

Greek Pasta

- 4 cups bowtie pasta, cooked and cooled
- 1 red bell pepper, finely diced
- 1 green bell pepper, finely diced
- 1 yellow pepper, finely diced
- 1/2 red onion, finely minced
- 2 Tbsp. chopped fresh herbs (cilantro, basil, rosemary, thyme)
- 1 cup Greek Vinaigrette (see below)
- 1 tsp. creole seasoning

Combine all ingredients. Allow to marinate at least one hour.

Makes 4 servings.

Each serving contains: 204 calories, 7 g. protein, 4 g. fat, 0 mg. cholesterol, 35 g. carbohydrates, 420 mg. sodium. Calories from fat: 18 percent

Greek Vinaigrette

- 1/4 cup olive oil
- 1-1/4 cups rice wine vinegar
- 3/4 cup chicken stock (fat-free/low salt)
- 1/4 cup Dijon mustard
- 1/2 cup pepperoncini juice
- 1 Tbsp. minced garlic
- 1 Tbsp. minced shallots
- 1 tsp. creole seasoning
- 2 Tbsp. chopped fresh herbs (cilantro, basil, rosemary, thyme)
- 1 Tbsp. chopped fresh oregano (or 1 tsp. dried)

In a large bowl, whisk together ingredients. Refrigerate.

Makes 24 servings, 2 Tbsp. each.

Each serving contains: 21 calories, 0 g. protein, 2 g. fat, 0 mg. cholesterol, 1 g. carbohydrates, 139 mg. sodium. Calories from fat: 66 percent

Pamela Smith is a Registered Dietitian and nationally known radio and TV host. For more information, call 1-800-896-4010 or visit her website at www.pamsmith.com. Her book, *The Energy Edge*, gives power points to have energy for life!



Eating Tips for Those on the Run

For athletes, eating to win is an important lifestyle choice. But eating to win is important for everyone – from the business executive to the stay-at-home mom to the retired veteran to the teenage baseball player. The goal for everyone should be to eat healthily to help keep the body strong and stable.

For the elite athletes, fueling the power means eating the right foods at the right time in the right balance, with lots of water – the beverage of champions. To win consistently, the body has to stay properly fit and fueled – no matter how competitive you are. **Here are several tips for everyone to remember:**

- ▲ Fuel up with power meals and power snacks:
 - Eat every two and a half to three hours to keep your energy and concentration high and focused.
 - Meals and snacks should include energy-filled carbohydrates, power-building lean proteins, and brightly colored fruits and/or vegetables.
 - Pre-event carbo-loading (three hours before a physical event) can give you

an energy boost. Eat a very large serving of pasta, rice, or potatoes with a serving of fish, seafood, chicken, or veal, prepared without added fat.

- ▲ Within 20 minutes of any exercise event, replenish with lots of water, nonacid juice (apple, grape, or cranberry), or fresh fruits.

- ▲ Always select foods low in fat. Fat slows down your metabolism and increases stomach acid and stomach upsets.

▲ Drink plenty of cool water. Drink at least eight 8-ounce glasses of water every day and an

additional six to eight ounces for every 20 minutes of exercise, training, or competition. Avoid carbonated, high-sugar drinks. Water is best and more quickly absorbed, providing optimal hydration for your muscles.

- ▲ Keep your iron and calcium intake high. Balancing whole grains, lean proteins, and dark green, leafy vegetables will assure a high intake of iron. Calcium is found in milk products, dark green, leafy vegetables, canned salmon, and legumes.



CHICKEN AND PASTA SALAD

- 12 oz. smoked (or roasted) chicken breast
- 1 recipe of Greek Pasta (see left)
- 2 cups fresh spinach, washed, stemmed, and snipped
- 2 cups romaine or red leaf lettuce
- 1 cup radicchio leaves,* torn
- 4 plum tomatoes, quartered
- 1/2 cup feta cheese, crumbled
- 1/4 cup Greek Vinaigrette (see left)
- 2 Tbsp. chopped fresh herbs (cilantro,



Makes 4 servings

basil, rosemary, thyme)
* You may use extra lettuce instead

Cut chicken breast into chunks; mix with Greek Pasta. Place spinach, romaine, and radicchio on each of four plates; top with pasta salad. Add tomatoes and crumbled feta cheese. Ladle 1 Tbsp. of Greek Vinaigrette onto each plate, and then sprinkle with herbs.

From Pamela Smith's *Eat Well, Live Well*. Visit www.pamsmith.com for more information.

Each serving contains: 357 calories, 28 g. protein, 9 g. fat, 0 mg. cholesterol, 41 g. carbohydrates, 720 mg. sodium. Calories from fat: 22 percent

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