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Enjoy a Low-Calorie Valentine's Treat

Decadent treats have become a staple of Valentine's Day. But not all Valentine's celebrants want to indulge in high-calorie treats with their significant others. For those who want the decadence without all those extra calories, try the following low-calorie recipe for "Rockin' Red Velvet Trifle" from Lisa Lillien's "Hungry Girl 200 Under 200: Just Desserts" (St. Martin's Press).

Rockin' Red Velvet Trifle

Makes 8 servings

- 1 packet hot cocoa mix**
with 20 to 25 calories
- 2 tablespoons mini semi-sweet chocolate chips**
- 1/2 cup moist-style devil's food cake mix**
- 1/2 cup moist-style yellow cake mix**
- 1/4 cup fat-free liquid egg substitute**
- 1/2 tablespoon red food coloring**
- Dash of salt**
- 4 ounces fat-free cream cheese**
- 2 tablespoons Jell-O Sugar-Free Fat-Free Vanilla Instant pudding mix**
- 2 tablespoons Splenda No Calorie Sweetener (granulated)**
- 1/4 teaspoon vanilla extract**
- 1 8-ounce container Cool Whip (thawed)**
- 4 cups chopped strawberries**



Rockin' Red Velvet Trifle

Preheat oven to 350 F. Spray an 8-inch by 8-inch baking pan with nonstick spray.

Place the cocoa mix and 1 tablespoon chocolate chips in a glass. Add 1/4 cup very hot water, and stir until mostly dissolved. Add 1/3 cup cold water. In a large bowl, combine the cake mixes, egg substitute, food coloring, and salt. Add cocoa mixture, and whisk until smooth.

Pour batter into the baking pan, and sprinkle with remaining 1 tablespoon chocolate chips.

Bake until a toothpick inserted into the center comes out mostly clean, 26 to 28 minutes.

Let cool completely, about 30 minutes in the pan and 30 minutes out of the pan on a cooling rack.

Meanwhile, in a medium bowl, stir cream cheese until smooth. In another medium bowl, combine pudding mix with Splenda. Add vanilla extract and 1/4 cup cold water, and vigorously stir until mostly smooth

and slightly thickened. Add cream cheese and 1 cup Cool Whip, and stir until uniform. Cover and refrigerate.

Cut cake into 1-inch cubes.

In a large glass bowl or trifle dish, evenly layer half of the cubed cake. Spread all of the pudding mixture over the cake layer. Evenly top with half of the strawberries.

Continue layering with remaining cubed cake, Cool Whip and strawberries.



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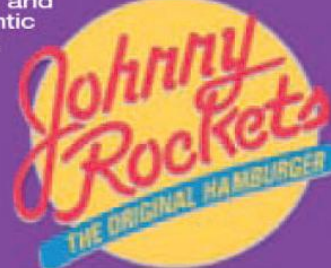
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Make a Household Favorite More Healthy

Many beloved dishes might be enjoyed more often if they were only a little healthier. Author and former personal chef Michelle Dudash was once asked by a client if she could make a healthier version of chicken parmesan. The result of that request is the following recipe for "Skinny Chicken Parmesan with Spinach," which Dudash ultimately included in her book, "Clean Eating For Busy Families" (Fair Winds). The recipe was a hit with Dudash's client and will surely be a hit at home cooks' dinner tables as well.



Skinny Chicken Parmesan with Spinach

Skinny Chicken Parmesan with Spinach

Makes 6 servings

For the sauce:

- 2 teaspoons extra-virgin olive oil**
- 2 cloves garlic, sliced**
- 1 28-ounce can whole tomatoes**
- 1/4 teaspoon dried basil**
- 1/4 teaspoon dried oregano**
- 2 pinches salt**
- 2 pinches freshly ground black pepper**
- 1/2 teaspoon honey**

For the chicken:

- 3 tablespoons grated Parmesan cheese**
- 2 tablespoons whole-wheat flour**
- 1/2 teaspoon salt, divided**
- 1/4 teaspoon freshly ground black pepper**
- 1/4 teaspoon dried basil**
- 1 1/2 pounds chicken breast, cut into 6 pieces, pounded to 1/4 inch**
- 2 tablespoons plus**
 - 2 teaspoons extra-virgin olive oil, divided**
- 4 cups baby spinach**
- 1 teaspoon lemon juice**
- 3/4 cup fresh mozzarella cheese**
 - sliced into 6 medallions (or shredded)
- 6 cups cooked whole-grain thin spaghetti tossed in 2 teaspoons olive oil**

Preheat oven to 375 F and coat the bottom of a 9 x 13-inch pan with olive oil spray.

