



## weekendpicks | When you're not counting calories

**T**ime to break that first resolution about dieting.

This already is looking like a big year for big appetites, so you might as well dive in. Here are a few restaurants where you definitely won't mind adding a few calories along the way.

**Ben's Deli** restaurants celebrate 40 years of fressermania. That's a lot of pastrami and corned beef, plus an incalculable number of hot dogs. There are three Ben's in Nassau, another in

Queens. And if you're in Manhattan or Boca Raton, you'll find one, too. Yes, they have salads. But consider the alternatives: stuffed cabbage, braised brisket, chicken or beef in the pot, knishes, hot sandwiches and the essential overstuffed sandwiches and combinations.

The Nassau branches are in Carle Place, at 59 Old Country Rd., 516-742-3354; in Greenvale, 140 Wheatley Plaza, 516-621-3340; and in Woodbury, 7971 Jericho Tpke., 516-496-4236, bensdeli.net \$-\$\$

— PETER M. GIANOTTI