



## *HAPPY VALENTINE'S DAY*

January saw the close of another kitchen. The 2 Bears group in Lake Cowichan has folded and some of the members may go to other groups. Linda will not be facilitating a kitchen but will help out Community Kitchens in other functions when needed. We all miss seeing her at our monthly staff meetings.

The other kitchens are doing well and we are trying to get some other kitchens running to accommodate people on our waiting list.

I thought I would make this month's recipe fun and easy, and since most people love spaghetti and meatballs I thought I would share one of our meatball recipes with you.

Remember when choosing the pasta to go with them that there is a wide variety of healthy pastas on the market now. You can use whole wheat, multi-grain or gluten-free. For an even healthier choice try spaghetti squash.

However you choose to serve yours I hope you enjoy the recipe.



## MARIO'S MAMA'S MEATBALLS

Mario Iannidinaro

½ Lb. Lean Ground Beef	1 Tsp. Oregano
½ Lb. Lean Ground Pork	Salt & Pepper to taste
½ Cup Fine Bread Crumbs	1 Small Onion, finely chopped
1 Egg	2 Tbsp. Finely chopped Parsley
2 Tbsp. Parmesan cheese	

1. Mix all ingredients together. Mix well.
2. Roll tightly into 1 inch balls and then add to Basic Tomato Sauce. "Buono Appetito."