To make the sauce: Heat a medium saucepan over medium heat. Add oil and garlic and cook gently for 30 seconds. Do not brown. With your hand, squeeze each tomato into the pan and add basil, oregano, salt, pepper, and honey. Reduce to medium heat and simmer for 20 minutes, lowering the heat as needed.

To make the chicken: Combine parmesan cheese, flour, salt, pepper, and basil in a medium dish and coat chicken with cheese mixture. Place a large skillet over medium heat and add 2 tablespoons of oil. When oil is shimmering, add chicken, rounded-side down, and cook until golden on one side, about 5 minutes. Arrange chicken in a baking pan. Pour remaining 2 teaspoons of oil into skillet and add spinach. Cook spinach for 1 to 2 minutes until wilted and swirl in lemon juice. Gently press spinach to release water and divide spinach on top of chicken. Spoon sauce around and over the chicken, place mozzarella on top, and sprinkle with 1/4 teaspoon salt. Bake for 15 minutes until chicken is cooked through. Serve over spaghetti.



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A Unique Take on Steak

Few foods have as much universal appeal as steak, and filet mignon might just be the most beloved steak of them all. When hosting a dinner party or enjoying steaks at home with the family, consider the following recipe for “Filet Mignon With Braised Oxtails and Purple Potato Puree” from Tony Mantuano’s “The Spiaggia Cookbook” (Chronicle Books).



Filet Mignon With Braised Oxtails and Purple Potato Puree

Serves 4

For the Braised Oxtails:

- 1/2 cup extra-virgin olive oil
- 2 pounds oxtails
- 1 yellow onion, chopped
- 3 carrots, peeled and chopped
- 3 stalks celery, chopped
- 1 tablespoon tomato paste
- 1 tablespoon chopped fresh thyme

For the Oxtail Sauce:

- 6 tablespoons extra-virgin olive oil
- 1 small carrot, finely chopped
- 1/2 yellow onion, finely chopped
- 1 stalk celery, finely chopped
- 1 teaspoon tomato paste
- 4 tablespoons extra-virgin olive oil
- 4 filet mignons, 5 ounces each
- Sea salt and freshly ground pepper
- 1 tablespoon chopped fresh flat-leaf (Italian) parsley
- 1 1/2 cups dry red wine
- 2 cups veal stock
- 2 cups water
- 1 ounce caul fat, cut into four 5-inch squares
- 1 bay leaf
- 5 peppercorns
- 1/2 cup dry red wine
- 1 1/4 cups reserved braising liquid
- 2 cups blanched and chopped broccoli rabe
- Purple Potato Puree (see below), for serving
- 2 cloves garlic, thinly sliced

To make the braised oxtails: In a large roasting pan over medium-high heat, heat the 1/4 cup olive oil. When the pan and oil are hot, add the oxtails and sear, turning as needed to brown on all sides, about 4 minutes per side. Transfer to a large stockpot and set aside.

Add the onion, carrots and celery to the roasting pan and return to medium-high heat. Sauté until the vegetables are softened, about 5 minutes. Add the tomato paste, thyme and parsley. Stir well to combine and cook, uncovered, until the vegetables are browned, 6 to 8 minutes longer. Add the wine and scrape to loosen any browned bits from the bottom of the pan.

Add the vegetables and liquid to the stockpot, along with the veal stock and water. Bring to a boil, reduce the heat to low, and gently simmer, uncovered, until the oxtail meat just starts to fall off the bones, about 3 hours. Transfer the oxtails to a platter and let cool. Pull the meat off the bones and set aside. Strain the braising liquid and reserve. Discard the solids. Line a lightly oiled 3-inch ring mold with 1 caul fat square. Pack 1/2 cup of the braised oxtail meat into the mold, pressing gently to pack the layer. Fold over the edges of the square. Carefully remove the mold. Repeat with the remaining 3 squares. Set aside.

To make the sauce: In a saucepan, heat the 6 tablespoons olive oil over medium-high heat. Add the carrot, onion and celery and sauté for 3 minutes. Stir in the tomato paste and cook 2 minutes longer. Add the bay leaf, peppercorns and wine. Bring to a simmer and reduce for 5 minutes. Add the reserved braising liquid, return to a simmer, and cook until reduced to 1 cup, 15 to 20 minutes. Strain. Taste and adjust the seasoning. Keep warm.

