

5 Food Trends That Won't Break the Bank—Or the Scale

Treat your taste buds by swapping the old for the new

By Franklin Becker • 03/06/17 12:00pm

Hero Vegetables

Move over, steak. Make room for cauliflower, eggplant, broccoli and squash. Along with the rise of plant-based diets, vegetables are being elevated to the center of the plate. From the roasted cauliflower steak served at David Burke Kitchen to the butternut potato fry bread from Michelin-starred Chef John Fraser's Nix, restaurants are increasingly featuring veggies as the hero on the plate.