



## October 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1.	2.	3.	4.	5.	6. National Noodle Day	7.
8.	9.	10.	11.	12.	13.	14.
15.	16. On-Bill Ad Deadline	17.	18.	19.	20.	21. National Chocolate Day
22.	23.	24. Transmit Date	25.	26.	27.	28.
29.	30.	31. Halloween				

### RECIPE

## Curried Brown Rice with Pumpkin Seeds, Apricots, and Spinach

- 1 cup brown rice (short grain, uncooked)
- 1 Tbsp. olive oil (or cooking oil)
- 2 garlic cloves, chopped
- 1 red onion, peeled and finely (chopped)
- 1 Tbsp. curry powder
- 2 cups fresh spinach, (chopped)
- 2 cups low sodium vegetable broth (or low sodium chicken broth)
- Salt and pepper (to taste)
- 1 cup dried apricots (chopped)
- 1/2 cup pumpkin seeds toasted (pepitas)



1. Rinse the rice well.
2. Heat the oil over medium heat in a large heavy saucepan.
3. Add the onions and garlic and cook for 3-4 minutes, then stir in the curry powder.
4. Add the rice and broth and bring to a boil over high heat.
5. Reduce the heat, cover, and simmer for 30-45 minutes until the liquid is absorbed.
6. Remove from heat and stir in the apricots and spinach.
7. Replace cover and let sit for 10 minutes.
8. Add the pumpkin seeds, salt, pepper, (and more curry if desired) and fluff with a fork.
9. Serve immediately.



### MACC's

## Tips and Tricks!

Customer Master: Check your Inquiry settings.

When the Auto-Expand Tiers check box is selected, the system will automatically expand each tier upon clicking the Search button. When Suppress Discon Tiers is selected, and a number of days is set, the Inquiry screen will "hide" qualifying disconnected tiers. These Inquiry settings are saved to the individual user's registry.

### MACC's

## October Trivia

- Q What year was the original "Jurassic Park" released?
- Q Which player from the Dallas Mavericks is an investor in Big Blanket Co., the maker of 10-by-10 foot blankets?
- Q Where were Doritos invented?

Submit answers at: [macclientcentral.com/trivia](http://macclientcentral.com/trivia)