



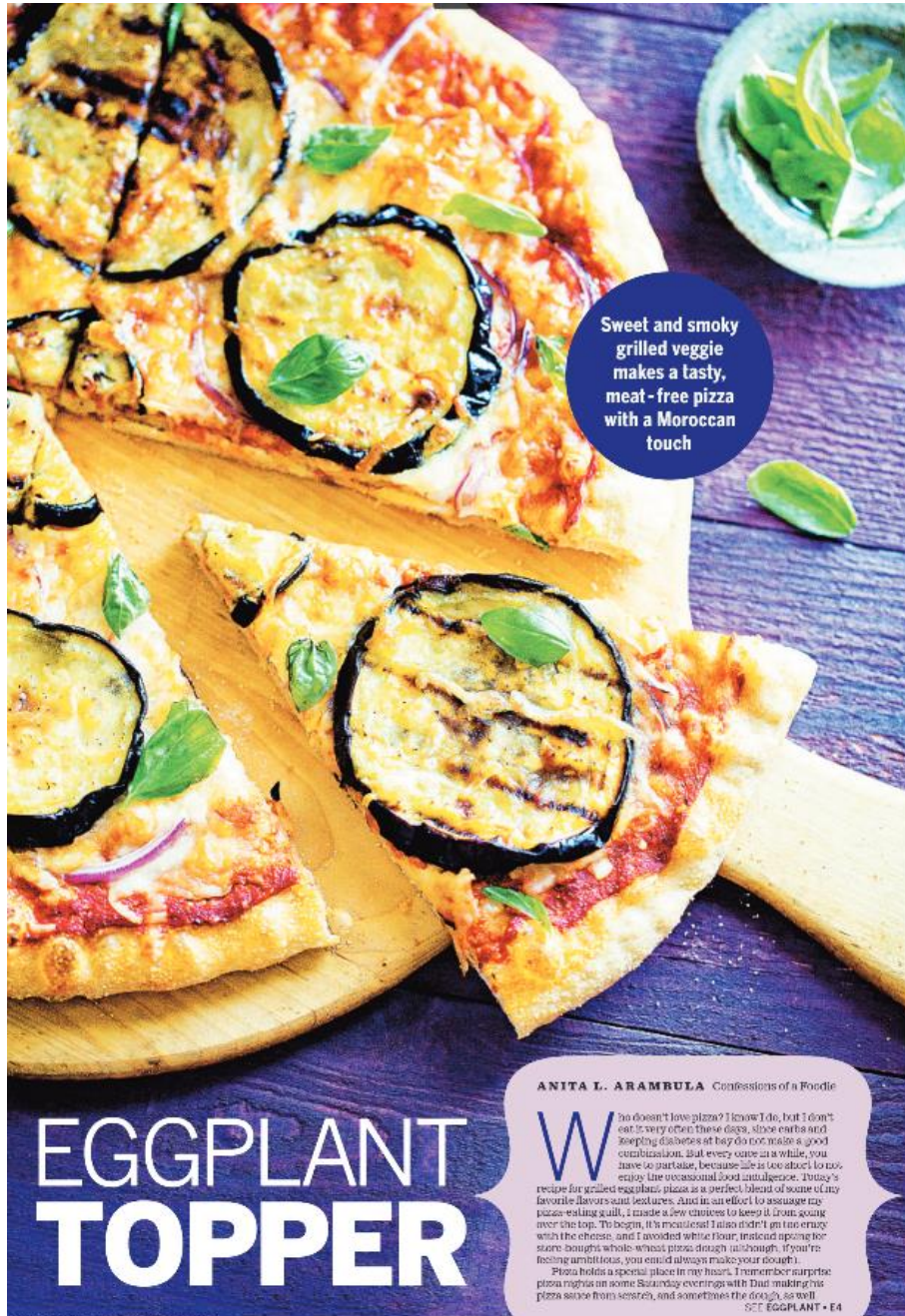
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Sweet and smoky
grilled veggie
makes a tasty,
meat-free pizza
with a Moroccan
touch

EGGPLANT TOPPER

ANITA L. ARAMBULA Confessions of a Foodie

Who doesn't love pizza? I know I do, but I don't eat it very often these days, since eating and keeping diabetes at bay do not make a good combination. But every once in a while, you have to partake, because life is too short to not enjoy the occasional food indulgence. Today's recipe for grilled eggplant pizza is a perfect blend of some of my favorite flavors and textures. And in an effort to assuage my pizza-eating guilt, I made a few changes to keep it from going over the top. To begin, it's crucial I also didn't go too crazy with the cheese, and I avoided white flour, instead opting for store-bought whole-wheat pizza dough (although, if you're feeling ambitious, you could always make your dough).

Pizza holds a special place in my heart. I remember surprising pizza nights on some Saturday evenings with Dad, making his pizza sauce from scratch, and sometimes the dough, as well.

SEE EGGPLANT • E4

ANITA L. ARAMBULA CONFESSIONS OF A FOODIE



COURTESY PHOTO

More than 20 restaurants, dessert shops and breweries are participating in a revamped Taste of Little Italy event this week, through Thursday.

THE DISH News from San Diego's restaurant industry

TASTE OF LITTLE ITALY ADAPTS TO PANDEMIC WITH TAKEOUT MEALS

TV's Sam, Spill the Beans coffee, Mr. Moto Pizza new at Seaport Village

BY PAM KRAGEN

'Cooking Guy' heads to Seaport Village

The newly remodeled Seaport Village shopping complex in San Diego's Marina district has announced three new restaurant tenants that will open this fall.

This month, Grain & Grit Collective will open Eats By Sam, a temporary ghost kitchen concept offering takeout/delivery meals developed by San Diego's TV chef Sam "The Cooking Guy" Zien. The two concepts are called Samburgers and Samwiches. The items will be prepared in the kitchen of the former Buster's Beach House at Seaport Village, which in the spring will become home to a full-service Zien restaurant concept that has not been named. The idea is to focus for now on delivery food until the pandemic wanes and restaurant dining rooms can fully reopen. Zien and Grain & Grit's past collaborations include Not Not Tacos and Graze by Sam.

Also set to open this month in the Village's lighthouse building is a Spill the Beans coffeehouse. Like the original Spill the Beans in the Gaslamp Quarter, the location will serve a wide range of coffee drinks along with scratch-made bagels and housemade cream cheese spreads. In November or December, a location of the fast-expanding Pacific Beach-born Mr. Moto Pizza chain will open in the Village, serving pizza by the slice and bottled beers.

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