

WHERE TO GO, WHAT TO ORDER

EVO Pizza

Part of the up-and-coming neighborhood of Park Circle, EVO (Extra Virgin Oven) has made a name for itself among locals and downtowners alike for its wood-fired, Neopolitan-style pizzas. The focus here is on fresh, and often local, ingredients that make for a delicious menu of crisp salads, hot panini, and perfectly prepared pies.



FARMERS' SALAD

With arugula, Swiss chard, and tomatoes, this salad is a good source of vitamins A (which aids in bettering vision, bone growth, and the immune system) and C (protecting the body from the damage of free radicals by acting as an antioxidant). We suggest skipping the bacon and opting for the house vinaigrette dressing rather than the blue cheese.



PESTO FOUGASSE

A healthy take on traditional cheese bread, this dish starts with flatbread with a light coating of basil pesto, topped with Parmigiano-Reggiano cheese and sea salt and pepper. If high blood pressure is an issue, ask for the salt to be omitted. Use the side of aioli sparingly, as it adds unnecessary fat and calories.



MARGHERITA PIZZA

The traditional, tomato sauce-based pizza is a great source of lycopene, which is a powerful antioxidant that aids in lowering risks of prostate cancer and cardiovascular disease. We also liked this pizza because it doesn't go overboard with cheese, making it much healthier than your average pie.