

# Greater Midwest Financial Group LLC



Happy New Year from Greater Midwest!

New year, new goals. Let's set a time to talk to go over your financial goals for 2021!

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## Employee of the Quarter



**Sonja Palm**

A little about me... I love the outdoors, hiking, kayaking, being active and spending time with loved ones. Being a Mother to two beautiful hockey-playing daughters and a Grandmother to three amazing grandchildren (all under 3 years old) has been one of my greatest joys and biggest blessings.

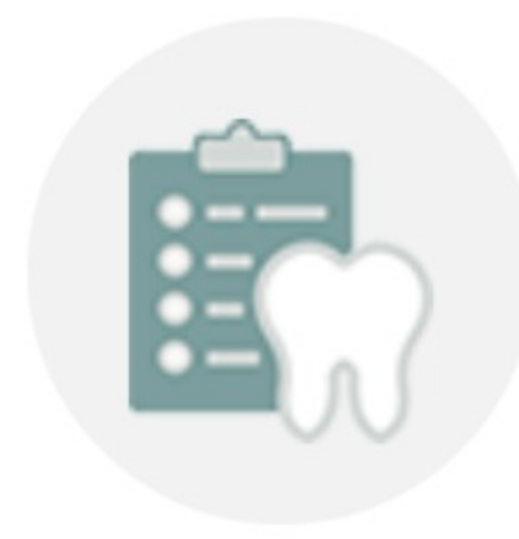
Something most people may not know about me is that I took piano lessons for 12 years, starting at age 5; all the children in my family (2 brothers and 2 sisters) also play the piano.

My role at GMFG as Securities Department Manager is very rewarding as I enjoy providing a variety of services to clients. Working with a great group of people that genuinely care about our clients and the work that we do is truly something you don't find everywhere. Very happy to be a part of this team!

## Who We Serve



**BUSINESS OWNERS**



**DENTAL PROFESSIONALS**



**PROFESSIONAL/ EXECUTIVES**



**RETIREES AND PRE-RETIREES**

## Trending ARTICLES



### Mental Health Tips From The Pros

Low-cost hacks for improving mood and well-being—no matter your therapy budget

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### Avoid these costly mistakes when rolling over a 401(k) to an IRA

So you've left your job and want to move assets from your workplace savings plan to an individual retirement account. You may want to pause before doing the rollover. If you're not careful, you could make costly errors or lock yourself into a move that can't be easily undone.

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**Need a financial advisor for your small business? Saving for retirement? Receive real, reliable financial advice from someone that cares at Greater Midwest Financial Group.**



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## Baked Penne with Roasted Vegetables



### Ingredients

- 2 red bell peppers, cored, seeded and cut into 1-inch strips
- 2 zucchinis, quartered lengthwise and cut into 1-inch pieces
- 2 summer squash, quartered lengthwise and cut into 1-inch pieces
- 4 cremini mushrooms, quartered
- 1 yellow onion, peeled and sliced into 1-inch strips
- 1/4 cup extra virgin olive oil
- 1 teaspoon salt, divided
- 1/2 teaspoon freshly ground black pepper, divided
- 1 tablespoon dried Italian herb blend or herbes de Provence
- 1 pound penne pasta
- 3 cups marinara sauce
- 1 cup grated fontina cheese
- 1/2 cup grated smoked mozzarella
- 1/4 cup grated Parmesan plus 1/3 cup for topping
- 1 1/2 cups frozen peas, thawed
- 2 tablespoons unsalted butter, cut into small pieces

### Directions:

#### Preparation

1. Preheat the oven to 450 F.
2. Bring a large pot of salted water to a boil over high heat.
3. On a baking sheet, toss the cut bell peppers, zucchini, squash, mushrooms and onion with the olive oil, 1/2 teaspoon of the salt, 1/4 teaspoon of the pepper and the herbs.
4. Bake until tender, about 15 minutes.
5. Add the pasta to the boiling water and cook for about 6 minutes. Drain in a colander.
6. In a large bowl, combine the pasta with the roasted vegetables, marinara sauce, fontina, mozzarella, 1/4 cup of the Parmesan, the peas and the remaining 1/2 teaspoon salt and 1/4 teaspoon pepper. Gently mix using a wooden spoon until all the pasta is coated with the sauce and the ingredients are combined
7. Pour the pasta into a greased 9- by 13-inch baking dish. Top with the remaining 1/3 cup of Parmesan cheese and the butter pieces.
8. Bake until the top is golden and the cheese melts, about 25 minutes.