

# VALENTINE'S DAY SURVIVAL KIT

for Mom



Valentine's Day should be full of fun, family and love.  
Here's a handy kit to help you survive the holiday with ease.

## THE KIT includes:

- To do checklist
- A simple and healthy dinner recipe
- A tasty dessert recipe
- Valentine's Day cards for the kids

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# VALENTINE'S DAY TO DO LIST

- Be sure that animal gifts are stuffed, not wild
- Have the kids hand out the included Valentine's Day cards to family and friends
- Enjoy a delicious homemade meal (no need for fancy restaurants)
- Show your love through their bellies with a yummy, sweet dessert
- End all texts in "xoxo" or "<3" to make sure they know you love them
- Dress appropriately - no flammable pirate outfits allowed



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# The not so Terrible, Horrible, NO GOOD PASTA RECIPE

## *Tomato Vegetable Pasta*

This recipe makes a delicious dish, with or without meat. Serves 6.

### *Ingredients:*

- 6 white mushrooms, sliced
- 1 green pepper, chopped
- 1 small brown onion, chopped
- 1 large clove of garlic, minced
- 2 (12 ounce) cans of tomato puree
- 1 tablespoon of oregano
- 1 teaspoon of basil
- 2 tablespoons of olive oil
- 1/2 cup red wine
- Ground beef, sliced pancetta  
or sausage if desired
- Parmesan cheese to garnish
- 12 ounces of pasta



### *Directions:*

Heat olive oil in a large pot and cook garlic till golden. Add meat and cook. Add the vegetables and sautee. Add the cans of tomato puree, oregano, basil and wine. Simmer on low heat, stirring occasionally, until the pasta is cooked.

Bring a large pot of lightly salted water to a boil. Cook pasta per the package instructions or until al dente. Drain the pasta and place in individual serving plates. Pour the sauce over the pasta and sprinkle Parmesan cheese on top. Serve with garlic bread, salad and wine. Enjoy!

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# The NO GOOD, VERY BAD, but DELICIOUS Dessert Recipe

## *Decadent Delight*

This is a simple and delightful dessert that uses packaged mixes to make things quick and easy. Just choose your favorite packaged mix at the store for both chocolate chip cookies and brownies.

## *Ingredients:*

- Chocolate chip cookie mix (and required ingredients)
- Brownie mix (and required ingredients)
- 1 cup coconut flakes
- 1 cup chocolate chips

## *Directions:*

Follow the directions to make the chocolate chip cookie dough. Once mixed, spread evenly in a greased 8" x 8" baking dish. Place a layer of coconut flakes and chocolate chips. Or you can get creative – add nuts, graham crackers or your favorite flavor of chips instead.

Follow the directions on the box to mix the brownies. Once mixed, pour evenly on top of the other ingredients. Bake according to the brownie directions. Cool and cut into squares, and enjoy!



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