

# Try something *New*

## Get Excited About the Unknown

Branching out and trying something new can be a scary feeling. Stretching outside our comfort zone is a prerequisite to positive change!

### Recipe inspiration:

Trying a new noodle can liven up an old pasta dish - our spin on classic Bolognese sneaks in an extra serving of veggies!



Give It  
A Try



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# Spaghetti Squash Bolognese



6 Servings

(1 cup spaghetti squash + ¾ cup sauce per serving)



## Ingredients:

- 1 medium spaghetti squash
- 1 lb (454 g) extra lean ground beef
- 2 tbsp extra-virgin olive oil, divided
- 1 cup sliced mushrooms
- 1 large onion, chopped
- 3 cloves minced garlic
- ¼ cup fresh chopped parsley
- 1 tsp dried oregano
- 1 tsp dried basil
- Salt, to taste
- 1 dash black pepper
- ¼ tsp red pepper flakes (optional)
- 1 cup chopped red pepper
- 1 cup chopped green pepper
- 1 can (15 oz/398 mL) tomato sauce

Nutritional analysis per serving: 224 calories, 9 g fat, 20 g protein, 21 g carbohydrate (16 g available carbohydrate), 5 g fibre, 286 mg sodium

My Viva Servings: 1 grains and starch, 3 proteins, 2 vegetables, 1 fat

For more great recipes, visit [www.myvivainc.com](http://www.myvivainc.com)

## Directions:

1. Preheat oven to 350°F.
2. Cut your squash in half lengthwise and remove seeds. Bake cut side down until flesh is soft when pierced with a fork, about 30 – 40 minutes (or microwave it for 7-8 minutes).
3. In a large frypan, cook the ground beef until it's no longer pink. Drain off excess fat from frypan.
4. Add ½ tbsp of olive oil, mushrooms and onion to pan and cook for 5 minutes.
5. Add garlic, parsley, oregano, basil, salt, pepper, red pepper flakes, red peppers, green peppers and remaining 1 ½ tbsp olive oil and cook, stirring, over medium-high heat for 3-5 minutes.
6. Add the tomato sauce and stir to combine.
7. Taste and correct seasonings (add salt and/or pepper if needed).
8. Reduce heat to low and simmer until sauce is thickened, about 20 minutes.
9. Once your squash has cooled, use a fork to pull strands of squash free from shells.
10. Top squash with sauce. Enjoy!

# Treat yourself kindly

## Let go of the guilt.

When working on your wellness journey, you may get off track. Don't be hard on yourself - you are human! Remember progress not perfection.

Progress  
*not*  
Perfection!



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## Blueberry Cocoa Smoothie

 1 Serving



### Ingredients:

- 1 cup blueberries, frozen
- ½ medium banana
- ½ cup plain Greek yogurt
- 2 tsp. cocoa powder
- ½ tsp. cinnamon
- 1 cup 1% milk

### Directions:

1. Combine all ingredients in a blender and mix well.
2. Serve and Enjoy!

Nutrient analysis per serving: 378 calories, 7 g fat, 23 g protein, 62 g carbohydrate (52 g available carbohydrate), 10 g fibre, 162 mg sodium

My Viva Servings: 0 grains and starch, 2 proteins, 0 vegetables, 3 fruit, 0 fat, 1 dairy

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