

Recipe prepared by Chef Carina Guevara

SUPER HEALTHY KIDDIE SPAGHETTI

Secret Weapon:

2 cups of raw spinach, cleaned or 1 cup of frozen spinach as alternative
2 cups broccoli florets, cleaned
1 cup frozen green peas, do not use canned
2 to 3 Tbsp water

To prepare by Nuking it:

1. Place spinach & broccoli in a microwave safe bowl, cover with water, and microwave on high for 7-8 minutes, until very tender, add peas for last 2 mins of cooking. DRAIN

Store top Preparation:

1. Pour about 2 inches of water into a pot with a tight fitting lid. Put a regular steamer basket in pot, add spinach & broccoli and steam for about 10 mins, until very tender. Add the frozen peas to the basket the last 2 minutes of steaming. DRAIN

Place veggies in the bowl of food processor or blender along with 2 tbsp of water. Puree on HIGH.

Super Yummy Spaghetti Sauce w/ Our Secret Weapon:

1 tbsp Extra Virgin Olive Oil
1 medium sized onion, finely chopped (1 ½ cups)
3-4 garlic gloves, minced
½ kilo chicken, ground
¾ of our secret weapon
6 oz of tomato paste
¼ cup oat bran or oatmeal
½ tsp dried basil or oregano (or use it each of fresh)
3 ½ cups of crushed whole tomatoes

½ cup shredded carrots

½ cup minced celery

Salt & pepper to taste, cheese to top, cooked spaghetti noodles

1. Heat oil over medium heat. Add onions & garlic and cook until fragrant. About 6 minutes. Add shredded carrots and minced celery and cook for another 5 minutes on low heat w/o browning. Add ground chicken, stirring to break it up and cook for about 5 minutes until it is no longer red.
2. In a bowl combine the green puree and tomato paste until mixture turns brownish in color.
3. Add the mixture to pot and stir in the oats, basil, oregano and tomato sauce and simmer. You may add 1 cup of water to “wet” the mixture. Simmer for about 20-25 minutes and season with salt & pepper to taste.
4. Serve on top of the spaghetti noodles with grated cheese. SSHHH. The veggies are our secret.