

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



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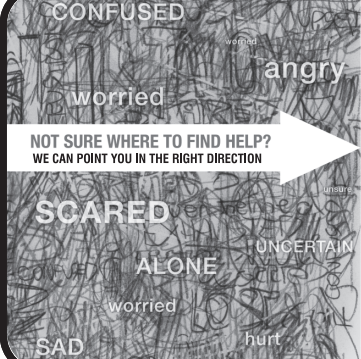
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Everybody's Talking

Disguised buns: A schoolteacher who lives in Ho Chi Minh City, Vietnam, has a hobby that is drawing attention. She likes to bake, and one of her specialties is steamed buns—with a twist! Once the buns are made, she decorates the outside to make them appear to be tangerines. When people see one, they want to pick it up and peel it. But instead of finding juicy tangerine segments, they are surprised to discover a spongy, soft, steamed bun inside. Through research, Le Thuy taught herself to make the buns. She has also decorated the outside to make her creations look like freshly dug potatoes

Gutsy thief: A conman tried to steal a fancy car and a handful of Rolex watches, but he didn't get away with it. Casey William Kelley gave the salesman at a Porsche dealership in Destin, Florida (U.S.), a fake cheque for almost \$140,000 (USD). He had printed the cheque on his home printer. The salesman let him take the car on the spot. The next day, Kelley tried the same trick at a jeweller, in an attempt to get the watches. The owner of the store tried to cash the cheque and, when it wouldn't go through, he reported the incident to the police. By then, the car dealership had also called the cops, and Kelley was soon arrested.

Farming the airport: Farmland is often surrounded by woods or rolling hills or other such pastoral scenery. Not so for the farm owned by Takao Shito. His land is surrounded by one of Japan's busiest transportation centres: Narita International Airport near Tokyo, Japan. This airport had its beginnings back in the 1960s, when many other farmers in the area accepted buyouts for their land. At that time, Shito's father was running the farm, and before that, his grandfather ran it. The airport has since offered Shito compensation to turn over his land, but his family's tradition of farming has kept him from taking the money.

Fish story: People who fish love to have a good fish story to tell. It seems that Garry Goodyear, who hails from Templeman, Newfoundland (Canada), has a story that will be hard to top. While fishing for turbot, Goodyear cast his nets to a great depth. When he and his crew pulled them up, an unfamiliar and very weird-looking creature was caught in the net. It had a long, pointed nose and fins that appeared to be wings. At first, Goodyear thought it was a platypus. Eventually, the fish was identified as a long-nosed chimaera, a relative of the shark. It is rarely seen.

Quoteable Quotes

"It is always a mistake not to close one's eyes, whether to forgive or to look better into oneself." —Maurice Maeterlinck
"A handful of sand is an anthology of the universe." —David McCord

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

- Who was the first woman aviator to fly solo across the Atlantic Ocean?
- A seal is a relative of the walrus—T/F?
- Does ebb mean to increase or decrease?
- Which Russian author wrote War and Peace?
- Sonja Henie and Peggy Fleming were professionals in what sport?

(Flip bottom of page for answers)

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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
1/2 cup olive oil


2 lemons - zest and 1/4 cup juice
2 cups fresh pea shoots, baby spinach or arugula
1 teaspoon salt (plus more to taste)
1/2 teaspoon pepper
1 tablespoon truffle oil
Optional: goat cheese crumbles

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

- Boil pasta in a generous amount of salted water per directions.
- During the very last minute of cooking, if serving this as a warm entrée, add the peas to the pasta and just lightly blanch.
- While the pasta is cooking, prep the rest of the ingredients.
- Chop the scallions, shallots and herbs.
- Zest two lemons, and measure out 1/4 cup lemon juice.
- 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 1/2 tsp pepper.
- Toss in the pea shoots (or other greens) and add the scallions, shallot, herbs and lemon zest. Stir.
- Taste, adjusting salt and lemon juice, adding more of both, if necessary.
- 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.feastingathome.com



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Your Weekly Horoscope

ARIES
(March 21 - April 20)

You may feel a surge of positive energy. Your most important personal goals might receive a boost, primarily through your own initiative to assert yourself. Lucky Numbers: 5, 9, 15, 19, 25, 29.

