



SPRING IS IN THE AIR!



Pasta Primavera

Prep Time 15min Cook Time 15min

Ingredients

- Kosher salt
- 12 ounces fusilli or other corkscrew pasta
- 1/2 pound sugar snap peas, halved lengthwise, or broccoli florets (or a combination)
- 2 carrots, shredded
- 1 yellow bell pepper, cut into thin strips
- 1/4 cup extra-virgin olive oil, plus more for drizzling
- 4 cloves garlic, thinly sliced
- 1 pint cherry tomatoes, halved
- 1/4 to 1/2 teaspoon red pepper flakes
- 1/2 cup roughly chopped fresh mint
- 1/2 cup grated parmesan cheese
- 4 ounces goat cheese, crumbled

Directions

Bring a large pot of salted water to a boil. Add the fusilli and cook as the label directs. Add the sugar snap peas and/or broccoli, carrots and bell pepper to the boiling water during the last 2 minutes of cooking. Reserve 1/2 cup cooking water, then drain the pasta and vegetables and return to the pot.

Meanwhile, heat the olive oil in a large skillet over medium heat. Add the garlic and cook until just golden, about 30 seconds. Add the tomatoes, red pepper flakes and 1 teaspoon salt; cook until the tomatoes begin to wilt, about 2 minutes. Stir in 1/4 cup of the reserved cooking water. Pour the tomato mixture over the pasta and vegetables. Add the mint, parmesan and half the goat cheese and toss to combine. Season with salt.

Divide the pasta among bowls. Top with the remaining goat cheese and drizzle with olive oil.



Happenings in the area!

1. March 29th: Detroit Tigers Opening day
2. March 11th: St. Patrick's Day Parade downtown Detroit
3. March 16: First round of March Madness at Little Caesars Arena
4. March 18: Second round of March Madness at Little Caesars Arena



World Oral Health Day
20 March

Oral health is a lot more than a healthy smile. Oral diseases can impact every aspect of life, from personal relationships and self-confidence to school to work to even enjoying food. Parents should look after their children's oral health and motivate them to care of their teeth and gums as they grow older. Oral health and general health have a two-way relationship. The mouth is the mirror to the body and offers clues about the status of general health, revealing nutritional deficiencies and signs of other diseases. Adopt good oral hygiene habits and have regular dental check-ups to contribute to a lifetime of well-being and better quality of life as you age.



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