

WARMUPS



Postrun Powerhouse

BEAN & POTATO SALAD WITH TOMATO VINAIGRETTE

Trail runner, Boston-based chef, and fresh-food advocate Ed Doyle tosses the freshest ingredients into a big bowl for a perfect after-run meal. The beans and potatoes provide a great mix of protein and carbs. For a heartier salad, top with gorgonzola and mop up the dressing with whole-grain bread. Serves four.

Salad

INGREDIENTS

- 1 cup green beans (both flat and snap are in season now)
- 1 cup yellow beans
- 1 cup Roma beans (also called pole beans)
- 1 cup red-skinned new potatoes, sliced one inch thick
- 1 cup yellow-skinned Fingerling potatoes, cut lengthwise
- 1 cup red onions, julienned
- 1 cup roasted tomato vinaigrette (recipe below)
- 1 cup fresh Italian parsley leaves, rinsed and dried
- 1 cup fresh basil leaves, rinsed and dried
- Salt and fresh ground black pepper to taste

DIRECTIONS

Remove stems from beans. Blanch each type of bean separately: Cook in boiling water until tender (about 3 minutes), then plunge in a bowl of ice water for a minute to stop the cooking. Set aside. Boil potatoes until tender but firm (about 5 minutes for small potatoes, 10 for larger ones). Remove from the pot to cool. Toss beans, potatoes, onions, and herbs in a large bowl with the vinaigrette and season with salt and pepper.

Vinaigrette

INGREDIENTS

- 1 pound garden-fresh tomatoes
- 2 garlic cloves
- 1/4 cup extra virgin olive oil
- Salt and fresh ground black pepper to taste
- 1/4 cup balsamic vinegar
- 1 cup fresh basil leaves, rinsed and dried
- 1 tablespoon fresh oregano leaves, rinsed and dried

DIRECTIONS

Core tomatoes, split in half, and remove seeds and pulp. Toss tomatoes and garlic cloves with two tablespoons olive oil, season with salt and pepper, and grill until lightly charred. Place tomatoes, garlic, vinegar, basil, and oregano in a blender or food processor; puree until smooth. Add remaining olive oil, then pulse until combined. Will keep refrigerated, covered, for up to two weeks.


research has found that local organic produce contains more vitamin C (critical for cellular regeneration), iron (helps make red blood cells and transport oxygen to the muscles), magnesium (helps muscles contract and relax), and phosphorus (helps regulate heartbeat).

Choosing organically grown produce also reduces your exposure to harsh pesticides and other chemicals used by conventional farmers. "Since running increases cellular damage, you may be

more susceptible to toxins in your diet, which can accumulate in your muscles' glycogen stores," says Marissa Lippert, R.D., of ~~New York City~~ nutritional counseling in New York City. Good news for the environment, ~~too~~ since the pesticides used in conventional farming end up polluting air and water.

Local organic products are not only healthier, they often taste better, too. "When you start with incredibly fresh ingredients, it's easy to make flavorful

dishes," says Ed Doyle, an avid trail runner and Boston-based chef who sits on the board of Chef's Collaborative, a national culinary organization dedicated to preserving seasonal local cuisine. "I can make a tastier salad with locally grown, just-picked tomatoes than I can with golf balls that are shipped from far away."

Likewise, many of the dairy products sold at farmer's markets come from small farms where "you can literally taste the difference in the milk as the cows move from pasture to pasture," says Doyle, who likes to refuel postrun with a smoothie of fat-free organic yogurt blended with strawberries, honey, orange juice, and silken tofu. "When I shop at my farmer's market, there's no list. I talk to the farmers, find out what's in season, and get ideas for how to cook it." All the more reason to up your mileage, while reducing your food's. 

Training Table

WHAT THE ELITE EAT

"I'm usually not hungry on race day, but I know I need to eat, so I grab an energy bar after a 10-minute shakeout run. Then I have oatmeal and hot tea. I always bring a bagel to a race, because I never know when I'll want to eat." —JASON LUNN, 2003 U.S. 1500-meter champion

