

ADVERTISEMENT

# Taste of Victory

Italian Favorites  
**Colavita and Baci**  
are a Winning Combination

Colavita/Baci's Tina Pic savors victory as she captures a record sixth national US Criterium Championship title. Photo: Jonathan Devich/epicimages.us

**IT TAKES MORE THAN HOURS OF TRAINING TO ACHIEVE OR MAINTAIN PEAK PERFORMANCE.**

It takes the right fuel for your body to perform at its best. Today we know that means including plenty of monounsaturated fatty acids like those found in extra virgin olive oil. Monounsaturated fats help lower LDL ("bad") cholesterol levels and increase HDL ("good") cholesterol. Extra virgin olive oil, a staple in Italian cooking, contains more monounsaturated fat per serving than any other unprocessed cooking oil.

Cyclists often focus on carbohydrates at the expense of fat—a dietary habit that can actually harm your cycling performance. When you fuel up on starch, your body learns to burn mostly sugar, so you burn through precious glycogen stores more quickly and set yourself up for low energy or even bonking during long hours on the bike. When you consume more healthy fats like extra virgin olive oil, you fire up your fat burning metabolism, so you can ride longer with plenty of energy to burn. Fat is also slower to digest than carbs, so it helps you stay hunger-free longer. The end result is you'll be faster—and leaner.

The Colavita/Baci Pro Cycling Team relies on straightforward Italian dishes incorporating pasta, protein, vegetables, and extra virgin olive oil to maintain a balanced intake of nutrients. Through experience, these world-class athletes know that healthy fats like **Colavita Extra Virgin Olive Oil** not only add flavor and taste to satisfy their appetites but also provide the perfect fuel for training and racing. Visit [Colavita.com](http://Colavita.com) for winning recipe ideas to rev up your rides.

And the perfect finish for a pre-race meal: **Baci**, Perugina's classic Italian treat that's loaded with heart-healthy hazelnuts enveloped in antioxidant-rich dark chocolate. Learn how chocolate can be part of a healthy lifestyle at [Perugina.com](http://Perugina.com).



Try these delicious recipes from the team's training table before or after your next ride.

**Colavita Pasta with Kidney Beans**

**Colavita Test Kitchen Tip:** Meatless Italian dishes like this are rich in protein and low in saturated fat. For variety, add more broth to serve as a hearty soup.



- 1 pound **Colavita** ditali (or any short pasta, such as soup shells)
- 5 tablespoons **Colavita Extra Virgin Olive Oil**
- 1 small onion, chopped
- 1 clove garlic, chopped
- 1 carrot, chopped
- 1 celery stalk, chopped
- 1 teaspoon tomato paste
- 8 ounces fresh spinach
- 1 14-ounce can kidney beans
- Pinch of dried oregano
- 2 cups chicken or vegetable broth
- 1 tablespoon fresh parsley, finely chopped
- Grated Parmesan cheese
- Salt and pepper to taste

Heat 4 tablespoons of olive oil in a skillet until hot. Add onion and cook until soft (about 1-2 minutes). Add garlic, stir, and sauté for 30 seconds. Add carrot and celery and cook until tender. Stir in the tomato paste until combined. Add spinach, beans, and oregano and stir until well blended. Pour in broth and simmer for about 1/2 hour until all ingredients are tender. Salt and pepper to taste.

While vegetables and beans are simmering, prepare pasta al dente according to package and drain. Place cooked pasta in a serving bowl and toss with bean mixture and fresh parsley. Drizzle with remaining tablespoon of olive oil, sprinkle with grated cheese, and serve. **Serves 4-6.**

Serve with Sutter Home Sauvignon Blanc



**Mediterranean Pasta Salad**

**Colavita Test Kitchen Tip:** Add grilled chicken or salmon for extra protein. Salad can be made in advance and refrigerated to enjoy pre- or post-ride.



- 1 pound **Colavita** tri-color fusilli
- 4 plum tomatoes, diced
- 12 pitted black olives, sliced
- 1 medium red onion, chopped
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried thyme
- 2 cloves garlic, blanched and minced
- 4 tablespoons **Colavita Extra Virgin Olive Oil**
- 4 tablespoons **Colavita Balsamic Vinegar**
- 1 tablespoon fresh lemon juice
- 4 ounces feta cheese, crumbled (add more if desired)
- Salt and pepper to taste

Cook the pasta according to package directions. Drain well and rinse immediately in cold water. Shake off the excess water, add one tablespoon of olive oil and toss. Chill until salad ingredients are assembled.

In a large mixing bowl, combine the tomatoes, olives, onion, basil, thyme, garlic, olive oil, vinegar, and lemon juice with the chilled pasta. Top with the cheese. Toss well, adding salt and pepper to taste. **Serves 6-8.**

Serve with Sutter Home Pinot Grigio



Find more recipes at [colavita.com](http://colavita.com)



ADVERTISEMENT

ENTER & YOU MAY  
**WIN**  
A TRIP TO ITALY  
*The Taste of Victory Contest*



Team Colavita cyclists celebrate the start of the racing season in Giordana technical apparel. Photo: Jonathan Devich/epicimages.us

For team clothing, visit [giordanaUSA.com](http://giordanaUSA.com)

Italy and its legendary cyclists are central to cycling's heritage. At the heart of Italian culture are extra virgin olive oil, pasta, and other foods which represent the building blocks of good nutrition—and the fuel for many of history's greatest cyclists.

*How do you incorporate the delicious taste and health benefits of extra virgin olive oil in your diet?*

Tell *Bicycling* in 100 words or less how you've made extra virgin olive oil an essential training partner. Submit your favorite pre- or post-ride snacks or meals that incorporate extra virgin olive oil to [Bicycling.com/tasteofvictory](http://Bicycling.com/tasteofvictory) for a chance to win a trip to Italy.

One winner and a guest will travel to Verona, Italy to experience the **2010 Granfondo Eddy Merckx** on June 13th. Each of you will enjoy the race wearing the colors of the Colavita/Baci Pro Cycling Team, courtesy of Giordana.



Visit [bicycling.com/tasteofvictory](http://bicycling.com/tasteofvictory) to enter and for full contest rules.

No purchase necessary to enter or win. A purchase will not improve your chances of winning. Void Where Prohibited. Contest begins at 12:01 a.m. ET on February 1, 2010 and ends at 11:59 p.m. ET on March 31, 2010. The Contest is open only to legal residents of 48 United States and District of Columbia (excluding residents of Arizona, Rhode Island, Guam, Puerto Rico and all other U.S. territories and possessions) who are 18 years of age or older and the age of majority in his/her state, province, or territory of residence at the time of entry. Visit [bicycling.com/tasteofvictory](http://bicycling.com/tasteofvictory) for the official rules. Rodale Inc., 33 East Minor Street, Emmaus, PA 18098-0099, is the operator of the Contests. The winner will be judged by the following criteria: (1) detailed description of a food pairing that includes extra virgin olive oil as well as other food items, (2) enthusiasm for the effect that the extra virgin olive oil food pairing has on cycling performance, (3) organization and development of the ideas expressed, with clear and appropriate examples to support them, and (4) consistency in the use of language, variety in sentence structure and range of vocabulary, use of proper grammar, spelling and punctuation.