

Mark Your Calendars

January 1 - New Year's Day

January 4 - National Spaghetti Day

January 16 - Martin Luther King Jr. Day

January 22 - Lunar New Year

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 THE LUNAR NEW YEAR

- ◆ 2023 is the Year of the Rabbit, known traditionally to be the luckiest of the twelve animals.
- ◆ Some traditional foods to divulge in include doubled-boiled soups to warm up the heart and spirit with the addition of Herbal ingredients like ginseng and ginger. In addition, the longer the noodles the longer the life according to Chinese superstition.
- ◆ Try adding snow peas or scallions to your noodles for a medley of vegetables. Lastly, hot pots are also a staple and can be a fun and interactive meal for all.



<https://www.healthline.com/health/food-nutrition/celebrate-lunar-new-year-with-these-healthy-traditional-dishes#Dumplings>