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Media Contact: Rubenstein Communications, Inc.  
Lori Ferme – 212-843-8291 / lferme@rubenstein.com

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*Savor the Best Foods of summer from Garden and Market*

\*\*\* NEW FOR SUMMER 2007 \*\*\*

## THE SOUTH BEACH DIET TASTE OF SUMMER COOKBOOK

*150 all-new fast and flavorful recipes that capture the casual sunny essence of South Florida and other warm climes around the world*

MIAMI BEACH – Who doesn't love summer? The long, bright days make this eagerly anticipated season an ideal time for relaxing with friends and family over casual al fresco lunches and dinners. What better time than summertime to enjoy the healthy South Beach Diet lifestyle.

Since we all like to relax during these warm summer months, preparing food should be laid-back and fun. And with garden and market produce in abundance, summer really is the best time to reap the maximum health benefits of fruits and vegetables at their peak with recipes from *The South Beach Diet Taste of Summer Cookbook*.

"When you eat freshly harvested whole fruits and vegetables, in addition to whole grains, good fats like olive and canola oil, lean protein, and low-fat dairy," says Arthur Agatston, M.D., creator of the South Beach Diet, "you not only improve your health but get the greatest enjoyment from eating. The nutrient-rich recipes found in this book are not only delicious and satisfying but will also help you lose weight and avoid a host of health-related problems."

From refreshing soups and salads to sumptuous desserts, the possibilities of great summertime meals are endless. And thanks to the easy-to-prepare recipes in *The South Beach Diet Taste of Summer Cookbook*, you'll have plenty of options any night of the week, whether you're eating in or preparing food for a picnic, barbecue, camping trip, a day at the beach, or even a ballgame.

If you want grilled burgers and hot dogs or potato or macaroni salad, the best-loved classic American summer foods are here, along with more innovative recipes such as Carne Asada, Moroccan Couscous, Summer's Bounty Greek Salad, and Southern-Style Shrimp Boil that are inspired by the cuisines of warm climates around the globe. All can be enjoyed without abandoning the healthy eating principles of the South Beach Diet. But this is far more than a single-season cookbook. Grilling, whether done outdoors or in, is now a year-round pastime, and many of the recipes in the book can easily be adapted to what's freshest in the market at any time of year.

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Divided into nine chapters—from energizing breakfasts to refreshing drinks—***The South Beach Diet Taste of Summer Cookbook*** is easy to follow no matter what phase of the diet you're on. In addition to the 150 all-new recipes, Dr. Agatston offers advice on the best summertime exercise and provides a week's worth of new sample meal plans for Phases 1 and 2. Sixty full-color photographs show just how appealing summertime cooking can be.

The below recipe of Seared Scallops with Summer Vegetables is just a sample of what you'll enjoy with ***The South Beach Diet Taste of Summer Cookbook***:

### **Seared Scallops with Summer Vegetables** **Phase 3**

**Prep Time: 15 minutes**

**Cook Time: 15 minutes**

*Sweet and delicious, scallops sometimes come with a "foot" attached; this small tough muscle pulls away easily and should be removed. To enjoy this recipe on Phase 1 or 2, simply omit the corn.*

4	teaspoons extra-virgin olive oil
1½	pounds sea scallops, cleaned (about 20)
¼	teaspoon salt
	Freshly ground pepper
1	medium zucchini, halved lengthwise and thinly sliced into half-moons
½	small onion, finely chopped
2	garlic cloves, minced
1	cup cherry tomatoes, halved
¾	cup frozen edamame, defrosted
1	small ear of corn, shucked and kernels sliced off cob (½ cup kernels)
2	tablespoons chopped fresh basil

In a large nonstick skillet, heat 2 teaspoons of oil over medium-high heat. Add scallops, sprinkle with 1/8 teaspoon of the salt, and season lightly with pepper. Cook until golden brown on the outside and opaque inside, about 2 to 3 minutes per side. Transfer to a plate and keep warm.

Reduce the heat to medium and add remaining 2 teaspoons oil to the pan. Add zucchini, onion, and garlic; cook until vegetables are softened, about 5 minutes. Add tomatoes, edamame, and corn; cook until tomatoes begin to break down, about 3 to 4 minutes. Return scallops to the pan and sprinkle with remaining 1/8 teaspoon salt and pepper to taste; reheat for 30 seconds, or until heated through. Stir in basil. Divide among 4 plates and serve warm.

**Makes 4 servings**

#### **NUTRITION AT A GLANCE**

Per serving: 180 calories, 8 g fat, 1 g saturated fat, 18 g protein, 11 g carbohydrate, 2 g fiber, 280 mg sodium

***The South Beach Diet Taste of Summer Cookbook*** (May 2007/Hardcover/Rodale/\$28.95 US and \$35.95 Canada) 150 all-new quick and healthy recipes that capture the casual, sunny essence of Florida's popular South Beach and other warm climates around the world.

Preventive cardiologist Arthur Agatston, MD developed the South Beach Diet to help his patients whose weight and blood chemistries were not improving. His balanced approach to nutrition and weight management proved highly effective and later served as the basis for his first non-academic work, *The South Beach Diet*.

***The South Beach Diet*** – “Changing the Way America Eats”  
[www.southbeachdiet.com](http://www.southbeachdiet.com)

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