

K's Kitchen: Pasta for an athlete

By Kathryn Reed

Carb loading has long been said to be beneficial before an athletic endeavor. I think it works after the fact, too.

After coming back from the district tennis tournament last Sunday the last thing I wanted to do was fix dinner. Sue came through with a concoction that was wonderful. Since I have a thing for mushrooms – as in I think I could live off of them – she was already on the right track.

I must have worked up quite an appetite because I helped myself to seconds. Either that or I was drowning my sorrows in good food. While the 7.5 women's doubles team out of Zephyr Cove went undefeated in the regular season and in playoffs, we went 1-2 at districts in Folsom. Sectionals will have to wait until next season.

The fig balsamic vinegar adds a unique flavor to this dish. It also complements the sesame oil. Regular balsamic would work, too, but it will change the flavor profile.

Keep the mushrooms and sundried tomato pieces large enough to get a good mouthful with the pasta. Wild mushrooms would make this dish even more rich and complex.



Post-match Pasta

Olive oil

Sesame oil

Fig balsamic vinegar

$\frac{1}{2}$ C onion, chopped

4 cloves garlic, minced

Handful of sundried tomatoes

$1\frac{1}{2}$ C mushrooms, sliced

1 C peas

Parmesan cheese

Parsley, optional

Pasta

Cook pasta according to directions.

In large frying pan cover bottom with combo of olive and sesame oil. Start light, more can always be added later.

Cook onion and garlic until opaque. Add mushrooms and sundried tomatoes. Add fig balsamic vinegar. Add peas. Cook until heated all the way through.

Smother veggie concoction over pasta. Sprinkle with Parmesan and parsley.

Serves 4.