



# THE *Traveling Fork*

- BILL BLACKWELL



Alberto Tomba thanking Bill for the 'advice'.

This month's recipe is the writer's favorite quickly prepared pasta dish. The source was a pasta dinner in Vail, Colorado sometime about 1989 when I still had knees that allowed me to ski.

For a country boy born and raised in Florida, my first time on a ski slope was in 1987 and I quickly became addicted to downhill skiing. Before I managed to ruin my knees I skied in three European Countries, two South American Countries (Argentina and Chile where our summer is their winter) and all the Rocky Mountain States along with the Sierra Nevadas in California. I even had the pleasure of going downhill in Chile once with Alberto Tomba, the former Olympic skiing competitor from Italy during an August training session.

But I digress----just can't help reliving some of my younger days.

A hard day's skiing will liven your appetite like nothing else I know, and this pasta is quickly and easily prepared at the end of a hard day on the slopes. But you don't have to be a skier to appreciate this dish.

## Recipe

- 1 lb. Pasta, any size or shape
- 1 cup of mushrooms, sliced
- 1 medium onion, chopped
- 1/2 cup low fat yogurt
- 4 tbsp. White wine
- 1/2 cup chopped fresh spinach
- 3 tbsp. Olive oil
- 1/2 lb. chopped gorgonzola cheese

In a frying pan place the olive oil first and bring to saute temperature. Add

the mushrooms, onion, fresh spinach, and wine, stirring as it is sauteed. Bring water to boil and add pasta to boiling water with one tsp. salt; boil the pasta for about 10 minutes in a colander, depending on your preference for al dente pasta.

Place the serving bowl over the boiling pasta and add the yogurt, and gorgonzola cheese to the serving bowl. The steam heat of the pasta pot will heat the yogurt and cheese to a melting mass into which the pasta will be added along with the sauteed onion, spinach and mushrooms. Mix and stir the mixture thoroughly and serve. If you like a garnish, sprinkle some chopped parsley on the pasta.



Photos: Editor