TAURUS
(April 21 - May 21)

Your interest in promoting the arts may be brought out. Your personal charm could have a positive effect on your public image. Others might be willing to cooperate. Lucky Numbers: 6, 8, 14, 24, 34, 44.

GEMINI
(May 22 - June 21)

People may see you as a lovable person who is aware of their needs. Public recognition for your unique personal contribution to the world might be very possible. Lucky Numbers: 7, 11, 29, 31, 37, 41.

CANCER
(June 22 - July 22)

You may want a break from your usual routine. A more playful, fun attitude in your relationships might spark a new romance or the renewal of a current one. Lucky Numbers: 1, 22, 28, 30, 42, 46.

LEO
(July 23 - Aug. 23)

You may have an important professional conference about your career. This might be a good time to seek those in a position to help you advance your efforts. Lucky Numbers: 9, 12, 15, 18, 24, 36.

VIRGO
(Aug. 24 - Sept. 23)

You may experience sudden insights and seek alternatives to your usual routine. Your mental processes could speed up and you might move more quickly. Lucky Numbers: 22, 29, 31, 38, 40, 47.

LIBRA
(Sept. 24 - Oct. 23)

This may be an excellent time to eliminate unnecessary and outworn things. An unhealthy relationship might keep you from going after what you really want. Lucky Numbers: 5, 8, 9, 19, 21, 27.

SCORPIO
(Oct. 24 - Nov. 22)

There may be great depth to your conversations. You might find yourself revealing very private matters and asking very penetrating questions of others. Lucky Numbers: 9, 29, 36, 37, 46, 49.

SAGITTARIUS
(Nov. 23 - Dec. 21)

You may use charm, humour, and a light touch to get your point across. Your friendly attitude could make a favourable impression, and your artistic sense might be heightened. Lucky Numbers: 2, 4, 22, 24, 42, 44.

CAPRICORN
(Dec. 22 - Jan. 20)

Conversations about the past may be highlighted. It might be a good time to reach out to family members and maintain a positive flow of communication. Lucky Numbers: 6, 17, 27, 32, 37, 47.

AQUARIUS
(Jan. 21 - Feb. 19)

Discovery, inventiveness, and spontaneity may be major themes. Original ideas could excite you and you might seek people who offer different perspectives. Lucky Numbers: 1, 7, 22, 26, 33, 34.

PISCES
(Feb. 20 - March 20)

Friendship and material benefits may well come to you. Charitable and philanthropic impulses might be stronger and be followed with positive action. Lucky Numbers: 15, 17, 19, 35, 37, 39.

Lucky numbers this week: This week's odds favour Scorpio winners with the luckiest number being 9.

Did You Know...

Colourful critter: Chameleons change colours for good reasons. They turn dark to absorb heat, turn green to hide in trees, or become brown to live in a desert. They also use bright colours to attract mates or to warn enemies.

Zonkey: It's not hard to guess that a "zonkey" is an offspring of a zebra father and a donkey mother. A "donkra" or "zedonk" is an offspring of a donkey father and a zebra mother. A "zorse" is, of course, a cross between a horse and a zebra.

Oscar winner: The actress with the most Oscars was Katherine Hepburn, who died in 2003 at the age of 96. She won four Oscars in her lifetime. Meryl Streep is still making movies and has won an Oscar three times.

Largest train station: Grand Central Terminal in New York City is truly grand. It's considered the largest train station in the world, in terms of the number of platforms. Thousands of people come and go from its 44 platforms every day.

Largest planet: Jupiter, named after the king of the gods in Roman mythology, is the largest planet in the solar system and is nearly twice as massive as all the other planets combined. In 1610, Galileo discovered that Jupiter has four large moons.

On the Lighter Side

How do porcupines play leapfrog? Very carefully.

Most people are pessimists. When things go bump in the night, how many of us think it might be an undercover philanthropist on a secret mission to redistribute her wealth?

What is the opposite of cock-a-doodle-do? Cock-a-doodle-don't.

It's terribly bad luck to be superstitious.

If two is company, and three's a crowd, what are four and five? Nine.

Answers

4. Leo Tolstoy 5. Figure skating
Trivia answers: 1. Amelia Earhart 2. True 3. Decrease

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