

# Pasta Sauce

4 Tomatoes  
½ Red Onion  
2 Cloves Garlic  
1 Tablespoon Oregano  
Salt  
Oil  
Vinegar  
Fresh Herbs

Cut tomatoes in half and grate (using box grater) into a bowl, reserve crushed tomatoes and skins in bowl, bring oil in small saucepot to medium high heat and add minced red onions, season with salt and cook for 3-4 minutes, deglaze pan with splash of vinegar and cook for another minute, add grated tomatoes into pot, season, and bring to a boil, when boiling, add minced garlic and oregano, lower to simmer and continue to cook stirring occasionally, reduce til desired constancy is reached, taste, adjust for salt, stir in freshly chopped herbs, serve or reserve

# Turkey Sausage

1 Pound Ground Turkey  
1 Tablespoon Coconut Oil  
2 Teaspoons Salt  
1 Teaspoons Fennel Seeds  
1 Teaspoons Dry Basil  
1 Teaspoon Onion Powder  
1 Teaspoon Garlic Powder  
½ Teaspoon Pepper  
¼ Teaspoon Cayenne

Put ground turkey into bowl, add all remaining ingredients, mix well by hand or with spoon/spatula til seasonings are evenly distributed, reserve in clean airtight container or wrap tightly in plastic wrap, rest overnight in refrigerator for best results, portion and cook as you wish

# Macaroni Salad

2 Cups Cooked Macaroni

1 Medium Carrot

1 Stalk Celery

1 Small Shallot

½ Cup Mayonnaise

1 Teaspoon Dijon

Salt

Pepper

Cut peeled carrots, celery, and shallots into a small dice, place in bowl with pasta, add Dijon, salt and pepper, stir in mayonnaise, taste, adjust, serve