Heat a large sauté pan over medium-high heat for 1 minute. Add 2 tablespoons olive oil to the pan and heat. Add the oxtail packets, seam side down, and brown for 4 minutes each side. Remove the packets and pat dry with paper towels. Keep warm.

Heat another large sauté pan over medium-high heat for 1 minute. Add the remaining 2 tablespoons olive oil and heat. Season the filets with salt and pepper, add to the pan, and sear for 4 minutes on each side for medium-rare.

Prepare the broccoli rabe.

To serve, place an oxtail packet in the center of one of four warmed plates. Arrange a filet mignon on top of the oxtail, then place a large oval of purple potato puree on top of the filet. Ladle 1/4 cup of sauce on the plate. Arrange the broccoli rabe and garlic around the packet. Repeat to make the remaining 3 servings and serve immediately.



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A Tailor-Made Tart for Brunch

Brunch is a great way to enjoy a lazy weekend morning and early afternoon. Unlike the hustle and bustle of weekdays, weekend mornings can often be enjoyed at a more leisurely pace.

Restaurants make substantial sums of money on weekend brunch specials, but home cooks can make brunch in the comforts of their own kitchens as well. This "Grape Tomato and Blue Cheese Tart" from Betty Rosbottom and Susie Cushner's "Sunday Brunch" (Chronicle Books) makes the perfect flaky food to serve at brunch.

Grape Tomato & Blue Cheese Tart

Serves 6

Crust

- 1 cup all-purpose flour**
- 4 ounces cream cheese**, chilled and cut into 1/2-inch pieces
- 8 tablespoons unsalted butter**
chilled and cut into 1/2-inch pieces
- 1/4 teaspoon salt**
- 1/8 teaspoon cayenne pepper**

Topping

- 4 ounces creamy blue cheese**, finely crumbled
- 2 cups grape tomatoes**, halved length-wise
- 2 teaspoons olive oil**
- 1 teaspoon balsamic vinegar**
- Kosher salt**
- 1 1/2 tablespoons chopped flat-leaf parsley**
- 2 green onions**, chopped to include 2 inches of the green parts



Arrange a rack at a center position and preheat the oven to 375 F. Have ready a 9-inch tart pan with a removable bottom.

For the crust: Place the flour, cream cheese, butter, salt, and cayenne in a food processor; pulse until the mixture resembles coarse meal. Remove and knead the mixture into a smooth mass and then press it with your fingers in an even layer into the bottom (not up the sides) of the tart pan. Smooth the dough with the back of a spoon. Freeze the tart shell for 15 minutes to firm, and then bake the crust until golden brown, 30 minutes. Remove the tart shell from the oven and cool for about 5 minutes but retain oven temperature.

For the topping: Sprinkle the cheese evenly over the crust. Arrange the tomatoes in a circular pattern and in a single layer over the cheese, cut-sides up. You may not need to use all of the tomatoes. Whisk together the olive oil and vinegar and drizzle over the tomatoes, and then sprinkle with salt. Place the tart on a baking sheet to catch any drippings and return to the oven and bake

until the cheese has melted and the tomatoes are hot, 10 to 12 minutes.

Cool the tart for 5 to 10 minutes and then remove the sides of the tart pan. (The tart can be made 3 hours ahead. Leave the tart cool at room temperature and re-heat in a preheated 350 F oven until warmed through, 8 to 10 minutes.)

Cool the tart for 5 to 10 minutes and then remove the sides of the tart pan. (The tart can be made 3 hours ahead. Leave the tart cool at room temperature and re-heat in a preheated 350 F oven until warmed through, 8 to 10 minutes.)

Mix together the parsley and green onions, and sprinkle over the tart. Cut the tart into 6 wedges and serve.

Note: Small grape tomatoes, which have a sweet flavor, work better than larger cherry tomatoes in this recipe and can be used year-round. However, in the summer, feel free to try the tart with one of your favorite varieties. Sweet ones that are on the small side work best.

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Many people associate salads with dieting, and dieting with bland foods. But salads can be just as fresh and flavorful as other foods.

