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Recipe of the month

Spring Pea Pasta

- 1 pound pasta
- 3-4 cups fresh peas
- 5 scallions, thinly sliced
- 1 shallot, very finely diced
- 1 cup chopped fresh mint
- 1 cup chopped Italian parsley
- ½ cup olive oil
- 2 lemons - zest and ¼ cup juice
- 2 cups fresh pea shoots, baby spinach or arugula
- 1 teaspoon salt (plus more to taste)
- ½ teaspoon pepper
- 1 tablespoon truffle oil
- Optional: goat cheese crumbles

Prep Time: 15 mins. Cook time: 10 mins. Yield: 4 (main) or 8 (side)

- 1 Boil pasta in a generous amount of salted water per directions.
- 2 During the very last minute of cooking, if serving this as a warm entrée, add the peas to the pasta and just lightly blanch.
- 3 While the pasta is cooking, prep the rest of the ingredients.
- 4 Chop the scallions, shallots and herbs.
- 5 Zest two lemons, and measure out ¼ cup lemon juice.
- 6 Once the pasta is just about done, add the peas to the boiling pasta water and blanch for one minute, or just until bright green. Immediately drain, place pasta and peas in large bowl, drizzle with olive oil, lemon juice and season with 1 tsp salt and ½ tsp pepper.
- 7 Toss in the pea shoots (or other greens) and add the scallions, shallot, herbs and lemon zest. Stir.
- 8 Taste, adjusting salt and lemon juice, adding more of both, if necessary.
- 9 Drizzle with truffle oil; serve immediately.

If making this as a pasta salad, rinse pasta and peas in very cold water to stop the peas from cooking any longer. Add goat cheese right before serving.

Source: www.fastingat home.com

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Everybody's Talking

Odd house: In Deerfield, Illinois (U.S.), a suburb of Chicago, one house draws considerable attention from passersby. Known as the "Pie House," this structure has been positioned on a narrow lot in a desirable area of town since it was built in 2003. To make use of the limited space, the developer designed a long, narrow home. It is complete with a modern kitchen, nice bedrooms, two-and-a-half bathrooms, and hardwood floors. When it was originally built, neighbours complained. Since then, the home has become known as a unique addition to the architecture of the area.

Salty scenes: Artists have been known to use a variety of materials to create their work. For Bashir Sultani of Toronto, Ontario (Canada), that medium is salt. Using such tools as Q-tips and razor blades, Sultani moves the salt around on a black background to design the scene, which could be a celebrity's face or a plate of food. Earlier in his career, Sultani, who was born in Afghanistan, used only white salt to produce black-and-white pieces. Now he uses salt of various colours to add more realism to his work, making a hamburger loaded with lettuce, tomatoes, and cheese appear to be truly edible.

Big babies: The North American term, "failure to launch," refers to adult children who end up being supported by their parents for much longer than may be reasonable. In Italy, these individuals are known as bamboccioni, which means "big babies." In that country, a judge recently ruled that a part-time music teacher in his thirties did not have the right to expect his parents to support him. Until the ruling, the teacher's parents had been providing him with 300 Euros a month. The judge was clear that she would not make such a ruling if an adult child has special needs, but healthy adults should be expected to support themselves.

Hungry, but happy: Chen Yongen of Cangbaotian village, Guizhou Province, China, was thrilled to find that his pet dog had survived calamity. The village had experienced a landslide during which everyone had to leave in a hurry. Because many buildings were demolished, villagers were unable to return for over a month, due to safety concerns. The pooch had been on his chain and was unable to run to find shelter, so the pet owner feared for the dog's safety. When the owner was allowed back home, he could hear barking under the rubble. With help from villagers, he was able to dig out his scared and hungry pet, which was overjoyed to see his owner.

Quoteable Quotes

"Are not flowers the stars of earth?" —Clara Lucas Balfour
"Observation is a passive science, experimentation an active science." —Claude Bernard

What's Happening

Sundre Farmers Market. The market starts back for the season on May 21st and will run Friday's from 430-7PM until September. Visit vendors at the Sundre Curling Rink.

GET IN WHAT'S HAPPENING - Submit your event to www.bvcoffeeneews.ca and be seen here by thousands of readers each week.

Please take me home!

Coffee News® wants all of our readers to stay safe, so please take this copy with you.

Trivia

1. Which Russian cosmonaut was the first to travel to outer space?
2. The first Harley-Davidson motorcycle was marketed in 1903, 1922, or 1932?
3. Darjeeling, Earl Grey, and Oolong are types of what product?
4. How many U.S. gallons of liquid does a 10-gallon hat hold?
5. What is the dream phase of sleep called?

