

FOOD&DINING

Manhattan Beach Dining Destinations

Barbecue

Joey's Smokin' BBQ: 3564 N. Sepulveda Blvd. 310-563-9072

California-Casual

Beaches: 17 Manhattan Beach Blvd. 310-545-2523

Chickies: 350 N. Sepulveda Blvd. #7 310-376-8044

Coco Noche: 1140 Highland Ave. 310-318-3474

Ercote's: 1101 Manhattan Beach Blvd. 310-379-9917

Hennessey's: 303 Manhattan Beach Blvd. 310-546-4883

The Kettle: 1558 Highland Ave. 310-545-8511

Koffee Kart: 1104 Highland Ave. 310-372-6050

Manhattan Beach Brewery Co.: 124 Manhattan Beach Blvd. 310-798-2744

Manhattan Bread and Bagel: 1812 N. Sepulveda Blvd. 310-545-7553

OB's Grill & Bar: 3610 Highland Ave. 310-544-9956

Sharks Cove Restaurant & Sports Bar: 309 Manhattan Beach Blvd. 310-545-2689

Shellback Tavern: 16 Manhattan Beach Blvd. 310-376-7857

Sloopy's: 3416 Highland Ave. 310-545-8573

Uncle Bill's Pancake House: 1505 Highland Ave. 310-545-3177



California-Fine Dining

Darren's: 1141 Manhattan Ave. 310-802-1973

Lido Restaurant: 1550 Rosecrans Ave. #G 310-536-0750

Rock 'N Fish: 120 Manhattan Beach Blvd. 310-545-5401

Second Story Restaurant (The Belmar Hotel): 3501 Sepulveda Blvd. 310-750-0982

Towne: 1142 Manhattan Ave. 310-545-5405

Twelve + Highland: 304 12th Street 310-545-1881

Upper Manhattan: 3600 Highland Ave. 310-545-2091



Chinese

Beach Chinese Food: 314 Rosecrans Ave. 310-545-7969

Bobo Chinese Deli: 2114 Highland Ave. 310-546-3899

China Grill: 3282 N. Sepulveda Blvd. 310-546-7284

Szechwan Restaurant: 924 N. Sepulveda Blvd. 310-379-9712



French

Café Pierre: 317 Manhattan Beach Blvd. 310-545-5252

La Creperie: 1209 Highland Ave. 310-545-3309

Greek/Mediterranean

Petros: 451 Manhattan Beach Blvd. #B110 310-545-4100

Tapa Meze Bar & Grill: 1019 Manhattan Beach Blvd. 310-545-8500

Italian/Pizza

Beach Pizza: 3301 Highland Ave. 310-546-5401

Brooklyn Brick Oven Pizza: 500 S. Sepulveda Blvd. #103 310-379-6999

Fresh Brothers Pizza: 2008 Sepulveda Blvd. 310-546-4444

Il Fornaio: 1800 Rosecrans Ave. 310-725-9955

Mangiano Ristorante & Bar: 128 Manhattan Beach Blvd. 310-318-3434

Pomodoro Cucina Italiana: 401 Manhattan Beach Blvd. 310-545-5401

Talia's Italian Restaurant: 1148 Manhattan Ave. 310-545-6884

Valentino's Pizza: 975 N. Aviation Blvd. 310-318-9999

Japanese

Chizo: 229 Manhattan Beach Blvd. 310-802-0763

Fusion Sushi: 1150 Morningside Dr. 310-802-1160

Katsub: 302 Rosecrans Ave. 310-546-3761

O-Shio Restaurant: 915 N. Sepulveda Blvd. 310-372-6156

Sashi Sushi & Sake Lounge: 451 Manhattan Beach Blvd. 310-545-0400

Sun & Moon Café: 151 Manhattan Ave. 310-802-8855



Mexican

Baja Sharkeez: 3801 Highland Ave. 310-545-6563

El Gringo: 921 N. Sepulveda Blvd. 310-372-6080

Mucho: 903 Manhattan Ave. 310-374-4422

Pancho's: 3615 Highland Ave. 310-545-6670

Rubio's Fresh Mexican Grill: 2000 N. Sepulveda Blvd. 310-959-7098

Sion's Mexican Restaurant: 235 N. Sepulveda Blvd. 310-372-4504

Thai

Thai Dishes: 1015 N. Sepulveda Blvd. 310-546-4117



GREEN BEANS WITH BACON & HAZELNUTS

The toasted smoky flavors in this fast sauté make it a warm addition to any winter meal.