One of the best things about salad is the limitless possibilities regarding ingredients. Just about anything can be added to salad, making it a versatile dish anyone can enjoy. The following recipe for “Melon Salad with Watercress and Oroblanco Vinaigrette” from Tal Ronnen’s “Crossroads” (Artisan) is just one of many takes on this refreshing and often nutritious meal.

Melon Salad with Watercress & Oroblanco Vinaigrette

Serves 4

- 1 ripe canary or honeydew melon**
(about 2 pounds; see note)
- 2 Oroblanco or other seedless white grapefruits**
- 1/2 cup fresh mint leaves**, cut into chiffonade
- 1/2 cup finely diced Kite Hill truffle, dill, and chive soft fresh almond milk cheese** (optional)
- 1/2 cup watercress**, stems trimmed
- 1/4 cup Oroblanco Vinaigrette**
(recipe follows)
- Flaked sea salt**, such as Maldon
- Freshly ground black pepper**



Melon Salad with Watercress & Oroblanco Vinaigrette

Canary melon: The bright-yellow canary melon gets its name from the color of the tiny bird. The flesh is actually light green, with a sweet flavor that is slightly tangier than that of honeydew. If canary melon is unavailable, substitute honeydew.

To prepare the melon: Slice a small disk off the bottom of the melon so it can stand upright on a cutting board. Cut the melon down the middle to halve it and scoop out the seeds and membranes with a tablespoon. Halve the melon pieces again, so you have four 1/2-inch thick slabs. Lay the slabs on the cutting board and, using a 1-inch round cutter, punch out 5 circles from each slab. Set aside. Discard the rind.

To segment the grapefruits: First slice off the top and bottom of each one and stand upright on a cutting board. Use a paring knife to cut off the skin and bitter white pith of the fruit in strips from top to bottom, following the natural round shape and turning the grapefruit as you go. Trim off any white pith that remains. Hold each grapefruit over a bowl to catch the juices and carefully cut along the membranes on both sides of each segment to free it, letting the pieces drop into the bowl. Squeeze the juice from the grapefruit membranes into the bowl; you'll need the juice for the vinaigrette.

To serve: Arrange 5 melon rounds on each plate. Strew the mint ribbons over them. Scatter the grapefruit segments, cheese, if using, and watercress on top. Drizzle with the vinaigrette and season with flaked sea salt and pepper.

Oroblanco Vinaigrette

Makes about 1 cup

- 1/2 shallot**, minced
- 2 garlic cloves**, minced
- 4 fresh basil leaves**,
finely chopped
- Pinch of red pepper flakes**
- 1/4 cup fresh Oroblanco grapefruit juice** (reserved from salad)
- 1/4 cup white balsamic vinegar**
- 1/4 cup extra-virgin olive oil**
- 1/4 cup grapeseed oil**
- Kosher salt and freshly ground black pepper**

Combine the shallot, garlic, basil, and red pepper flakes in a small mixing bowl or a mason jar. Add the juice, vinegar, and oils, season with salt and black pepper, and whisk or shake vigorously to blend. Leftover vinaigrette can be kept covered in the refrigerator for up to 1 week.

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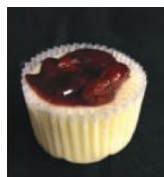


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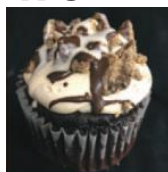
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juicy strawberry shortcakes. chocolate flourless tortes. cheesecake. scrumptious chocolate cupcakes. freshly baked cookies. cookie dough cake pops. apple canberry crumb cake. peanut butter brownies. sticky bun bread pudding. lemon berry bars. oatmeal raisin cookies. house swiss buttercream. lemon meringue pie. scones. lemon pound cakes. unforgettable wedding cakes. creme brûlée. sea salt caramel macarons. epic birthday cakes. chocolate mousse. bavarian apple tart. cannoli. italian cream cake. chocolate covered pretzels. fruit tarts. coffee.



