

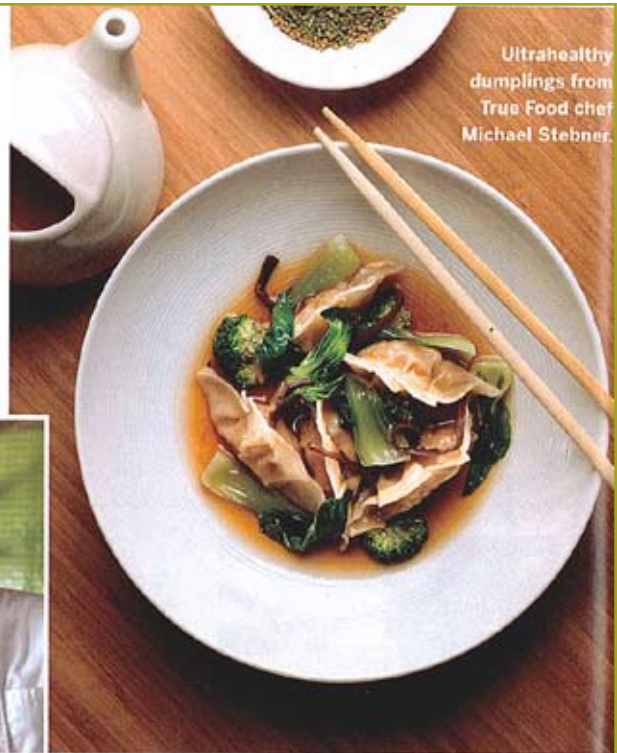
work out, eat out

A fitness-minded guide to new restaurants in the American West.
by *megan krigbaum*



FIT IN PHOENIX

After hitting Phoenix's trails, hikers can now reward themselves with two very different kinds of meals: a juicy T-bone at Jean-Georges Vongerichten's new **J&G Steakhouse**, at the Phoenician (6000 E. Camelback Rd.; 480-214-8000), or a healthy dinner at the new **True Food Kitchen**. With advice from alternative-health guru and author Andrew Weil, chef Michael Stebner (right) creates flavorful dishes like shrimp dumplings with shiitake mushrooms and ginger. 2502 E. Camelback Rd.; 602-774-3488.



Ultrahealthy dumplings from True Food chef Michael Stebner.



SANTA FE FRESH

The **Santa Fe Farmers Market's** brand-new, year-round space is the perfect place to recover from a morning of mountain biking. The indoor/outdoor market accommodates up to 150 vendors from 15 counties. Best finds: tamales at **Trujillo Farms de Nambé** and spicy peach chutney from **Southwest Chutney**. 1607 Paseo de Peralta; 505-983-4098. Down the road at **Vinaigrette** (left), chef Erin Wade cooks with vegetables from her sustainable 10-acre farm. Her playful menu offers salads like Eat Your Peas (baby lettuce with sweet peas, bacon and Asiago). 709 Don Cubero Alley; 505-820-9205.



ASPEN COMFORT FOOD

After riding the Roaring Fork rapids, rafters can dry off at the Little Nell's revamped **Ajax Tavern** while eating chef **Jim Butchart's** Colorado lamb bolognese with pappardelle (below). 685 E. Durant Ave.; 970-920-6334.



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