



Have a Little Slice of Spring

Pri-ma-ver-a *adjective*

1. Made with different kinds of sliced or diced vegetables
2. From Latin, meaning *early spring* (*primus* = *first* + *ver* = *spring*)



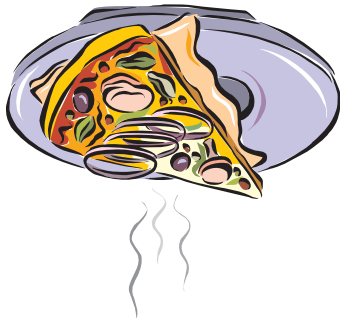
The word *primavera* can be traced back to the Latin roots *primus*, meaning *first*, and *ver*, meaning *spring*. Some of the spring vegetables you might find in a primavera dish (100% whole-wheat pasta primavera or pizza primavera, for example) are peas, green beans, tomatoes, asparagus, and mushrooms. But don't be surprised if you find other kinds of vegetables in your primavera, like broccoli, onions, or carrots. Great chefs like to be creative!

This winter, when you're dreaming of warmer days, have some whole-wheat pizza primavera for lunch. It's like having a little slice of spring.



From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).

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