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Great Beginnings

Portabella Mushroom & Jump Lump <i>Sauteed in a scampi sauce</i>	\$12.75
Fried Calamari Rings <i>Served with marinara sauce</i>	\$8.00
Spinach & Artichoke Hearts* <i>Sauteed in virgin olive oil and garlic</i>	\$8.25
Broccoli Rabe* <i>Bitter Italian greens sauteed in virgin olive oil and garlic</i>	\$8.50
Eggplant Parmesan <i>Layers of eggplant lightly fried and topped with provolone cheese and marinara sauce</i>	\$7.50
Hot Peppers Marinara* <i>Sliced spicy peppers slow cooked in marinara sauce</i>	\$6.25
Mozzarella Stick <i>Served with marinara sauce</i>	\$7.00
Spicy Cheese Ravioli <i>Breaded ravioli deep fried and served with marinara sauce</i>	\$7.50
Meatball Parmesan <i>Two meatballs with Parmesan cheese</i>	\$8.00
Shrimp Jammers <i>Breaded shrimp stuffed with monterey jack cheese and deep fried, served with marinara sauce</i>	\$7.75
Eggplant Rollatini <i>Rolls and breaded eggplant stuffed with ricotta cheese and topped with marinara sauce</i>	\$8.25
Eggplant Florentine <i>Lightly fried layers of eggplant topped with spinach and provolone cheese and smothered with marinara sauce</i>	\$8.25
Zucchini Sticks <i>Fried and served with marinara sauce</i>	\$7.00
Fried Sampler <i>Spicy ravioli, jammers, and mozzarella sticks with our own homemade marinara sauce No substitutions, please</i>	\$12.75
Spicy Green Bean <i>Fried and served with horseradish sauce</i>	\$7.00
Sauteed Mussels <i>Fresh mussels served in your choice of marinara, fra diavolo, or white sauce</i>	\$8.25
Sauteed Clams* <i>Fresh clams served in your choice of marinara, fra diavolo, or white sauce</i>	\$8.50
Clams Casino <i>A spicy blend of diced clams, onions, peppers, celery, and bacon</i>	\$8.00
Garlic Bread <i>With cheese - \$3.00</i>	\$2.75

Cold Appetizers

Bruschetta <i>Toasted Italian bread topped with a marinated blend of diced tomatoes, Gorgonzola cheese, red onion, garlic, basil, and balsamic vinaigrette with anchovies \$8.75</i>	\$8.50
Roasted Red Peppers & Provolone* <i>Served Sicilian style with virgin olive oil, balsamic vinaigrette, garlic, and spices</i>	\$7.75
Sliced Tomatoes & Mozzarella* <i>A house favorite! With red onion & balsamic vinaigrette (Seasonal)</i>	\$7.75
Jumbo Shrimp Cocktail*	\$10.25
Fresh Mozzarella Rollups* <i>Stuffed with prosciutto, kalamata olives, capers, artichokes and roasted red peppers, drizzled with pesto sauce. Soup and Salad</i>	\$8.25
Angelo's Antipasta* <i>A variety of Italian meats and cheese with lots of garnishes. For 1 - \$10.25 For 2- \$14.00</i>	
Angelo's House Salad	\$4.25



Ducktown Favorites

Served with a side of pasta

Piccante <i>a lemon, butter and white wine sauce finished with a touch of garlic. Your choice of lightly floured chicken breasts..\$19.75 or veal medallions..\$21.75</i>	
Florentine <i>Our homemade tomato sauce, sauteed spinach and melted provolone cheese over your choice of breaded chicken cutlet..\$20.25 or veal cutlet..\$21.75</i>	
Marsala <i>Marsala wine sauce finished with sauteed mushrooms. Your choice of lightly floured Chicken breast..\$19.75 or veal medallions..\$21.75</i>	
Francaise <i>Italian egg batter dipped and lightly fried. Your choice of breaded chicken cutlet..\$20.50 or veal cutlet..\$22.00</i>	
Parmesan* <i>our homemade tomato sauce and melted provolone cheese over your choice of breaded chicken cutlet..\$19.25 or veal cutlet..\$21.50</i>	
Pizzola* <i>our homemade tomato sauce, sauteed onions, peppers and mushrooms and melted provolone cheese over your choice of breaded chicken cutlet..\$19.25 or veal cutlet..\$20.50</i>	
Chicken Cacciatore* <i>Wing, leg, breast, and thigh sauteed with onions, peppers, and mushrooms, in our own Homemade tomato sauce</i>	\$18.50
Chicken Anthony <i>two pan sauteed boneless chicken breast topped with jumbo lump crabmeat, melted provolone cheese and blush sauce</i>	\$25.00

