



Garlic Shrimp with Roasted Squash over Rice

Prep Time: 30 min

Cook Time: 20 min

Serves: 4

NUTRITION FACTS, PER SERVING:

435 calories

13.43 g total fat

940 mg sodium



INGREDIENTS: ** Items not included in kit

- 1 lb. shrimp
- 2 TB olive oil**
- 1 TB fresh lime juice
- 4 garlic cloves, minced or grated
- 1/4 tsp ground cumin
- 1/4 tsp red pepper flakes
- Salt & pepper, to taste
- 1 zucchini sliced (1/2 inch thick)
- 1 yellow squash sliced (1/2 inch thick)
- 1/2 pint cherry/grape tomatoes, halved
- 2 TB olive oil**
- 1/2 tsp garlic powder
- 1/3 cup parmesan cheese
- 1 1/2 cups basmati rice
- 1 TB olive oil **
- Fresh parsley, chopped

DIRECTIONS:

1. In a bowl, whisk together **2 TB olive oil, 1 TB lime juice, minced garlic, cumin, red pepper flakes, pinch of salt and pepper**. Cut the **shrimp** in half if desired and add **shrimp** to the bowl. Toss to coat, cover with plastic wrap and place in refrigerator to marinate for 20 minutes.
2. While the shrimp marinates, preheat oven to 425 degrees. Prepare a baking sheet **by spraying with nonstick spray**. Rinse and slice the **tomatoes** in half, set aside.
3. In a large bowl combine **2 TB olive oil, garlic powder, 1/4 tsp salt and 1/4 tsp black pepper**. Add the **squash/ zucchini slices and halved tomatoes** and toss well to coat. Pour the mixture onto the greased baking sheet and spread into a single layer. Sprinkle tops with **parmesan cheese**. Bake 15 minutes or until tender.
4. **Basmati Rice**: Rinse the basmati rice in cold water to remove excess starch. Combine rice with **2 1/4 cups water, 1 TB olive oil** and a **pinch of salt** in a medium sized pot. Stir once and bring to a boil over high heat. Cover, reduce heat to low and simmer for 10 minutes. Remove pan from heat and leave covered for 5 minutes. Remove lid and fluff with fork before serving.
5. Heat a skillet over medium heat. Add the **marinated shrimp** and cook until done (about 5-8 minutes), turning halfway through.
6. Serve shrimp over rice with a side of roasted squash and sprinkle with **fresh chopped parsley**.

Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.

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Penne, Zucchini and Turkey Sausage Bake

Prep Time: 15 min

Cook Time: 45 min

Serves: 4

NUTRITION FACTS, PER SERVING:

450 calories

14.1 g total fat

508 mg sodium



INGREDIENTS: ** Items not included in kit

- 8 oz uncooked penne pasta, you were given a 16 oz box
- 1 lb. turkey sausage
- 1/2 cup diced onions
- 4 cups zucchini, sliced
- 2 tsp Spice Blend (1 1/2 tsp dried oregano & 1/2 tsp dried thyme)
- 1/4 tsp crushed red pepper
- 1 garlic clove, minced
- Dash of sugar**
- 1 TB champagne vinegar
- 1 (28-ounce) can diced tomatoes
- 2 TB milk**
- Cooking spray**
- 1.5 cups part-skim mozzarella cheese, shredded
- 1/2 cup Parmesan cheese, grated and divided

DIRECTIONS:

1. Preheat oven to 375°.
2. Cook **pasta** according to package directions for al dente. Drain; set aside.
3. Heat a large skillet over medium-high heat. Add **sausage** to pan, and sauté for 5 minutes or until browned, stirring to crumble. Using a slotted spoon, remove sausage from pan and place in a large bowl. Add **sliced zucchini and diced onions** to pan; sauté 3 minutes or until crisp-tender, stirring frequently. Add **spice blend, minced garlic, red pepper flakes and pinch of sugar**; sauté 1 minute, stirring constantly. Add **champagne vinegar**; cook for 30 seconds or until the liquid evaporates. Add **can of diced tomatoes**; bring to a boil. Reduce heat, and simmer 5 minutes, stirring occasionally. Remove pan from heat; stir in **milk**. Add **pasta** and **sausage** to **tomato mixture**; stir to combine.
4. Spoon half of **pasta mixture** into an 11 x 7-inch glass or ceramic baking dish coated with **cooking spray**, or divide half evenly among 4 individual dishes coated with **cooking spray**. Sprinkle **1/2 of the mozzarella cheese and 1/2 of the parmesan cheese** over pasta. Top with remaining **pasta mixture**; sprinkle evenly with **remaining mozzarella and remaining Parmesan cheese**. Bake at 375° for 20 minutes or until browned and bubbly.

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