



## Springtime is the Perfect Time to Try New Vegetable Dishes

Chef Dianne Blancato recently treated attendees at Best Health's cooking class to several delicious recipes featuring vegetable dishes. A graduate of the Institute of Culinary Education, Chef Dianne has worked for catering companies in New York and North Carolina, started her personal chef business, and taught cooking classes to people working to overcome health issues caused by poor eating habits.

Here are two great recipes for springtime dining. For more information about Chef Dianne, visit [www.123cuisine.net](http://www.123cuisine.net).

### Pasta with Green Vegetables

1/2 lb. farfalle (butterfly) or similar pasta  
1 lb. asparagus, cut in 2-inch pieces  
2 Tbs butter  
1 Tbs olive oil

3 cloves garlic, minced  
1 medium zucchini, diced  
4 scallions or green onions, thinly sliced  
1 cup frozen, defrosted peas  
1 tsp salt  
1/2 tsp pepper  
1/4 cup fresh parsley, minced  
1/3 cup grated Parmesan cheese

Cook pasta according to package directions. Three minutes before pasta is done, add asparagus to the water with pasta. Drain when done.

While the pasta is cooking, heat the butter and oil in a large skillet over medium-high heat. Add garlic and cook for 1 minute, until fragrant. Add zucchini and scallions and cook 2 minutes. Add peas, salt and pepper and cook until everything is heated through, about 2 minutes. Add the pasta, asparagus, parsley and Parmesan to the skillet and stir to combine.

### Spinach-Cauliflower Mash

1 head cauliflower, cut into small florets  
1/4 cup Greek yogurt or reduced fat sour cream  
5 oz. fresh spinach, wilted and chopped OR 10-oz. frozen chopped spinach, squeezed to remove excess liquid  
1/2 cup feta, crumbled (optional)  
2 green onions, sliced  
2 Tbs dill, minced, OR 2 tsp dried dill  
1 tsp salt  
1/2 to 1 tsp pepper

Steam the cauliflower until tender, about 10 minutes. Mash with a potato masher. Add yogurt or sour cream and mash again. Mix in the spinach, feta, green onion and dill. Season with salt and pepper.

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