

🍴 A cozy, plant-powered pasta e lenticchie (pasta and lentils) for the New Year 📧 Forwarded this newsletter? Subscribe to get it straight to your inbox!

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Ring in the New Year with Lentils!

Hi ,

In Italy, **lentils** are a New Year's tradition, their coin-like shape symbolizing wealth and good luck. Starting the year with a bowl of ***pasta e lenticchie*** — humble, hearty, and satisfying — feels almost magical.

Let's talk pasta. Store-bought works just fine, but making your own [spinach pasta](#) is a simple way to elevate this classic dish. The vibrant green noodles pop against earthy lentils. Just three ingredients — flour, spinach, and water — come together in minutes. No kneading, no pasta machines — just a rolling pin, a knife, and a little joy in the process.

This hands-on approach connects you to a beloved Italian tradition where nothing went to waste. Leftover pasta scraps were chopped into irregular pieces, called *maltagliati*, and added to soups and stews. In this dish, they cling to lentils and broth, releasing starch as they cook and naturally thickening the pot.



This is *cucina povera* at its finest — humble ingredients, thoughtful technique, and deeply satisfying flavor. It's also *whole-food, plant-based* cooking at its best: no oil, no dairy, no eggs, just simple pantry staples coming together into something hearty, nourishing, and quietly special.

Get the recipe → [Pasta e Lenticchie con Maltagliati \(Pasta and Lentils\)](#)



Little Sprouts

Simple Homestyle Apple Cinnamon Oatmeal

My grandbabies are growing fast and are loving the meals I am creating for them. Here's one I batch cook every Sunday but haven't shared yet!

[Simple Homestyle Apple Cinnamon Oatmeal](#) is healthy, simple, filling, and five days of breakfasts made in under 15 minutes.

A Note from My Kitchen

I hope this bowl of *pasta e lenticchie* inspires you to slow down, honor simple ingredients, and savor the joy of cooking from the heart. Whether you're enjoying it with traditional maltagliati, adding a vibrant twist with spinach pasta, or tossing in purchased pasta, remember that the most nourishing meals often come from the humblest pantry staples.

Before I go, I'm excited to share **a few highlights**—

- Six of my **recipes** are **featured in** [The Vegan Journal](#) (Vol. 45, Issue 1, 2026), *Vegano Italiano* (page 16). I'm officially published! 🙌
- **I'll be part of Chef AJ's upcoming Vegan Bundle** (February 14–22), featuring *PLANTifull Fare with Italian Flair Vol. 3* alongside many wonderful plant-based resources. 🌱
- **I'm also grateful to continue partnering with California Balsamic** — a pantry staple I genuinely love and use often. 🍷

Thank you for letting me share these moments of flavor, tradition, and care with you. From my kitchen to yours, may your New Year be full of warmth, comfort, and delicious, plant-powered meals.

~ Donna



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Ready to start?

My goal is to inspire **you** to embrace a plant-fueled lifestyle for a healthier, more vibrant life.

Tell me what classes interest you, or grab a few helpful freebies—and don't forget a little flavor boost with my favorite kitchen ingredient, California Balsamic vinegars!

Cooking Class Interest

Tell me what classes you'd like to see

Free Salad Dressing Recipes

Oil- & dairy-free inspiration

Health Goal Worksheet

Rechargers vs. Depleters

Transform Your Recipes (California Balsamics)

Add rich, tangy flavor to salads, roasted veggies, and desserts



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