

# FOOD & DINING



### ROASTED TOMATO SOUP

Roasting the vegetables for this simple summer soup enhances their inherent sweetness. The recipe is from EatingWell reader Tracey Medeiros of Atlanta, Georgia.

Servings: 6 servings, 1 cup each  
Total Time: 45 minutes  
Ease of Preparation: Easy  
Health: Low Sodium, Healthy Weight, Diabetes Appropriate, Heart Healthy, Low Cholesterol, Low Sat Fat, Low Carb, Low Calorie

#### Ingredients:

- Roasted Tomato Soup
- 1 1/2 pounds large tomatoes, such as beefsteak, cut in half crosswise
- 1 medium sweet onion, such as Vidalia, peeled and cut in half crosswise
- 3 large cloves garlic, unpeeled
- 1 tablespoon plus 1 teaspoon extra-virgin olive oil, divided
- 1/4 teaspoon salt, or to taste
- Freshly ground pepper to taste
- 2 cups reduced-sodium chicken broth or vegetable broth, divided
- 1/4 cup tomato juice
- 1 teaspoon tomato paste
- 1/4 teaspoon Worcestershire sauce
- 1 tablespoon fresh basil , chopped
- Brown sugar to taste (optional)
- 1/2 cup corn kernels (fresh, from 1 ear, see Tip) or frozen, thawed

- Steps:
- 1: Preheat oven to 400°F. Coat a baking sheet with cooking spray.
  - 2: Toss tomatoes, onion and garlic in a mixing bowl with 1 tablespoon oil. Season with salt and pepper. Spread on the prepared baking sheet and roast until the vegetables are soft and caramelized, about 30 minutes. Let cool.

- 3: Peel and seed the tomatoes. Trim off the onion ends. Peel the garlic. Place the vegetables in a food processor or blender with 1 cup broth and the remaining 1 teaspoon oil. Pulse to desired thickness and texture.
- 4: Transfer the vegetable puree to a large heavy pot or Dutch oven. Add the remaining 1 cup broth, tomato juice, tomato pate, Worcestershire sauce, basil and brown sugar (if using). Bring to a simmer over medium heat, stirring often. Ladle into 6 soup bowls, garnish with corn and serve.

Nutrition: (Per serving)  
Calories – 95  
Carbohydrates – 15  
Fat – 4  
Saturated Fat – 1  
Monounsaturated Fat – 2  
Protein – 3  
Cholesterol – 1  
Dietary Fiber – 3  
Potassium – 406  
Sodium – 340

Nutrition Bonus - Vitamin C (35 daily value), Vitamin A (20 dv).

Cover and refrigerate for up to 2 days or freeze for up to 2 months.

Tip: Removing Corn from the Cob: Stand an uncooked ear of corn on its stem end in a shallow bowl and slice the kernels off with a sharp, thin-bladed knife. This technique produces whole kernels that are good for adding to salads and salsas. If you want to use the corn kernels for soups, fritters or puddings, you can add another step to the process. After cutting the kernels off, reverse the knife and, using the dull side, press it down the length of the ear to push out the rest of the corn and its milk.

By EatinWell, Courtesy of Arcamax.com



### QUICK “CHEESECAKE”

Schmear ricotta cheese and your favorite jam on graham crackers for an instant “cheesecake.”

Servings: 2 servings, 2  
Total Time: 5 minutes  
Ease of Preparation: Easy  
Health: Low Sat Fat, Heart Healthy, Low Cholesterol, Low Sodium

#### Ingredients:

- Quick “Cheesecake”
  - 4 whole-wheat graham crackers
  - 4 tablespoons part-skim ricotta cheese
  - 8 teaspoons jam
- Steps:

- 1: Spread each graham cracker with 1 tablespoon part-skim ricotta cheese and 2 teaspoons jam.

Nutrition: (Per serving)  
Calories – 239  
Carbohydrates – 42  
Fat – 6  
Saturated Fat – 2  
Monounsaturated Fat – 1  
Protein – 7  
Cholesterol – 10  
Dietary Fiber – 2  
Potassium – 39  
Sodium – 259  
By EatinWell, Courtesy of Arcamax.com

## Discover the great taste of whole grains

(ARA) - For many, finding a simple way to get good nutrition without sacrificing taste can be a challenge – a daily dilemma between flavorful foods and products that promote a wholesome diet. Great solutions can easily be found thanks to the introduction of new better-for-you foods and beverages that are surprisingly delicious.

The benefits of whole grains, for example, have been widely documented. Consuming foods rich in whole grains as part of a healthy diet has been shown to reduce the risk of heart disease and help protect against stroke, certain types of cancers and also assists with weight control. The great news is that these days it’s easy to seamlessly integrate whole grains into traditional recipes for a delicious meal. For example, a versatile food like whole grain pasta pairs very well with fresh seasonal vegetables, cheeses and aromatic herbs, making it a great dish for any season.

Bob Greene, celebrity fitness guru and author of the New York Times bestseller “The Best Life Diet,” believes healthy eating can be a culinary experience. “As part of the ‘Best Life Diet,’ I try to share foods that are not only healthy but also taste great,” says Greene. He provides the following tips for healthy living:

\* As with anything else, eating well and feeling good doesn’t happen overnight. Sticking with a healthy routine even after slip-ups is key.

\* Physical activity and proper nutrition go hand in hand. Regular exercise and eating lots of fruits, vegetables and foods rich in whole grains are a great way to boost your overall wellness.

“I recommend three to five servings of whole grains daily. To reach this goal, try substituting some of the refined products you eat with versions that contain whole grains. For instance, this is easy when you enjoy foods that taste delicious like Barilla Whole Grain pasta that you can use in place of regular pasta. Eating a fiber-rich diet can

be actually very easy and tasty,” Greene says.

As part of his quest to encourage Americans to rediscover whole grains, Greene encourages people to take the Barilla “That’s Whole Grain?” Taste Challenge which guarantees that anyone who tries Barilla Whole Grain will enjoy its taste. People who are not completely satisfied with the product can receive a box of their favorite regular Barilla pasta. To participate or learn more visit [www.TryBarillaWholeGrain.com](http://www.TryBarillaWholeGrain.com).

If you’re ready for the challenge of eating healthy, try this mouth-watering, easy-to-make recipe:

Barilla Whole Grain Spaghetti with Cherry Tomatoes and Basil

- Prep Time: Four minutes
- Cook time: Eight minutes
- Servings: 6
- Ingredients:
- 1 box Barilla Whole Grain Spaghetti
- 1 clove garlic, minced
- 2 teaspoons extra virgin olive oil
- 1 pint cherry tomatoes, halved
- 1/4 teaspoon salt
- Freshly ground black pepper to taste
- 5 to 6 leaves basil, sliced into thin strips
- 1/2 cup Parmigiano, grated
- Directions:

Cook pasta according to package directions. Meanwhile, in a large skillet, saute minced garlic in olive oil until slightly yellow. Add cherry tomatoes and saute 2 minutes. Season with salt and pepper, and remove from heat. Drain pasta, reserving 1/2 cup of the cooking liquid. Toss pasta with cherry tomatoes, garlic and half the basil. Add reserved cooking liquid to skillet and toss pasta again. Top with Parmigiano, black pepper and remaining basil.

Courtesy of ARA content  
Per serving, about:  
Calories: 284  
Protein: 12 g  
Carbohydrate: 49 g  
Dietary Fiber: 7 g  
Total Sugars: 2 g  
Total Fat: 6 g  
Saturated Fat: 1.7 g  
Cholesterol: 7 mg  
Calcium: 96 mg  
Sodium: 229 mg  
Courtesy of ARA content •



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