

# Pesto Bolognese Lasagna



### INGREDIENTS:

- 2 tablespoons extra virgin olive oil
- 1 medium yellow onion, chopped
- 1 red bell pepper, chopped
- 2 cloves garlic, minced or grated
- 3/4 pound ground spicy Italian sausage
- 1/2 pound lean ground beef
- Salt and black pepper
- 1 (28 ounce) can chopped tomatoes
- 1/4 cup or 1 small can tomato paste
- 2 teaspoons dried oregano
- 1 bay leaf
- 1 cup whole milk
- 2 cups shredded provolone cheese
- 2 cups whole milk ricotta cheese
- 1/2 cup basil pesto, homemade or store bought
- 6 ounces fresh mozzarella, torn
- 1 box no-boil lasagna noodles
- Grated parmesan and fresh basil, for serving



### INSTRUCTIONS:

Heat the olive oil in a large soup pot over medium heat. When the oil shimmers, add the onion and season with salt and pepper. Cook 5 minutes or until the onion is fragrant and beginning to caramelize. Add the bell pepper, garlic, sausage, and beef, brown all over, breaking up the meat as you go, about 10 minutes.

Add the tomatoes, tomato paste, oregano, bay leaves, milk, and 1 cup of water. Season with salt and pepper. Stir to combine. Cook over medium for 30 minutes, until the sauce has thickened slightly. Remove the bay leaves and discard. If your sauce seems thick, add 1/2 cup additional water to thin. In a medium bowl combine the ricotta and pesto.

Preheat the oven to 375 ° F. Grease a 9"x13" pan. Spread 1/4 of the Bolognese sauce onto the bottom of the dish. Top with 3-4 lasagna sheets. Spread with 1/2 the ricotta cheese mixture, another 1/4 of the Bolognese sauce, and half of the provolone. Place another 3-4 lasagna noodles on top. Then top with the remaining ricotta cheese mixture, another 1/4 of the Bolognese sauce, and the remaining provolone. Add the remaining lasagna noodles and pour the remaining Bolognese sauce over top. Top with mozzarella and parmesan cheese. Bake uncovered for 45 minutes or until the top has bubbled up and browned a bit. Let stand 10 minutes before serving.



## HOW TO: Protect Your Plumbing System This Winter

When plumbing disasters occur, they tend to happen at the worst possible time, like when you're about to leave for that amazing winter vacation and you've spent all your money. If you plan ahead, however, you can prevent an unpleasant scenario from ruining your winter.

So here's what you need to do to protect your plumbing system this winter.

### INSULATE HOT AND COLD WATER PIPES

Insulating pipes in unheated spaces is obvious and if you have pipework

### CARRY OUT MAINTENANCE ON YOUR WATER HEATER

Hot water is important all year long. But in winter time, a cold shower just isn't an option (unless you're one of those people doing winter dips into the Great Lakes for fun).

Ensuring that your heater works in winter also protects your family from the risk of carbon monoxide poisoning if you have a gas fired water heater. In a home that's

in this type of space, then insulating them should be at the top of your list. But if you want to really protect your plumbing system (and minimize energy waste), you should consider insulating all your piping as far as possible.

You can also leave cabinet doors open in areas where you know pipes can freeze so heat from the room can get to them.

### CLEAR LEAVES BEFORE THE SNOWFALL

Taking care of your drainage system starts when the leaves fall. The buildup of debris in your storm drains can result in an icy buildup in the winter that cracks pipes or melts in the spring to flood your yard and possibly your basement.

mostly closed to keep the heat in, your risk of exposure increases.

### KEEP YOUR HOUSE WARM

The simplest thing you can do to prevent your pipes from freezing is to ensure that the temperature inside your home, at the coolest place, never drops below freezing. Keeping your HVAC system in top shape will protect your home as well as keep the winter chill out.

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# Comfortable LIVING

Winter 2019

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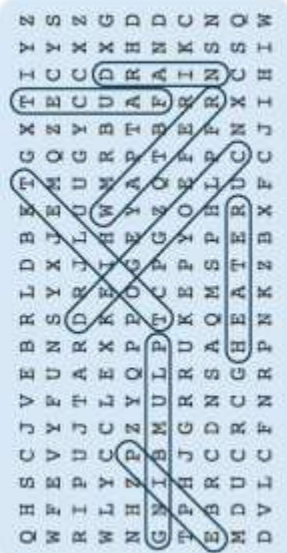
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TO:





## WORD SEARCH

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## The Health Benefits of Pet Ownership

Welcoming a pet into your home benefits the animal who no longer has to fend for itself in the wild or be left in an unstable place. But the benefits go both ways, even positively affecting your health and wellness.

Here are some ways owning a pet is beneficial to your health and your life.

### REDUCED STRESS LEVELS AND LESS SUSCEPTIBILITY TO ILLNESS

Studies show that simply petting a dog or cat can reduce heart rates and slow breathing. It increases production of the bonding hormone oxytocin while lowering cortisol levels. Less stress means a better immune system and reduced chance of getting the cold or flu.

### INCREASED OPPORTUNITY FOR OUTDOOR ACTIVITIES

Without a dog begging for an evening walk, it may be tempting to just laze around the house at the end of a busy workday. Having an animal that you have to exercise will give you more time in nature exercising your own body and reaping the benefits of a healthy lifestyle.

### HEALTHIER HEART

Due to the sometimes dizzying pace of modern life, our heart rate is often higher than it should be, even when

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## How to Protect Your Plumbing System This Winter (Cont.)

### INSPECT AND REPAIR HIDDEN LEAKS

This should be on your to do list year round but when the temperature drops, it becomes more critical to ensure that no water is leaking into your home's structure. If it freezes, you'll be repairing more than your plumbing as ice damages your home's walls and foundation.

### INSULATE YOUR ATTIC IF YOU HAVE PIPING THERE

Keeping the heat in your attic benefits your bill as well as your plumbing. Even with insulated pipework, you want to minimize heat loss by ensuring that your attic and other unheated spaces are also insulated.

If you need help protecting your plumbing system this winter, give us a call.

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## The Health Benefits of Pet Ownership (Cont.)

we're resting. The combination of reduced stress hormones and increased physical activity will benefit your heart health overall.

### DECREASED BLOOD PRESSURE

As with a healthy heart, your blood pressure will benefit from less stress and more exercise as you fit your pet's needs into your own lifestyle.

### REDUCED RISK OF LONELINESS AND DEPRESSION

So far, we've looked at physical benefits. But mental health is just as important. Pets reduce the risk of depression (something that's tied to stress and anxiety) and if you're living on your own, it keeps the loneliness at bay.

### INCREASED COMPASSION FOR THE WEAK AND HELPLESS

People who take care of animals learn very quickly to be patient with them. Caring for an animal helps you develop compassion for a creature that relies completely on you for its survival.

## JOKE SECTION

What do plumbers have when they fall asleep? *Pipe dreams!*

What did the sink ask the toilet? *Water you doing today?*

Why did the faucet take a sick leave? *He wasn't filling so well...*

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### BONUS: KIDS LEARN RESPONSIBILITY

Children are, by nature, egocentric. Having a pet in the house that they are partially responsible for will teach them a vital life lesson that no amount of lecturing ever can. They'll learn how to be responsible and caring, lessons that will take them through life.

You will reap many benefits from owning a pet. Just remember to take proper care of your PLUMBING and HVAC systems to keep everyone healthy (including your furry, feathered, and scaly family members).