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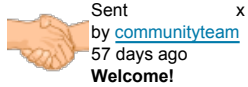
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Food of the U.S. Open (Part 3)

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Written by [kylestack](#) on 09/08/2010 8:52:26 PM

In the final edition of our look at the special menus available to attendees of the U.S. Open in New York City, registered dietitian [Maye Musk](#) evaluates a salad dish, an antipasti platter and a chicken panino.

A panino is simply a sandwich made from a small roll or loaf of bread that's stuffed with salami, ham and cheese that's grilled and served hot. A sandwich and salad is perfect for a cooler summer day but a salad becomes an awkward dish on hotter, muggier days. A salad's ingredients aren't

meant to sit out long in warm weather so be careful if you order a salad at an outdoor sporting, even this time of year. Let's see what Musk has to say about the nutritional benefits of the following dishes:

Chef Tony Mantuano:

- Spinach salad with crispy shallots and crumbled ricotta salata.
- Antipasti platter with Niman Ranch dry cured salami, Pleasant Ridge Reserve cheese and marinated Cerignola olives.

Musk: "Yay! A salad. Hope it's popular. Spinach is high in vitamins A, B2, B6, C, E, K, folate; also calcium, iron, fiber and antioxidants. Shallots are high in vitamins A, B6, and C, potassium, manganese and antioxidants. Crispy probably means fried, hopefully in a good, monounsaturated oil. The cheese is high in bad/saturated fat, cholesterol and sodium. The portion is usually small.

As for the antipasti, salami and cheese are high in bad/saturated fats. Olives are high in good/monounsaturated fats. Opt for the salad and share the antipasti with a few friends."

Chef Jonathan Waxman:

- Roast chicken panino with basil aioli, greens and mozzarella.
- Heirloom tomato caprese panino with pesto.
- Grilled sliced hanger steak panino with pepperonata, caponata and ratatouille contomi.

Musk: "The chicken panino has a low-fiber starch, with a little protein and some good olive oil, garlic and greens.

Tomato and mozzarella panino is low in fiber, high in saturated fat and high in unsaturated fat, depending on how much pesto is used.

The steak sandwich seems to have plenty of veggies. That's good.

These sandwiches are high in calories so I recommend sharing a panino and adding a salad or fruit and a low-fat cafe latte to balance it out."

Major sporting events like the U.S. Open deserve special types of eating establishments. Any event which lasts two weeks, as the Open does, needs to offer something different to fans. I welcome a menu that doesn't sport the typical hamburger or hot dog, so I look forward to trying a dish from these special menus when I finally go to the Open this Thursday.

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