



Cauliflower Bolognese

Ingredients

- 1 small head cauliflower
- 2 tablespoons butter or olive oil
- 1 cup chopped yellow onions
- 3 cloves garlic, *minced*
- 2 28 oz cans whole plum tomatoes
- 1/2 cup red lentils
- 3 tablespoons balsamic vinegar
- 1 teaspoon sugar
- 1/2 teaspoon thyme (fresh or dried)
- 1/4 teaspoon dried basil
- 1/4 teaspoon dried oregano
- salt and black pepper, *to taste*
- 1 lb spaghetti, penne or rigatoni
- grated Parmesan cheese, *for serving (omit cheese for vegan)*



Cooking Instructions

1. Slice the cauliflower in half, removing the thick center core. Cut into large chunks.
2. Using a food processor, break up the cauliflower into florets. Do this in batches to create uniform pieces. Pulse the cauliflower two times until it looks crumbly. Put cauliflower in a bowl and repeat. If you don't have a food processor, you can finely chop the cauliflower into pieces.
3. In a large pot, heat the butter or olive oil over low heat. Add the onions and cook until soft, about 3-5 minutes.
4. Add the cauliflower to the pot. On medium heat continue to cook stirring occasionally until the cauliflower takes on a light golden color, about 10-12 minutes. Add the garlic and cook until fragrant, about 30 seconds.
5. Pour in the tomatoes, red lentils, balsamic vinegar, sugar, thyme, basil, oregano, salt, and pepper. Mix until combined.
6. Place the lid on top and bring the sauce to a gentle boil. Reduce the heat to low and simmer with the lid on for about 30 minutes. Remove the lid and cook for an additional 15 minutes or until the cauliflower is soft and lentils are broken down. The sauce should be thick. Season with salt and pepper, to taste.
7. Bring a large pot of salted water to a boil. Cook the pasta according to the package instructions. Serve pasta with cauliflower bolognese sauce. Garnish Parmesan cheese, if desired. Serve warm.

Note-If you don't have whole plum tomatoes, you can use diced or crushed tomatoes. The cauliflower bolognese will keep in the refrigerator for up to one week. It will freeze in a freezer container for up to 2 months.

PREP TIME 15 mins COOK TIME 1 hr TOTAL TIME 1 hr 15 mins

Baked Peanut Butter Apple Oatmeal

Ingredients

- 2 cups old fashioned oats
- 1/4 cup light brown sugar
- 1/2 teaspoon salt
- 1 teaspoon baking powder
- 1 teaspoon ground cinnamon
- 1 3/4 cups skim milk or non dairy milk
- 1 large egg
- 3 tablespoons unsweetened applesauce
- 1 teaspoon vanilla extract
- 1/2 cup peanut butter
- 1 1/4 cups diced apples (leave the skin on!)

This easy-baked oatmeal is my favorite make-ahead breakfast! It tastes like apples and peanut butter and reheats easily in the microwave for a yummy breakfast the whole week!

- Preheat the oven to 350 degrees F. Grease an 8 x 8 square baking dish and set aside.
- In a large bowl, mix together the **oats, brown sugar, baking powder, salt, and cinnamon**. Set aside.
- In another small bowl, **whisk together the milk, egg, applesauce, and vanilla extract**.
- Pour the liquid mixture over the oat mixture and stir to combine. **Stir in the peanut butter** and mix until combined. **Add the apples** and stir again. Pour mixture into prepared pan.
- Bake for 35 minutes or until the top is golden and oatmeal is set. Let cool for 5 minutes and serve warm.

