



Try this for carbohydrate loading before the race!

Summer Pasta with Tomatoes and Herbs

As seen on WMUR TV 9, Cooks Corner

1 pound uncooked cavatappi (“corkscrew” pasta)
4 teaspoons extra virgin olive oil
¼ cup chopped fresh basil
½ teaspoon chopped fresh oregano
½ teaspoon salt
½ teaspoon freshly ground black pepper
2 pints fresh cherry tomatoes
2 cloves garlic, minced
1 tablespoon chopped fresh chives
½ teaspoon chopped fresh thyme
½ cup fat free, reduced sodium chicken broth
2 tablespoons chopped fresh parsley
½ cup (about 3 ounces) goat cheese, crumbled



1. Cook pasta according to package directions; drain. Place in a large bowl. Add 2 teaspoons olive oil, basil, oregano, ½ teaspoon salt and ½ teaspoon pepper to hot pasta; toss well to combine.
2. Heat remaining 2 teaspoons olive oil in a large nonstick skillet over medium-high heat. Add tomatoes and garlic; sauté 2 minutes. Add chives and thyme; sauté an additional minute or until tomatoes are slightly charred and skins are just beginning to burst. Add broth and bring to a boil. Cook over high heat for 1 minute.
3. Add tomato mixture and parsley to pasta; toss gently to combine. Sprinkle with cheese and serve immediately.

Serves 6

Serving size: 1 ½ cups pasta and 1 tablespoon cheese

Calories: 380

Protein: 15 grams

Carbohydrates: 62 grams

Fat: 9 grams

 *Elliot Center for Advanced Nutrition Therapy*