

# Food



## CREAMY ASPARAGUS PASTA

Lemon zest ties all the flavors together in this light and creamy pasta. Make it a meal: Serve with a salad of sliced fresh mozzarella and cherry tomatoes tossed with a little fresh basil, balsamic vinegar and olive oil. Servings: 4 servings, 1 1/2 cups each Total Time: 35 minutes

Ease of Preparation: Easy

Health: High Fiber, Low Sat Fat, Low Cholesterol, High Calcium, Heart Healthy, Diabetes Appropriate

### Ingredients:

- 8 ounces whole-wheat penne pasta
- 1 bunch asparagus, trimmed and cut into 3/4-inch pieces
- 1 1/2 cups whole milk
- 4 teaspoons whole-grain mustard
- 4 teaspoons flour
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground pepper
- 2 teaspoons extra-virgin olive oil
- 3 tablespoons minced garlic
- 2 teaspoons minced fresh tarragon or 1/2 teaspoon dried
- 1 teaspoon freshly grated lemon zest

- 2 teaspoons lemon juice
- 1/2 cup grated Parmesan cheese, divided

### Steps:

1: Bring a large pot of water to a boil. Add pasta and cook for 3 minutes less than the package directions. Add asparagus and continue cooking until the pasta and asparagus are just tender, 3 minutes more. Drain and return to the pot. 2: Meanwhile, whisk milk, mustard, flour, salt and pepper in a medium bowl. Heat oil in a medium saucepan over medium-high heat. Add garlic and cook, stirring, until fragrant and lightly browned, 30 seconds to 1 minute. Whisk in the milk mixture. Bring to

a simmer, stirring constantly, and cook until thickened, 1 to 2 minutes. Stir in tarragon, lemon zest and juice.

3: Stir the sauce into the pasta-asparagus mixture. Cook over medium-high heat, stirring, until the sauce is thick, creamy and coats the pasta, 1 to 2 minutes. Stir in 1/4 cup Parmesan. Divide the pasta among 4 bowls and top with the remaining 1/4 cup Parmesan.

### Nutrition:

(Per serving)

- Calories - 359
- Carbohydrates - 55
- Fat - 10
- Saturated Fat - 4
- Monounsaturated Fat - 4
- Protein - 18
- Cholesterol - 18
- Dietary Fiber - 7
- Potassium - 467
- Sodium - 602
- Nutrition Bonus - Folate (38 daily value), Calcium (30 dv), Vitamin C & Zinc (20 dv). By EatInWell. Courtesy of Arcamax.com •



Located Inside  
The Embassy Suites  
Hotel LAX/South  
1440 E. Imperial Avenue,  
El Segundo, CA 90245  
**310.640.1070**

Let our catering  
department make  
your event special.  
For information and  
space availability call  
**310.640.1622**

Free Parking!

### three ninety-five happy hour

4 p.m. to 7 p.m. daily • all items \$3.95

### appetizers

- taquitos
- buffalo wings
- cheese quesadilla
- nachos supreme
- house-made bleu cheese potato chips

### cocktails

- pomegranate margarita
- 1440 margarita
- appletini
- mangotini
- well drinks

house wines by the glass & all draft beers

# VALENTINO'S

Pizza, Pasta & More



"A Taste of Brooklyn"



<b>1 LARGE 16" PIZZA</b> with one topping <b>\$11.99</b>	<b>2 MEDIUM 14" PIZZA</b> with one topping <b>\$15.99</b>
<small>Plus Tax. Extra toppings additional cost. No substitutions, please. Please mention coupon when ordering. One per customer. Expires 7/31/09</small>	<small>Plus Tax. Extra toppings additional cost. No substitutions, please. Please mention coupon when ordering. One per customer. Expires 7/31/09</small>

<b>EL SEGUNDO</b> 150 S Sepulveda Blvd. <b>310-426-9494</b>	<b>MANHATTAN BEACH</b> 976 Aviation Blvd. <b>310-318-5959</b>
<b>DELIVERY IN LIMITED AREA AT BOTH LOCATIONS</b>	

## RINALDI'S

ITALIAN DELI

**Come Join Us & Discover Why We're Voted BEST Lunch and BEST Sandwich Shop**

Many years in a row  
And Best Caterer (2005)

Available • Basil Pesto • Chicken • Eggplant • Vegetarian

Every Day - All Day Combo Value  
**\$6.75 - \$7.75**

Brown-Bag Rinaldi's to Spring, Summer Outings, Sports, Picnic, etc.

Brown-Bag Meals for \$9.95  
• Sandwich • Drink • Cookie  
• Potato/Macaroni Salad • Chips

Daily Special  
6 Roll  
One Bag of Chips  
20 oz. Fountain Drink  
Includes Refills

Boar's Head Premium Delicatessen

Phone: (310) 647-2860  
Fax: (310) 647-2855  
323 MAIN STREET • EL SEGUNDO

# Rubio's

FRESH MEXICAN GRILL

## El Segundo NOW OPEN

The guacamole's fresh.  
The salsas are fresh.  
Even the store is fresh.

400 N. Sepulveda Blvd. • El Segundo, CA 90245  
(N. Sepulveda & E. Grand Ave.) • 310-615-9960

## FREE World Famous FISH TACO

Offer valid only at our El Segundo location only. Not valid with any other discount/offer. One coupon per person, per visit. No substitutions. No cash value. Void if copied or reproduced. Expires 8/16/09. NS 3

**Rubio's**  
FRESH MEXICAN GRILL  
rubios.com