(Flip bottom of page for answers)

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Recipe of the month

Buffalo Chicken Stuffed Shells

1 pound ground chicken
1/4 cup butter
1 cup cayenne pepper sauce
1 (16 ounce) container whipped ricotta cheese

cooking spray
1 (16 ounce) package jumbo pasta shells
1 (8 ounce) package shredded Cheddar-Monterey Jack cheese blend
salt and ground black pepper to taste

Prep: 15 m Cook: 25 m Ready in: 3 h 40 m

- Heat a large skillet over medium-high heat. Cook and stir ground chicken in the hot skillet until browned and crumbly, 5 to 7 minutes; drain and discard grease.
- Melt butter in the skillet with the cooked chicken. Stir cayenne pepper sauce into the chicken mixture and remove from heat.
- Squeeze as much moisture from the ricotta cheese using a cheese cloth or paper towels; put drained cheese in a large bowl. Add chicken mixture to the cheese and stir. Refrigerate until completely chilled, 3 to 4 hours.
- Preheat oven to 375 degrees F (190 degrees C). Prepare a 13x9-inch baking dish with cooking spray.
- Bring a large pot of lightly salted water to a boil. Cook pasta shells in the boiling water until cooked through but firm to the bite, about 10 minutes; drain. Rinse with cold water until no longer hot; drain.
- Spoon chicken mixture into cooked pasta shells and arrange into the prepared baking dish. Sprinkle Cheddar-Monterey Jack cheese blend over the stuffed shells; season with salt and pepper.
- Bake in preheated oven until the cheese is slightly melted and the stuffing is hot in the middle, 15 to 20 minutes.

Source: allrecipes.com

Your Weekly Horoscope

ARIES

(March 21 - April 20)



Harmonious relationships may be very important to you. Taking some initiative could provide support from those in a position to assist you in your goals. Lucky Numbers: 3, 18, 24, 30, 36, 42.

TAURUS

(April 21 - May 21)



A goal or vision you may have been working toward could come to fruition. Your optimistic attitude could gain momentum and positive recognition. Lucky Numbers: 23, 26, 33, 36, 43, 46.

GEMINI

(May 22 - June 21)



You may feel like socializing, but might not want to put out any great expenditure of energy. Relaxation, enjoyment, and pleasure might be needed now. Lucky Numbers: 4, 13, 24, 33, 43, 44.

CANCER

(June 22 - July 22)



A difference of opinion may arise, and you might have to challenge someone. Your mind may be sharp, allowing you to reason in ways that are more cooperative with others. Lucky Numbers: 20, 28, 30, 37, 40, 46.

LEO

(July 23 - Aug. 23)



This may be a very positive time in your marriage or closest relationships. Your need to be together and to share loving feelings could be very strong now. Lucky Numbers: 4, 17, 21, 25, 28, 36.

VIRGO

(Aug. 24 - Sept. 23)



You may feel confident and ambitious, and enjoy athletic events and sports. You also might feel energetic and optimistic about your own personal growth. Lucky Numbers: 6, 11, 17, 19, 36, 42.

LIBRA

(Sept. 24 - Oct. 23)



Opportunities for enjoyable social interactions may occur now. Financial plans could go smoothly, and personal relationships might be more harmonious. Lucky Numbers: 11, 15, 19, 31, 35, 39.

SCORPIO

(Oct. 24 - Nov. 22)



Your communication skills may be excellent now. This could be the right time to discuss feelings and clear the air of any past grievances you might have had. Lucky Numbers: 14, 18, 23, 31, 40, 44.

SAGITTARIUS

(Nov. 23 - Dec. 21)



You may really enjoy art, theatre, music, and your own inner world of fantasy. Your imagination and interest in spiritual matters might come to the fore. Lucky Numbers: 4, 8, 20, 24, 43, 46.

CAPRICORN

(Dec. 22 - Jan. 20)



Opportunities for friendship, cooperation, and shared happiness may arise. The warmth and goodwill you generate now might be a benefit to you later on. Lucky Numbers: 2, 4, 12, 24, 42, 44.

AQUARIUS

(Jan. 21 - Feb. 19)



You may have more energy and fun now. You might be in harmony with those in your circle of friends. There could be a sense of cooperation, rather than resistance. Lucky Numbers: 12, 15, 18, 21, 22, 25.

PISCES

(Feb. 20 - March 20)



Social gatherings may be very positive. You could be inclined to make your home more inviting. You might even want to enhance your own personal look in some way. Lucky Numbers: 4, 16, 21, 27, 32, 39.

Lucky numbers this week: This week's odds favour Aries winners with the luckiest number being 3.

Did You Know...

Another name: Art lovers are familiar with "Mona Lisa," the famous painting by Leonardo da Vinci. It's also known as "La Gioconda," after its possible subject, Lisa Gherardini, the wife of a wealthy Italian merchant named Francesco del Giocondo.

Good eyesight: Giraffes have two very distinct advantages over other animals. They're tall enough to munch leaves at treetop level, and they have such excellent eyesight they can spot a threat coming from at least a mile away.

Not a UFO: People often spot unidentified flying objects in the night sky, but another kind of UFOs exist in the quilting world. UFOs are what quilters call their unfinished objects. They can be unfinished for a variety of reasons, including simply running out of fabric.

Little flute: The piccolo, which means "little" in Italian, is a musical cousin to the flute. A member of the woodwind family, its sound is an octave higher than a flute. The piccolo is the highest pitched instrument in the orchestra.

The Equator: The South American country of Ecuador derives its name from the word's Spanish meaning: the equator. The Equator runs through the country, and in San Antonio Parish there is a 30-metre (98-ft.) monument to mark the location.

On the Lighter Side

Everyone learns from other people's mistakes – none of us has time to think them all up for ourselves.

What would a chair look like if your knees bent the other way?

During a grammar class, the teacher spots one of her pupils staring out the window. "Hey, Peter!" she shouts, "Give me two pronouns." Peter answers, "Who? Me?"

People who say it cannot be done are often interrupted by the person doing it.

What did one candle say to the other candle? Let's go out tonight.

Answers

Trivia answers: 1. Yuri Gagarin 2. 1903 3. Tea 4. 3/4 of a gallon 5. REM

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