

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

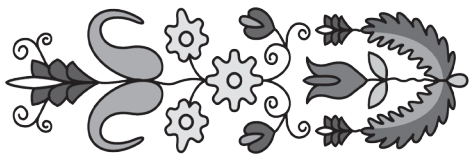
a simmer, stirring constantly, and cook until thickened, 1 to 2 minutes. Stir in tarragon, lemon zest and juice.

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"



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 7/31/09

Plus Tax. Extra toppings additional cost. No substitutions, please. Please mention coupon when ordering. One per customer. Expires 7/31/09

Ample Seating **EL SEGUNDO**
150 S Sepulveda Blvd.
310-426-9494
Now Open Sundays

MANHATTAN BEACH
976 Aviation Blvd.
310-318-5959

DELIVERY IN LIMITED AREA AT BOTH LOCATIONS

The Original

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



rubios.com