Servings: 4 servings, 3/4 cup each

Total Time: 20 minutes

Ease of Preparation: Easy

Health: Healthy Weight, Low Sodium, Low Cholesterol, Low Sat Fat, High Fiber, Low Carb, And Low Calorie

Ingredients:

Green Beans with Bacon & Hazelnuts

1-teaspoon canola oil

1 large shallot, minced

1 pound green beans, trimmed

1/2-cup water

2 slices bacon, cooked and crumbled

2 tablespoons chopped toasted hazelnuts (see Tip)
1/4-teaspoon salt

Steps:

1: Heat oil in a large skillet over medium-high heat. Add shallot and cook, stirring, until starting to brown, 30 seconds to 1 minute. Add green beans and cook, stirring often, until seared in spots, 2 to 3 minutes. Add water; cover, reduce heat to medium and cook, stirring occasionally, about 3 minutes for tender-crisp or 6 minutes for tender. Remove from heat and stir in bacon, hazelnuts and salt.

Nutrition: (Per serving)

Calories - 100

Carbohydrates - 12

Fat - 5

Saturated Fat - 1

Monounsaturated Fat - 3

Protein - 5

Cholesterol - 3

Dietary Fiber - 4

Potassium - 305

Sodium - 226

Nutrition Bonus - Vitamin C (35 daily value), Vitamin K (23 dv), Vitamin A (15 dv).

Tip: To toast nuts & seeds on the stovetop: Toast in a small dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned, 3 to 5 minutes.

By EatinWell, Courtesy of Arcamax.com •



CHILI-RUBBED STEAKS & PAN SALSA

Any cut of steak will work for this recipe, but we especially like the flavor and texture of rib eye with these seasonings; look for steak that has been thinly cut. Cold ale, sweet potato fries and vinegary coleslaw can round out the meal.

Servings: 2 servings

Total Time: 20 minutes

Ease of Preparation: Easy

Health: Healthy Weight, Low Sodium, Low Cholesterol, Low Sat Fat, Low Carb, And Low Calorie

Ingredients:

Chili-Rubbed Steaks & Pan Salsa

8 ounces 1/2-inch-thick steaks, such as rib eye, trimmed of fat and cut into 2 portions

1-teaspoon chili powder

1/2 teaspoon kosher salt, divided

1-teaspoon extra-virgin olive oil

2 plum tomatoes, diced

2 teaspoons lime juice

1 tablespoon chopped fresh cilantro

Steps:

1: Sprinkle both sides of steak with chili powder and 1/4-teaspoon salt. Heat oil in a

medium skillet over medium-high heat. Add the steaks and cook, turning once, 1 to 2 minutes per side for medium-rare. Transfer the steaks to a plate, cover with foil and let rest while you make the salsa.

2: Add tomatoes, lime juice and the remaining 1/4-teaspoon salt to the pan and cook, stirring often, until the tomatoes soften, about 3 minutes. Remove from heat, stir in cilantro and any accumulated juices from the steaks. Serve the steaks topped with the salsa.

Nutrition: (Per serving)

Calories - 174

Carbohydrates - 4

Fat - 9

Saturated Fat - 3

Monounsaturated Fat - 4

Protein - 20

Cholesterol - 60

Dietary Fiber - 1

Potassium - 421

Sodium - 336

Nutrition Bonus - Zinc (27 daily value), Vitamin A (20 dv), Vitamin C (15 dv).

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