

Bree Turner is one lucky woman. This dancer-turned-actress not only landed the plum role of Dana, Lindsay Lohan's best buddy in the new trading-fortunes flick *Just My Luck* (in theaters this May), but she's also been able to kick the calorie habit after having been a self-described junk food junkie!

"I grew up on fast food, pizza and soda," the Northern California-born actress, 28, tells *CL*. "When I moved to L.A., I could see that eating healthy is really big in this town. At first I rebelled! But then I got concerned about how junk food made me feel—so I'm trying to change the way I eat."

First on her list of new health habits? Riding her bicycle down to the Tea Garden and Herbal Emporium in West Hollywood, CA, at least three times a week for her favorite chopped salad with tofu! "I'm trying to baby-step into the health food world, and this is a good way of doing it. I love this salad," says Bree.

And there's a side benefit to all this clean living too, says the 5'8" beauty: "I know when my skin is clear that I'm eating healthy and drinking more water. Those ways of beautifying yourself are so much better than adding some more eyeliner!" Sounds like this up-and-coming starlet has it all figured out! ☉

BY AMY ZAVATTO

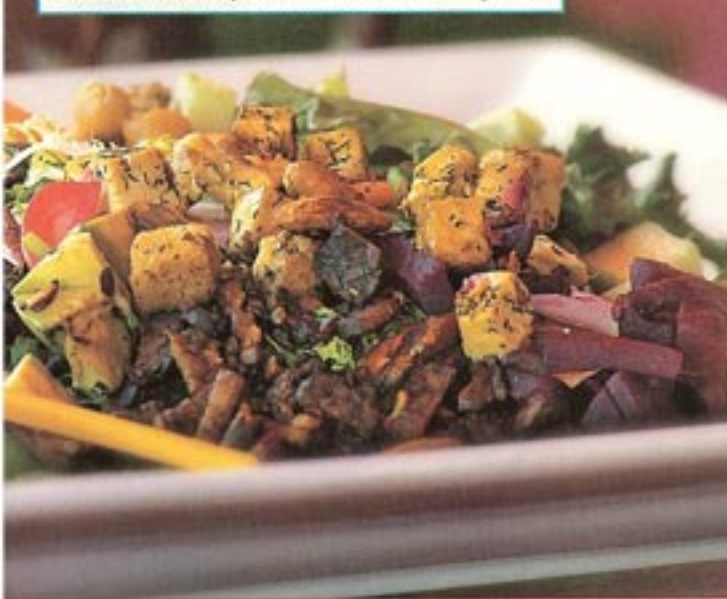


"I love the different energizer 'shots,'" says Bree, seen here getting a healthy dose of ginseng from the Tea Garden and Herbal Emporium's owner, Mark Ukra.

There are about 50 different kinds of tea, as well as herbal tonics, from which to choose at the Tea Garden. "The black tea that I like is called Golden Assam," Bree tells *CL*.



"There are so many health food places in this town, but what I like about the Tea Garden is it makes living healthier glamorous. And I love to feel beautiful—I'm not the crunchiest person in the world!" Bree jokes.



Tea Garden's Chopped Salad with Tofu

(Serves 1)

INGREDIENTS:

1 cup romaine lettuce, torn into pieces
 ½ cucumber, sliced
 ¼ cup garbanzo beans
 1 carrot, thinly sliced
 2 oz. firm tofu, crumbled or chopped
 1 avocado, sliced
 3 tbsp toasted almonds
 2 tbsp tempeh (soy)

bacon (available in most health food stores)

1 scallion, chopped
 2 oz lemon vinaigrette

Lemon Vinaigrette

¼ cup olive oil
 ¼ cup lemon juice
 ¼ cup red wine vinegar
 ¼ tsp chopped garlic
 ¼ tsp chopped oregano
 1 tsp fresh black pepper
 1½ tsp salt

1. In a medium-size bowl, mix all lemon vinaigrette ingredients until blended. Set aside.

2. In a large bowl, toss together the lettuce, cucumber, garbanzo beans,

carrot, tofu, avocado, almonds and tempeh bacon.

3. Pour the lemon vinaigrette in with the salad and toss gently. Garnish with the chopped scallions and serve immediately.