

# Good News Department

## Use Creativity To Fight Hunger One Slice Of Bread At A Time

(NAPSA)—It's now possible to fight childhood hunger in America, one slice of bread at a time.

At [breadartproject.com](http://breadartproject.com), visitors can create a piece of bread art by uploading a favorite drawing or photo or designing a new one using a digital slice of bread as the canvas.

For each piece of bread art created, the Grain Foods Foundation will donate \$1 to Share Our Strength®. One dollar can help provide three nutritious meals to a hungry child, and \$25 can help feed one child three healthy meals a day for a month.

The Grain Foods Foundation will donate \$50,000 to Share Our Strength, plus an additional \$1 for each qualifying submission.

"Bread and grains provide many of the essential nutrients our bodies need to stay healthy," says Judi Adams, MS, RD and president of the Grain Foods Foundation, "and they are versatile items that families can use to stretch their grocery dollars at home."

For anyone looking for their own kitchen cutbacks, Food Network host and mother of four Melissa d'Arabian has developed some money-saving recipes. "It's heartbreaking to know there are families in our own country struggling for the basics."

For more recipes, visit [gowiththegrain.org](http://gowiththegrain.org) or [GoWithTheGrain](https://www.facebook.com/GoWithTheGrain) on Facebook, Twitter and Flickr.

### Crispy Ham, Tomato and Mozzarella Sandwich

- 2 Tbsp. olive oil plus 1 tsp., divided
- 1 tsp. dried basil
- 1 garlic clove, peeled and



Food Network host Melissa d'Arabian offers healthy recipes.

smashed

- 4 thin slices ham
- 4 slices sandwich bread
- 4 slices mozzarella cheese
- ½ tomato, thinly sliced
- Salt and pepper

In a small bowl, mix 2 Tbsp. of the olive oil, basil, smashed garlic clove and salt and pepper with a fork to release flavors and let sit while preparing the rest of the sandwich (at least 5 minutes). In a small sauté pan, cook the ham in a tsp. of olive oil over medium heat 2–3 minutes per side, or until beginning to crisp. Toast the bread. Lay the cheese on one slice of the toast and brush generously with the flavored olive oil, using a pastry brush. Add the ham and top with tomatoes. Brush the tomatoes with the olive oil and top with the second piece of toast. Repeat for the second sandwich.

*Yield: 2 servings. Prep time: 10 minutes. Ease of preparation: Easy.*

### Weekday Crisper Drawer Penne Pasta

- 3 Tbsp. olive oil
- 1 slice bacon, cut into matchsticks across the shorter length of the strip
- 1 onion, thinly sliced
- 2 carrots, grated
- 1 zucchini, grated
- 1 tsp. dried thyme
- 2 cloves garlic, minced
- 8 ounces dried penne pasta
- 2 cups fresh spinach
- ¼ cup grated Parmesan
- 2 Tbsp. bread crumbs
- Salt and pepper

In a large sauté pan, cook bacon in olive oil until almost crisp, about 5 minutes. Add onion and cook until tender and translucent. Add the remaining vegetables and cook until tender, about 5 minutes. Add garlic and cook until fragrant.

Meanwhile, cook penne according to package directions, salting the water liberally. One minute before the pasta cooking time is done, add raw spinach to the pasta water and cook with the pasta for the final minutes. Remove ¼ cup of pasta water just before draining and set aside. Drain pasta and spinach and toss in pan with vegetables. Add pasta water as necessary to coat pasta so it doesn't stick. In a small bowl, mix Parmesan and bread crumbs and sprinkle on top of pasta to serve.

*Yield: 4 servings. Prep time: 20 minutes. Ease of preparation: Easy.*