

EAT SMART BE FIT LIVE WELL

# Cooking Light

NOVEMBER 2008

## Pecan pie

and more in our holiday cookbook

112  
festive,  
fabulous  
recipes



Oat-Crusted Pecan Pie  
with Fresh Cranberry  
Sauce, page 228

Menus, how-tos, make-aheads

Cooking Class: Super, simple roasting page 161

Tastiest ways with leftovers page 190



## EAT FRESH, LIVE HEALTHY WITH SUBWAY®

**SUBWAY®** is changing the face of fast food, and with a few smart choices, you can start changing the face of your family's health:

**FILL UP WITH FRUITS.** Skip the processed sugars and empty calories. Instead, treat your family to fruits, which nourish the body with vitamins, minerals, and fiber.

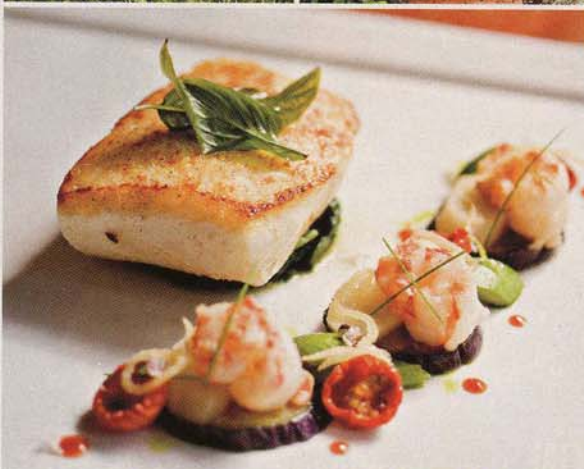
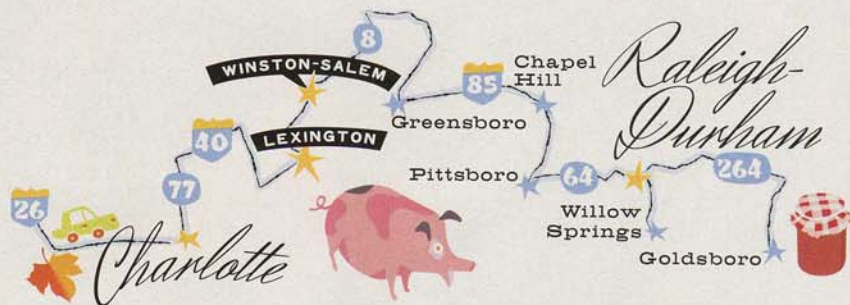
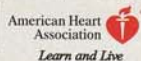
**GET MOVING.** An afternoon of walking or biking in the park is a great way to spend time with your family and get the exercise your body needs.

**HYDRATE WITH H<sub>2</sub>O.** Water replenishes your body without pumping up your sugar and calorie intake. Keep a "Weekly Water Watch" chart on the fridge to ensure your family is quenching their thirst and renewing their bodies.

**EAT FRESH.** Instead of greasy fast food, head to Subway® for a delicious and satisfying **SUBWAY FRESH FIT®** meal. Choose from a variety of tasty low-fat subs on freshly baked bread, with better-for-you sides like apples and a drink.

**SUBWAY FRESH FIT®** meals fit into the American Heart Association's approach to a healthy lifestyle. **SUBWAY EAT FRESH®**

SUBWAY® restaurants proudly sponsor



Continue 31 miles west to Pittsboro on picturesque Highway 64 across **Jordan Lake** (919-542-1154, [www.ncesf.org](http://www.ncesf.org)), where bald eagles swooping overhead are mirrored on the surface of the glassy water. About eight miles past the lake, the **Ferrington House Restaurant** (919-542-2121, [www.ferrington.com](http://www.ferrington.com)) features elegant multicourse dinners of carefully procured local ingredients. Executive Chef Graham Fox grows his own micro-greens and picks figs from trees in the neighborhood. Dishes like roasted venison with goat cheese-grits soufflé and peppercorn gastrique upgrade the notion of "country cooking."

**Where to stay:** A short walk from the restaurant through gardens full of crimson dahlias and late-blooming clematis, the **Ferrington House Inn** (from \$250; 919-542-2121) offers luxurious rooms with tasteful antiques, plush featherbeds, and homemade truffles upon turndown.

Ferrington House Inn (top), Alaskan halibut with rock shrimp at the Ferrington House Restaurant (middle), Chef Fox at work (bottom)