



4825 University Square, #9
Huntsville, AL 35816

SIZZLE!!

A Cookin' Up Good Health Lover's Event with Donna and Eddie Goodman
Sponsored by OUCSDA Health Ministries

Fresh Tomato Basil Pasta Sauce

Extra Virgin Olive oil

1 medium onion, finely diced

4-6 cloves garlic, finely diced

15-20 Roma/plum tomatoes, unpeeled OR peeled, and coarsely chopped

1 large bunch fresh **basil**, chopped

Salt, Pepper-Like Seasonings and Red Pepper Flakes to taste (optional)

Pour about 1/4 - 1/3 cup of olive oil in a large pan. Heat on medium heat and add onions and garlic. Simmer on low for about 5 minutes. Add tomatoes and about half of the basil. Simmer for 20-30 minutes while tomato sauce thickens. When thickened, add rest of basil and other optional seasonings. Adjust to taste. Serve over whole-grain angel hair pasta. **Yield about 6 cups**
Optional: Add veggie sliced sausage, broccoli, red onion, green peppers, mushrooms, black olives.

Dipping Oil for Garlic Bread

1/2 cup extra virgin olive oil

1/2 teaspoon dried oregano

1/2 teaspoon dried basil

1/2 teaspoon dried parsley

1/4 teaspoon dried rosemary

1/4-1/2 teaspoon coarse salt

1/4-1/2 teaspoon granulated garlic

1/4-1/2 teaspoon granulated onion

2-3 garlic cloves minced

1/4 teaspoon red pepper flakes

Pour oil into dippable dish. Add seasonings and stir. Serve with your favorite Italian/French bread.

Strawberry Sorbet

4 cups frozen strawberries

1 twelve ounce can frozen juice concentrate - apple or white grape

Add all ingredients to blender and blend till smooth. Serve!!
YUM!!!

Food Facts

***Basil**-oils are anti-inflammatory and anti-bacterial, gives symptomatic relief to arthritis and inflammatory bowel, fights pathogenic bacteria like staphylococcus; inhibits cancer cell growth.

***Onions & Garlic** - Boosts immunity, helps lower high cholesterol, shrinks tumors, helps control high blood pressure, reduces the risk of heart attacks, anti-arthritis, improves iron metabolism, improves cell membrane function in red blood cells.

***Olive Oil** - Reduces inflammation that causes disease, reduces heart disease risk, keeps blood vessels strong, reduces risk of breast, respiratory, and intestinal cancers, helps cognitive function, prevents unwanted blood clotting, improves digestive process.

***Whole Grains** - Helps you weigh less, high in fiber, lowers cholesterol, slows the progression of plaque build-up, lessens the narrowing of the vessels, reduces your risk of metabolic syndrome, lowers type 2 diabetes, protective against breast cancer, helps prevent gallstones, protective against asthma, contain plant compounds that may affect cholesterol levels, blood vessel elasticity, bone metabolism, protects against childhood asthma. **Look for gluten-free options if gluten intolerant.**
Brown rice pasta, garbanzo bean pasta and Jerusalem artichoke are two great choices.

***Red/Pink Foods** - Watermelon, guava, tomatoes, strawberries, red grapefruit and rosehips top the list of foods that deliver a direct punch through a substance called lycopene to cancers like breast and prostate cancer, help to lower LDL or bad cholesterol and reduce your risk of heart disease. Greater quantities of lycopene are available in vine-ripened tomatoes and when you cook the tomatoes and make sauces and soups using a little olive oil!! Now, about that watermelon, in addition to providing Viagra like effects, it also seems to be beneficial to those who suffer from obesity and type 2 diabetes.

"It's not the wine it's the grapes"

Cookin' Up Good Health Cooking School with Donna Green-Goodman, MPH