

# The NMSD Monthly Morsel Nutritional Newsletter 2/1/21-2/5/21

**Spagetti Cacio e Pepe**-(Sounds super fancy, right? It's so not as hard as it sounds.)

## Ingredients

1 lb. spaghetti  
6 tbsp olive oil  
2 cloves garlic, minced  
2 tsp ground black pepper  
1 ½ c Pecorino Romano Cheese  
8 c water + 2 tbsp salt +1 tbsp oil

## Preparation

Bring a large pot of lightly salted, oiled water to a boil. Cook spaghetti in the boiling water, stirring occasionally until tender, yet firm to the bite, about 10 minutes. Scoop out some of the cooking water and reserve. Drain spaghetti. Heat oil in a large skillet over medium heat. Add garlic and pepper; cook and stir until fragrant, 1 to 2 minutes. Add spaghetti and Pecorino Romano cheese. Ladle in 1/2 cup of reserved cooking water; stir until cheese is melted, about 1 minute. Add more cooking water until sauce coats spaghetti, about 1 minute more. Serve hot, garnished with julienned Italian parsley.



## Cheesy Texas Toast Pizzas

### Ingredients

4 slices prepared Texas garlic toast  
1 c Mozzarella cheese  
½ c tomato sauce  
Your favorite toppings

### Preparation

Preheat oven to 400. Prepare a nonstick baking sheet. Arrange bread slices so each is flat on the baking sheet. Top with 2 tbsp tomato sauce, 1/8 c of cheese and toppings of choice. Spread remaining cheese over the toppings. Bake for 12-15 minutes or until hot and bubbling.



## Chicken "Parmesan"

### Ingredients

4 precooked chicken tenders or 2 precooked chicken patties  
2 c diced tomato  
3 tsp oregano  
1 ½ tsp basil  
½ tsp sugar  
1 tsp salt and pepper, or taste  
2 tbsp olive oil, and 1 tbsp olive oil for pasta  
1 tbsp minced garlic  
½ onion, sweet, sliced thin  
1 c mozzarella, or more as desired- (if you have parmesan, add your own with the mozzarella)  
2 c pasta of choice, dried

### Preparation

Preheat oven to 425. In a stove pot, heat olive oil until shimmering. Add diced onion and garlic to the pot, and stir rapidly until fragrant. Add tomatoes, sugar, salt and pepper, basil, and oregano to the pot; heat on a simmer for 30 minutes or until flavors are well combined, then set aside, but keep warm. Layer out chicken tenders or patties in 9x9 baking pan, each with ¼ c of sauce and 1/8 c of cheese. Once topped, either save your tomato sauce, or divvy out between the tenders; follow with any remaining cheese. In another pot on the stove, boil 8 c water that has been oiled and salted. Once water is boiling, add pasta. Cook until al dente, usually about 8 to 10 minutes depending on the pasta. Drain pasta well. Toss with 1 tbsp olive oil cover. Place pan with chicken and cheese in the oven for 20 to 25 minutes to bake; check temperature. If not at 165, continue to check every 5 minutes until internal temperature reaches 165. Serve over finished pasta.

*This institution is an equal opportunity provider.*

## Broccoli Fritters

### Ingredients

3 c steamed broccoli, cooled  
½ c whole wheat or white flour  
3 oz parmesan cheese, grated  
2 lg egg  
½ tsp olive oil

### Preparation

In a large bowl combine egg and milk (do 1st before the other ingredients are added), flour and cheese. Chop broccoli well and add. Heat pan to medium high heat and add oil. Add pressed rounds (like a small burger patty) into oil and cook about 5 minutes on each side. Place finished fritters on a napkin or paper towel to drain off excess oil.



**PRO TIP :** For the quickest and easiest pizza dough around, use one cup of greek yoghurt and 2 cups self raising flour. Mix to form a dough and you're done! It's also great for scrolls and little buns, just roll and shape for whatever purpose you're using it for.

## Apple Juice Marinade

*For chicken or pork*

### Ingredients

½ c apple juice  
¼ c soy sauce  
¼ c honey  
2 tbsp lemon juice  
½ tsp garlic powder  
¼ tsp dry mustard  
¼ tsp ginger, ground

### Preparation

Whisk together all ingredients. Refrigerate any unused portion and use within three days.