Simply Italian

Stuffed Shells <i>Jumbo shell pasta stuffed with ricotta cheese and served in tomato sauce with your choice of meatball or sausage</i>	\$13.75
Involtini Marinara <i>Rolls fettuccine noodle stuffed with ricotta cheese</i>	\$14.75
Baked Lasagna with Meatball or Sausage <i>Just like Grandma used to make! Five layers of beef, cheese, and pasta smothered in our home-made tomato sauce</i>	\$15.00
Stuffed Rigatoni <i>Rigatoni noodles stuffed with ricotta cheese and finished in your choice of meat sauce or blush sauce</i>	\$14.00
Cheese Ravioli <i>Jumbo stuffed ravioli served in tomato sauce with your choice of meatball or sausage</i>	\$13.50
Cheese Manicotti <i>Pasta crepes stuffed with ricotta cheese and topped with our homemade tomato sauce and your choice of meatball or sausage</i>	\$13.50
Eggplant Parmesan <i>Breaded and fried layers of eggplant topped with provolone cheese and our homemade tomato sauce, oven baked to perfection and served with a side of pasta</i>	\$16.75
Eggplant Florentine <i>Breaded and fried layers of eggplant oven baked then topped with provolone cheese, sauteed spinach and our homemade tomato sauce served with a side of pasta</i>	\$17.50
Eggplant Rollatini <i>Rolls, breaded eggplant stuffed with ricotta cheese and topped with our homemade tomato sauce served with a side of pasta</i>	\$17.50

Service Charge of \$2.00 + tax added
for each person sharing a meal

A 20% gratuity will be added to parties of 8 or more
We do not accept Visa or American Express Gift Cards
Items and pricing subject to change without notice.

Ocean Delights

Served on a bed of pasta

Crabmeat can be added to any entree for an additional \$6.00

Sauteed Shrimp <i>Jumbo shrimp sauteed and served in your choice of sauce. Our homemade Marinara, Fra diavolo (a spicy marinara), or Scampi (lemon, butter, and white wine sauce)</i>	\$20.75
Sauteed Mussels* <i>Fresh mussels sauteed and served in your choice of sauce. Our homemade Marinara, Fra Diavolo (a spicy marinara), or our White seafood sauce</i>	\$17.75
Sauteed Sea Scallops <i>Sea scallops sauteed and served in your choice of sauce. Our homemade Marinara, Fra Diavolo (a spicy marinara), or Scampi (lemon, butter and white wine sauce)</i>	\$20.75
Shrimp & Spinach* <i>Jumbo shrimp and spinach sauteed in garlic and oil</i>	\$20.25
Terry's Seafood Medley* <i>Shrimp, mussels, sea scallops, and clams. Sauteed in your choice of sauce; Our homemade Marinara, Fra Diavolo (a spicy marinara), or our White seafood sauce</i>	\$24.50
Shrimp and Mussels* <i>Sauteed shrimp and mussels served in your choice of sauce. Our homemade Marinara, Fra Divlo (a spicy marinara), or our White seafood sauce</i>	\$20.75
Portabella Mushroom & Crab Scampi <i>Jumbo lump crabmeat and portabella mushrooms sauteed in Scampi sauce (lemon, butter and white wine sauce)</i>	\$23.75
Crab & Pasta <i>Jumbo lump crabmeat over pasta in your choice of sauce. Our homemade Marinara, Fra Diavolo (a spicy marinara), or Scampi (lemon, butter and white wine sauce)</i>	\$22.25
<i>All food is cooked to order. We kindly request your patience. *Indicates Gluten-Free option, ask your server for detail</i>	

Pasta-Bilities

Choice of Linguine, Spaghetti, Cappellini, Penne, or whole wheat

Pasta with Meatball or Sausage*	\$13.50
Pasta with Marinara Sauce*	\$13.00
Pasta with Meat Sauce*	\$13.75
Penne Alla Vodka	\$16.00
Pasta with Clam Sauce (Red or White)*	\$13.00
Fettuccine Alfredo	\$14.00
Pasta Aglio e' Olio*	\$11.25
<i>With anchovies</i>	
Pasta Aglio e Olio with Spinach & Artichoke Hearts*	\$14.50
Pasta Aglio e Olio with Broccoli Rabe*	\$15.50
<i>Add Sausage</i>	
Gnocchi with Meatball or Sausage	\$13.50
Cheese Tortellini with Meatball or Sausage	\$14.00
Cheese Tortellini with Alfredo Sauce	\$14.00
Pasta Primavera*	\$16.50

Sauteed mixed vegetables over pasta in your choice of tomato or garlic white wine sauce

