

Mark Your Calendars

January 1 - New Year's Day, Solemnity of Mary

January 4 - National Spaghetti Day

January 6 - Feast of the Epiphany

January 16 - Martin Luther King Jr. Day

VEGETABLE SPAGHETTI SAUCE

Ingredients

- 3 medium carrots about 1 ½ cups chopped
- 2 medium zucchini about 2 cups chopped
- 1 red bell pepper
- 1 medium yellow onion
- 4 garlic cloves peeled
- 2 TB extra virgin olive oil
- 1 1/4 cups halved white mushrooms or cremini mushrooms
- 1 tsp salt divided
- 1/2 tsp black pepper
- 1 28 ounce can whole plum tomatoes & juice
- 1 TB tomato paste
- 2 cups vegetable broth
- 1/2 cup fresh basil loosely packed and finely chopped
- 1 tsp dried oregano
- 1/2 cup grated parmesan cheese

Instructions

1. Preheat the oven to 400F.
2. Chop the carrots, zucchini, pepper, and onion then add the vegetables to a large, rimmed baking sheet.
3. Drizzle olive oil over the vegetables. Sprinkle ½ tsp of salt and ½ tsp of black pepper evenly over the veggies. Mix the vegetables.
4. Roast vegetables for 25 minutes.
5. Remove the pan from the oven, add the mushrooms. Stir the mushrooms with the roasted vegetables. Roast the vegetables for an additional 20-25 minutes, until the mushrooms are soft.
6. Add the vegetables to a large Dutch oven along with the can of tomatoes (and juice). Use an immersion blender to blend the veggies and tomatoes.
7. Add the tomato paste, vegetable broth, fresh basil, oregano, and ½ tsp of salt to the pureed veggies and tomatoes. Simmer the sauce for 20 minutes, stirring occasionally.
8. Before serving, stir in the parmesan cheese.

<https://livesimply.me/vegetable-spaghetti-sauce/>

National Spaghetti Day

National Spaghetti Day is January 4th. Spaghetti, especially if it is whole grain, is high in fiber; to keep you full, manganese, selenium, phosphorous and copper. Eating whole grains has also been associated with a lower risk of heart disease, diabetes and certain types of cancer.

Although relatively high in carbohydrates, while eaten in moderation, pasta (including spaghetti) can be part of a healthy diet. Try adding protein such as chicken to your pasta or some additional vegetables such as broccoli, bell peppers or tomatoes that not only provide nutrients but also add for a pop of color to your pasta!



<https://www.healthline.com/nutrition/is-pasta-healthy>

CELEBRATE EATING HEALTHY IN THE NEW YEAR

A healthy diet is important during all stages of life and is essential to achieving sustainable health to avoid the risk of disease. Both the World Health Organization (WHO) and the Food and Agriculture Organization (FAO) agree there are several things you can do to promote a healthy diet such as:

- * Eat a variety of foods high in nutrients 
- * Add plenty of fresh fruits and vegetables to your diet. Try for 5 servings a day!
- * Reduce intake of saturated fat.
- * Pass on the salt-Try for no more than 1,500mg a day per The American Heart Association. 
- * Stay Hydrated-Water is ideal for optimal health from carrying nutrients and oxygen to your cells to maintaining sodium balance. Try for at least 8 cups a day.

<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sodium/how-much-sodium-should-i-eat-per-day>

<https://www.eatright.org/health/essential-nutrients/water/how-much-water-do-you-need>