between nutrition and taste forces us to think creatively and deliver a rich experience for our guests," says Del Coro, who calls her position at Rouge Tomate her "dream job."

"It's unusual to have this kind of philosophy, but it's incredibly rewarding when we get it right."

