



# NYC Lifestyle

## February Foodie Edition

February might be the shortest month of the year, but it's chock-full of culinary holidays that celebrate the all-mighty tater tot, carrot cake, chocolate fondue and more. From sweet to savory, this week's list of recipes arrives just in time to help you taste your way through the foodie holidays.

### National Dark Chocolate Day | February 1

While dark chocolate may not be your favorite, this recipe for dark chocolate mole sauce (pronounced "molay") may change your mind! Mole is a traditional Mexican sauce comprising a mix of dark chocolate and chili peppers and is surprisingly simple to make. [Click here for the recipe.](#)

### National Carrot Cake Day | February 3

Looking to bake something sweet for the kids? Let them eat carrot cake! [This alternative recipe](#) calls for almost half the amount of sugar required by most carrot cake recipes and swaps white flour for whole wheat.

### National Tater Tot Day | February 2

National Tater Tot Day was unofficially founded in 2009 by a food blogger with a great appreciation for fried potatoes. Official or not, [check out this recipe from The Little Potato Company](#) which offers a healthier, baked alternative to the traditional fried tot.

### National Bubble Gum Day | February 5

Children's book author Ruth Spiro designated the first Friday of February National Bubblegum Day to encourage kids to make charitable donations in exchange for being allowed to chew bubble gum in class. Bring home the fun with [bubble gum recipes](#) from *Cookies Cupcakes & Cardio*.



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### **National Chocolate Fondue Day | February 5**

Chocolate fondue is both decadent and easy to make. And by easy, we mean 15 minutes or less! We encourage you to celebrate National Fondue Day using [this recipe from Mel's Kitchen](#). You can use a mix of your favorite chocolate bars, berries, or cookies. To make the day extra special, [consider purchasing a fondue set](#) which can be used for chocolate, cheese and more.

### **National Eat Ice Cream for Breakfast Day | February 6**

Although you probably shouldn't eat ice cream for breakfast every day, a little indulgence here and there is good for the soul. Make it French and fancy with [this recipe for crepes with vanilla ice cream and chocolate sauce](#) from Balducci's, a gourmet market chain founded in Greenpoint, Brooklyn.

### **World Nutella Day | February 5**

Nutella is one of Italy's many gifts to the world and has earned a global day of recognition. Take your pick of [these top 20 Nutella recipes](#) from award-winning food blog The Kitchn. Don't forget to snap a selfie with your dessert and post on social media with #WORLDNUTELLADAY. You might get a shout out from [the makers of Nutella!](#)

### **National Fettucine Alfredo Day | February 7**

Fettucine Alfredo is another Italian export that never fails to disappoint. The dish dates back to 1800's Rome and was given its own holiday in 2005. Try [this six-ingredient recipe](#) from celebrity chef Lidia Bastianich which offers a nod to tradition with a few modern twists. Buon appetito!