

The NMSD Monthly Morsel Nutrition Newsletter

Enjoy our “Monthly Morsel” WEEKLY for Fall of 2020, with new healthy recipe ideas each week!

“Hidden Veggie” Pasta Sauce

(your kids won't know how many great veggies they're getting in this yummy sauce!)

2TBSP Olive Oil
2 Onions (Diced)
1 tsp Minced Garlic
2 tsp Dried Italian herbs or Fresh herbs (thyme, basil, oregano, parsley)
2 Celery Stocks (Diced)
2 Carrots (Peeled and diced)
2 Bell Peppers
Any other vegetables of your choosing (mushrooms, zucchini, leeks, etc.)
6 cups Diced Tomatoes
1 small can Tomato Paste
2 cups of Chicken or Vegetable stock

Heat oil in a large sauce pan over med heat. Add onions, carrots, celery, garlic. Add the rest of the vegetables and cook till just browned / soft. Add tomatoes, tomato paste, & stock. Bring to a boil then turn heat down to a simmer. Add dry or fresh herbs, and salt & pepper to taste. For smoother sauce, let cool slightly then blend till smooth in a blender or food processor. Serve with pasta. Leftover sauce can be put a bag in the freezer till next time.

COOKING
TOGETHER IS
A GREAT
FAMILY
ACTIVITY!



White Bean Hummus Dip

(Great as a dip for chilled fresh veggies – good source of protein!)

1/2 cup Olive Oil
1/8 cup Garlic Cloves, chopped
4 cups Northern Beans
1/4 cup Lemon Juice
1 tsp. ground Cumin
2 tbsp. chopped fresh Parsley
1/2 tbsp. Salt
1 tsp. White Pepper (optional but adds a nice rich flavor)
Optional: Pinch Cayenne Pepper or Paprika

Gather ingredients. In a small saucepan, combine olive oil & garlic over medium to low heat until the garlic is very lightly browned, being careful not to burn. Let cool slightly and strain, reserving both the oil and the garlic. Place the white beans in a food processor or blender (or whip well by hand), and add the garlic, lemon juice, cumin, and parsley. Process until smooth. Carefully pour in the reserved olive oil while the food processor or blender is running and process until light and smooth. Season your white bean hummus with salt, white pepper and a touch of cayenne pepper or paprika for a colorful garnish. Serve cool with pita bread, bagel chips, tortilla chips or an array of freshly chopped vegetables—baby carrots or carrot sticks, broccoli, celery sticks, bell pepper slices, sliced mushrooms or jicama slices. And feel free to add diced Jalapeno for a little spice!