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The Crazy Foodie Recipe !!!



One Pan Orecchiette Pasta

Yield 4-6 servings

Difficulty: Moderate

Total Time: 50 min

Ingredients:

2 Tbsp. of EV Olive Oil
1 Med Diced Spanish Onion
1 Pound of Hot Italian Sausage Casings Removed
6 Cups of Chicken Stock (Broth is fine)
1 Box of Orecchiette Pasta
2 Cups Chopped Fresh Spinach
2 Tbsp. Salted Butter
1/4 Cup Grated Parmigiano-Reggiano Cheese. Salt & Pepper to Taste

1. Heat olive oil in a deep skillet or med stock pot over med heat
2. Sauté the diced onion with a pinch of salt until onion is soft and golden, about 5-7 mins. Stir in the sausage and cook until sausage is broken up and browned, about 10 mins. Stain excess oil,
3. Pour 2 cups of stock in to sausage mixture and bring to a boil while scraping the browned bits of food off the bottom of the pan.
4. Add orechiette pasta; cook and stir pasta in hot broth, adding remaining broth when liquid is absorbed, until pasta is cooked through and most of the broth is absorbed, about 15 min.
5. Stir spinach into pasta mixture until spinach begins to wilt. Remove from the heat. Stir in 1/2 of the grated cheese and butter.
6. Ladle pasta into bowls and dust with remaining cheese.
7. Serve with a tossed salad and warmed Italian or French bread. *Go Mad!!*



A Healthy Lifestyle Chat with Niki.....

Speaking from my perspective of a 40 - something female year old, healthy habits are hard to develop and often require changing your mindset. But if you're willing to make sacrifices to better your health, with clean eating and exercise, the impact can be far-reaching, regardless of your age, sex, or physical ability. Here are five benefits of a healthy lifestyle.

***Weight loss**

***Reduced Cancer risk**

***Diabetes management**

***Heart Health/Stroke**

Prevention

***Better Mood/ Healthy**

Altitude

Moderation is key! Too much denial of certain food cravings will derail you and your goals. Make smart choices on a daily basis, so you can enjoy that cheat meal to satisfy that craving. The effects of a clean diet, and exercise out weigh the taste of fattening foods for me! Or putting on that pair of pants that you couldn't get past your hips last summer are now fitting comfortable! Make realistic and obtainable goals! Rapid weight loss with crazy "diets" are quick fixes that unfortunately have rapid results without lasting effects. Chose a healthy lifestyle which provides balance for the mind, body and soul.

Greentree Café's are proud to

offer healthy options at all of our locations on a daily basis catering to all of your needs.



A Greentree Café Lunch Catering Pic.

Coming Soon - Summer & Autumn Menu Items

Coming this Summer & Autumn to all of our locations... We are pleased and excited to announce that **Greentree** will be rolling out our new seasonal items in addition to the items you all are already enjoying. Look for our seasonal salads, healthy and hearty soups & new seasonal Grab & Go items. Also, we're excited to be

adding Hershey's Ice Cream! If there is something you would like us to offer, please fill out our new **Chef's Corner Comment Card** and we will do our best to accommodate your ideas and suggestions. All input and comments are greatly appreciated!



Check out our New! website greentreefoodmanagement.com