

FOOD & DINING



ZESTY WHEAT BERRY-BLACK BEAN CHILI

This rib-sticking chili offers a hearty mix of wheat berries, beans, peppers and onion. Feel free to add an additional chipotle pepper to crank up the heat in this one-pot meal. Cooked wheat berries will keep for up to 1 month in your freezer and there's no need to thaw them; just stir them directly into the chili.

Servings: 6 servings, about 1 1/2 cups each

Total Time: 1 hour

Ease of Preparation: Easy

Health: Heart Healthy, Low Sat Fat, Low Cholesterol, High Fiber

Ingredients:

- Zesty Wheat Berry-Black Bean Chili
- 2 tablespoons extra-virgin olive oil
- 1 large yellow onion, chopped
- 1 large yellow bell pepper, chopped
- 5 cloves garlic, minced
- 2 teaspoons chili powder
- 1 1/2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 1/2-teaspoon salt
- 1/2 teaspoon freshly ground pepper
- 2 15-ounce cans black beans, rinsed
- 2 14-ounce cans no-salt-added diced tomatoes, undrained
- 1-2 canned chipotle peppers in adobo sauce, minced (see Tip)
- 2 cups vegetable broth
- 2 teaspoons light brown sugar
- 2 cups Cooked Wheat Berries (recipe follows)
- Juice of 1 lime
- 1 avocado, diced
- 1/2 cup chopped fresh cilantro

Steps:

1: Heat oil in a Dutch oven over medium-high heat. Add onion, bell pepper, garlic, chili powder, cumin, oregano, salt and pepper, and cook, stirring occasionally, until tender, about 5 minutes. Add beans, tomatoes, chipotle to taste, broth and brown sugar. Bring to a boil over high heat, reduce heat, cover, and simmer for 25 minutes.

2: Stir in cooked wheat berries and heat through, about 5 minutes more. (If using frozen wheat berries, cook until thoroughly heated.) Remove from the heat. Stir in limejuice. Garnish each bowl with avocado and cilantro.

Nutrition: (Per serving)

- Calories - 386
- Carbohydrates - 61
- Fat - 11
- Saturated Fat - 1
- Monounsaturated Fat - 7
- Protein - 14
- Cholesterol - 0
- Dietary Fiber - 15
- Potassium - 311
- Sodium - 703
- Nutrition Bonus - Vitamin C (130 daily value), Fiber (72 dv), Folate (48 dv), Iron & Vitamin A (25 dv).

Tip: Canned chipotle peppers (smoked jalapeños) in adobo sauce add heat and a smoky flavor. Look for the small cans with other Mexican foods in large supermarkets. Once opened, store in an airtight container for up to 2 weeks in the refrigerator or 6 months in the freezer.

By Cheryl Sternman Rule-EatinWell, Courtesy of Arcamax.com •



CRANBERRY-ORANGE-NUT COOKIES

Crisp, moist and chewy, this cookie created by Georgene Egri of Walnut Creek, California, has the essential ingredients for the holidays: citrus, nuts and cranberries. These cookies travel well for gift giving and lunchboxes.

Servings: 2 1/2 dozen cookies

Total Time: 1 1/2 hours

Ease of Preparation: Easy

Health: Low Sodium, Low Calorie, Low Carb, Low Sat Fat, Low Cholesterol, Heart Healthy, Diabetes Appropriate, Healthy Weight

Ingredients:

- Cranberry-Orange-Nut Cookies
- 1 1/2 cups whole-wheat pastry flour
- 1-teaspoon baking powder
- 1-teaspoon baking soda
- 1/2-teaspoon salt
- 1 cup chopped walnuts
- 1/2 cup chopped dried cranberries
- 1 cup plus 3 tablespoons sugar, divided
- 1/2-cup smooth, unsweetened applesauce
- 1/4-cup canola oil
- 1 tablespoon freshly grated orange zest
- 3 tablespoons orange juice

Steps:

1: Whisk flour, baking powder, baking soda and salt in a large bowl. Stir in walnuts and dried cranberries.

2: Whisk 1-cup sugar, applesauce, oil, orange zest and juice in a medium bowl until smooth. Make a well in the dry ingredients

and pour in the wet ingredients. Mix until well blended. Cover with plastic wrap and chill for 30 minutes.

3: Preheat oven to 350°F. Line a baking sheet with parchment paper or a nonstick baking mat.

4: Put the remaining 3 tablespoons sugar into a small flat-bottomed dish or pan. Roll the dough with floured hands (it will be very moist) into 1 1/2-inch balls, and then roll in sugar to coat. Place 2 inches apart on the prepared baking sheet.

5: Bake the cookies until barely golden brown, 12 to 15 minutes. Cool on the pan for 1 minute; transfer to a wire rack to cool completely.

Nutrition: (Per cookie)

- Calories - 102
- Carbohydrates - 15
- Fat - 5
- Saturated Fat - 0
- Monounsaturated Fat - 1
- Protein - 1
- Cholesterol - 0
- Dietary Fiber - 1
- Potassium - 24
- Sodium - 94

Prepare the dough through Step 2, cover and refrigerate for up to 3 days. Store the cookies in an airtight container at room temperature for up to 5 days.

By EatinWell, Courtesy of Arcamax.com •

VALENTINO'S

Pizza, Pasta & More

El Segundo
Now Open
Sundays

"A Taste of Brooklyn"

Catering
Available

1 LARGE 16" PIZZA
with one topping
\$11.99

2 MEDIUM 14" PIZZA
with one topping
\$15.99

Plus Tax. Extra toppings additional cost. No substitutions, please. Please mention coupon when ordering. One per customer. Expires 12/02/09

EL SEGUNDO
150 S Sepulveda Blvd.
310-426-9494

MANHATTAN BEACH
976 Aviation Blvd.
310-318-5959

DELIVERY IN LIMITED AREA AT BOTH LOCATIONS

Celebrate Thanksgiving

Thursday, November 26 11 a.m. to 8 p.m.

Roasted Butternut Squash Soup with Cranberry Cognac Creme

Winter Beet and Arugula Salad with Goat Cheese and Candied Pecans

Deep Fried Marinated Turkey with Whipped Potatoes, Maple Glazed Sweet Potatoes, Jalapeño Cornbread Stuffing, Cranberry Relish, Grilled Asparagus, and Jack Daniels Turkey Gravy

Pumpkin and Vanilla Custard Pie or Chocolate Pecan Pie

\$26 plus tax and gratuity for all four courses, or a la carte pricing is also available.

1440 bistro & bar
Inside the Embassy Suites Hotel
1440 East Imperial Avenue, El Segundo
310.640.1070

www.1440bistro.com
Plenty of FREE Parking