

Rocky Mountain Sports

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NUTRITION

The Maté Buzz

South Americans discovered it centuries ago, and it's just recently been catching on in our neck of the woods. It's maté (mah-tay), an alternative for caffeine-crazed drinkers. Maté comes from the leaves of a namesake tree in South America and is loaded with good stuff: phytochemicals that act as antioxidants, plus Vitamins A, C, E and some B complex, and minerals such as calcium, manganese, iron, potassium and magnesium. The "caffeine" component comes from an element called mateine, which gives a kinder, gentler energy boost compared to a frenzied caffeine buzz.

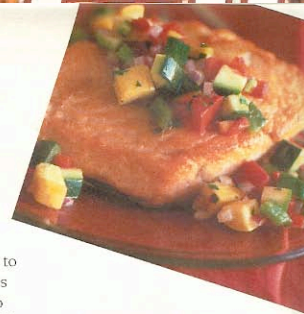
Recognizing all of this goodness, a new company has incorporated the magic of maté into a line of tasty teas and luscious lattes. Boulder-based Pixie Maté serves up a menu of maté concentrates including chai and mocha flavors—just stir equal parts with milk or soy milk for a Pixie Maté Latte. They also offer a flavorful selection of filter bag and loose teas. Available in Wild Oats stores. www.pixiemate.com



Choosing and Using Fresh Veggies

Looking to put a bit of vim and vigor into your vegetable dishes? The **Produce Partner Food Fan Guide** can help. This handy portable guide offers up info on how to choose different vegetables and know what's in season, how best to store them and keep them fresh, and how to prepare them as well as learn about flavors and ingredients that pair well. Designed like a fan, The Produce Partner makes finding information on a particular vegetable a snap, and is compact enough so you can take it to the store for a reference or pull it out in the kitchen when you're cooking.

According to creators Eileen Faughey and Amanda Archibald, both nutritionists, the goal of the guide "is to give consumers the confidence to purchase and prepare less familiar vegetables as well as prepare long-time favorites in new and flavorful ways." Want to know the best way to store tomatoes? Curious about what pairs well with beets? In search of a new way to serve carrots? The Produce Partner has it all...and more. \$15. www.foodfanguides.com



Roasted Salmon with Fresh Garden Salsa

This is an easy dish that tastes great, and the salsa goes great with almost any fish or grilled chicken, too. In the summer, just grill the salmon on the grill rather than roasting the oven—just make sure your grill is clean and well-oiled to avoid sticking.

Roasted Salmon

1 teaspoon canola, grapeseed or olive oil
 Salt and freshly ground black pepper
 1.5 pounds salmon fillet with skin, cut in 4

1. Preheat the oven to 425°F. Season each piece of fish with a pinch of salt and a few grinds of black pepper.
2. Heat the oil in an oven-proof medium skillet. When a drop of water dances on the surface of the pan, add the pieces of fish skin side up. Cook until they are seared and have a golden crust, 3 minutes. Using tongs, turn the fish side down. Slip the skillet into the oven and roast until the fish is pearly in the center, 10 minutes for a 1-inch thick fillet. Transfer the salmon to a serving platter or individual plate. Add 1/2 cup of the salsa to each plate and

turkey, including the pork ten-