



Home-Cooking with Habitat

Spaghetti with Meat Sauce

Serves 4 as a Main Course

INGREDIENTS

1 lb spaghetti, cooked, with 1 cup of starchy water reserved
¼ lb ground beef
¼ lb Italian sausage
¼ cup white onion, minced
2 cloves of garlic, minced
1 carrot, peeled and minced
1 celery stalk, minced

2 tbsp olive oil + extra olive oil to drizzle over pasta before serving
½ cup of white wine (Optional) - or sub chicken broth with lemon juice
One large can tomato sauce (~25 - 30 oz)
1-2 Tbsp parsley, minced
1-2 Tbsp parmesan cheese
1-2 tsp salt and pepper to taste

INSTRUCTIONS

- 1) Boil pasta according to box instructions. Reserve 1 cup of starchy pasta water and set aside. Drain pasta and toss with a light drizzle of olive oil; set aside.

For the Sauce

- 2) Heat olive oil in large frying pan over medium high heat.
- 3) Saute onion, carrots, celery and garlic 1-2 minutes.
- 4) Add sausage and ground beef and cook until browned.
- 5) Add the white wine or chicken broth and lemon juice and saute for 2 - 3 minutes.
- 6) Add the Tomato sauce and stir to combine.
- 7) Season with salt and pepper and continue to cook for 3-5 minutes, stirring occasionally.
- 8) Add the pasta to the sauce and mix completely.
- 9) Add starchy pasta water until you reach your desired consistency.
- 10) When pasta is fully mixed and warmed through, add parsley, drizzle with olive oil, sprinkle parmesan cheese and serve immediately.



Green Salad with Thousand Island Dressing

Serves 1 - 2 people

INGREDIENTS

1 Tbls Mayonnaise	1/2 tsp salt and 1/2 tsp white pepper
2 tsp ketchup	1/2 tsp garlic powder
2 tsp red wine vinegar	1 Tbsp water (optional)
1 small dill pickle, minced (2 tsp)	Your family's favorite salad mix

Instructions

- 1) Whisk all dressing ingredients except water together until smooth and combined
- 2) Add a little water at a time in order to create the desired consistency.
- 3) Top your family's favorite salad mix with dressing and toss to coat.

Baked Apple and Granola with Whipped Cream

Serves 2

INGREDIENTS

1 granny smith apple	1 tbsp of brown sugar
2 tbsp of butter (room temperature)	1/2 tsp of cinnamon
1/4 cup of your favorite granola	1 cup of heavy whipping cream,
1/2 tsp salt	whipped together with 2 tsp of sugar

INSTRUCTIONS

- 1) Preheat oven to 400 degrees.
- 2) In a small bowl, combine the butter, granola, salt, sugar and cinamon and mix together completely.
- 3) Cut apple in half, remove the seeds and place on a baking dish lined with foil and / or sprayed with non-stick cooking spray.
- 4) Lightly score the apple.
- 5) Top the apple with the granola mix.
- 6) Bake for 20 minutes.
- 7) While cooking, use a whisk or food processor to whip the cream and sugar until you reach soft peaks.
- 8) When apples are cooked, serve with a dollop of whipped cream and a sprig of mint.