

Food



PACIFIC SOLE WITH ORANGES & PECANS

Not so long ago, Dover sole meant an overcooked fillet swimming in butter, dotted with tasteless dried herbs and soaked in too much lemon juice. But sole deserves a comeback: it can become a satisfying, sophisticated, one-skillet dinner with very little effort. The recipe can easily be doubled.

Makes 2 servings

Active time: 20 minutes

Total time: 20 minutes

Ease of Preparation: Easy

Nutrition Profile:

Low Calorie, Low Carb, Low Sodium, Low Sat Fat, High Calcium, High Potassium, Heart Healthy, Diabetes Appropriate, Healthy Weight

Ingredients:

- 1 orange
- 10 ounces Pacific sole (see Note) or tilapia fillets
- 1/4-teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 2 teaspoons unsalted butter
- 1 medium shallot, minced
- 2 tablespoons white-wine vinegar
- 2 tablespoons chopped pecans, toasted (see Cooking Tip)
- 2 tablespoons chopped fresh dill

1. Using a sharp paring knife, remove the skin and white pith from orange. Hold the fruit over a medium bowl and cut between the membranes to release individual orange sections into the bowl, collecting any juice as well. Discard membranes, pith and skin.

2. Sprinkle both sides of fillets with salt and pepper. Coat a large nonstick skillet with cooking spray and place over medium heat. Add the fillets and cook 1 minute for sole or 3 minutes for tilapia. Gently flip and cook

until the fish is opaque in the center and just cooked through, 1 to 2 minutes for sole or 3 to 5 minutes for tilapia. Divide between 2 serving plates; tent with foil to keep warm.

3. Add butter to the pan and melt over medium heat. Add shallot and cook, stirring, until soft, about 30 seconds. Add vinegar and the orange sections and juice; loosen any browned bits on the bottom of the pan and cook for 30 seconds. Spoon the sauce over the fish and sprinkle each portion with pecans and dill. Serve immediately.

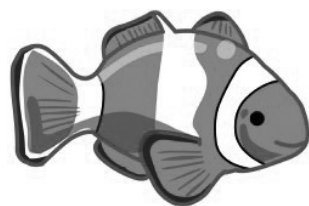
Makes 2 servings.

Nutrition information: Per serving: 234 calories; 9 g fat (3 g sat, 3 g mono); 70 mg cholesterol; 11 g carbohydrate; 28 g protein; 2 g fiber; 401 mg sodium; 556 mg potassium. Nutrition bonus: Vitamin C (70% daily value); Calcium (20% dv). 1 Carbohydrate Serving

Tip: Ingredient Note: The term "sole" is widely used for many types of flatfish from both the Atlantic and Pacific. Flounder and Atlantic halibut are included in the group that is often identified as sole or grey sole. The best choices are Pacific, Dover or English sole. Other sole and flounder are overfished.

Cooking Tip: To toast chopped nuts or seeds: Cook in a small dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.

Content by EatinWell, Courtesy of Arcamax.com •



Herald In South Dakota



Sara and Katie Brummond brought the El Segundo Herald with them on a recent trip to Mount Rushmore in the Black Hills of South Dakota.

Memory Lane

Our Suburban Cowboy

By Floyd Carr

About a year ago I received a copy of the following letter written by Bill Bender, a ninety-year old native of El Segundo, who knew virtually from day one what his life's goal would be, and then achieved it very successfully. The letter: "To introduce myself a wee bit, in 1911 my dad had a farm in Compton, CA. When El Segundo began populating, he drove his truck, loaded with vegetables and sold them fresh off the back as the 4:00 p.m. shift changed. In 1917 Secretary of State, Frank Jordan issued a certificate of Incorporation to El Segundo and in Sept of 1917, my parents-to-be were married and opened a vegetable market in El Segundo. The winter of 1918-19 I was born. In 1922 my folks built the first "Super Market" in town at 223 Richmond Street. In 1926 Olie Arnold leased the store for ten years. When the lease expired, Arnold moved to Grand Ave., and opened Penny Profit Market.

From 1932 to 1936 (my high school years) I bought wild horses at auction, broke them, and sold them to kids and adults in town.

Tommy de Berry (police) and wife Billie (worked at the bank) also owned horses that I broke. In 1936, I graduated from ESHS and went cowboying for good.

In 1948 I began painting western stuff for a living. In the mid 60's, the Air Force sent me, a civilian, to the Orient as a combat artist. I flew with a GS16 rating (Same as a Brig. General), I painted from Thailand to Vietnam and plumb to Japan with a few countries in between. Also in the mid 60's I flew with the U.S. Navy as a civilian. I am an honorary "tail hook air dale" plus flying with the Blue Angels.

In the 1960's I met Sec. of State Frank Jordon, Yes, he recalled signing the El Segundo Certificate of Incorporation, and we became life-long friends. He used my western cards for Christmas cards. The galleries I sold from were located in Arizona, New Mexico, Montana, The Grand Central Gallery in New York, and in Texas. In Texas, Gov. Connelly made me an honorary Texas citizen.

In 2009, I plan on donating some western painting to ESHS in memory of those wonderful days." •

Big Belly Solar units Installed



Councilmember Bill Fisher; Park Superintendent, Mark Trujillo and Sr. Administrative Analyst, Lauren Mahakian. Photo provided by Lauren Mahakian.

Provided by Lauren Mahakian

Here are a few facts about the units: Solar powered, automatic compaction, reduces trash/recycling collection by 4 times or more, eliminates overflowing bins, Keeps litter in, pests out, 90 day pilot project, at no cost to the City.

By the City having these two units installed demonstrates our commitment to the community and environment.

For further comment, please feel free to contact Councilmember Bill Fisher at 310-364-3115 or bill@fisherengineering.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

Plus Tax. Extra toppings additional cost. No substitutions, please. Please mention coupon when ordering. One per customer. Expires 8/13/09

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 8/13/09

Ample Seating

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

MANHATTAN BEACH
976 Aviation Blvd.
310-318-5959

DELIVERY IN LIMITED AREA AT BOTH LOCATIONS