



Balsamic Mushroom, Squash and Goat Cheese Pizza

Prep Time: 20 min

Cook Time: 20 min

Serves: 4

NUTRITION FACTS, PER SERVING:

211 Calories

12 g fat

1,050 mg sodium



INGREDIENTS: **** Items not included in kit**

- 2 balls of pizza dough, thawed and at room temperature
- Olive oil or Nonstick Spray**
- 2 TB cornmeal, for dusting pan
- 2 TB olive oil**
- 16 oz. mushrooms, sliced
- Salt & black pepper**
- 1 TB butter**
- 2 garlic cloves, minced
- 3 TB Balsamic vinegar
- 1 cup Delicata squash, sliced 1/8 inch thick
- 4 oz. Goat cheese
- 1/2 cup grated Parmesan or Fontina cheese
- 1 TB fresh thyme
- 12 oz Mixed Greens
- Favorite salad dressing**

DIRECTIONS:

1. **Pizza dough needs to be thawed and at room temperature prior to shaping the dough and making the recipe as directed. Keep dough covered with plastic wrap so it will not dry out.**
2. Preheat the oven to 450 degrees. Grease a large baking sheet with **olive oil or non stick cooking spray**, then sprinkle sheet pan with **cornmeal** and set aside.
3. Prepare Produce: Remove stems and slice **mushrooms**, set aside. Peel and mince **garlic clove**, set aside. Wash and dry **Delicata squash**. Cut squash in half lengthwise, scoop out seeds, then slice each half into 1/8 inch thick slices, set aside. Pluck leaves from **thyme** stems, set aside.
4. Heat **2 TB olive oil** in a large skillet over medium-high heat. Add the **sliced mushrooms** and cook until softened and reduced in size, about 5-8 minutes. Add **1 TB butter, pinch of salt and black pepper, and minced garlic**, cook for 1 minute more. Add the **balsamic vinegar** and continue cooking, stirring often until liquid reduces and the balsamic glazes the mushrooms. Remove pan from heat and set aside.
5. On a lightly floured surface, roll out one **dough** until it is thin or you can make 2 pizzas that have a thicker dough. Transfer the dough to the prepared baking sheet.
6. Lay the **squash slices** in an even layer on the pizza dough. Top with the **cooked mushrooms**, then with the **goat cheese and parmesan/ fontina cheese**, and sprinkle with **thyme leaves**.
7. Bake in the 450 degree oven for 10-15 minutes or until the crust is golden. When done, remove from the oven, let rest for 5 minutes, then cut into wedges and serve.

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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Creamy Spinach Orzo with Green Beans

Prep Time: 15 min

Cook Time: 20 min

Serves: 4

NUTRITION FACTS, PER SERVING:

440 Calories

17 g fat

590 mg sodium



INGREDIENTS: **** Items not included in kit**

- 1 TB olive oil**
- 1/2 cup diced yellow onions
- 2 garlic cloves, minced
- 2 cups dry orzo pasta
- 2 cups vegetable broth, low sodium
- 2 cups 2% milk
- 3 cups packed baby spinach, coarsely chopped
- 1 cup Parmesan cheese
- 1/3 cup sundried tomatoes, chopped
- Salt & Black Pepper, to taste**
- 1 lemon, zested and juiced
- 1 lb. green beans

DIRECTIONS:

1. Prepare produce and set aside in separate piles: Peel and mince **garlic cloves**, coarsely chop **spinach**, chop **sundried tomatoes**, wash and trim ends of **green beans**, and zest & juice **lemon**.
2. Heat **1 TB olive oil** in a large sauce pan over medium-high heat. Add the **diced onion** and sauté until softened, about 3-5 minutes. Add the **minced garlic cloves**, **orzo**, **pinch of salt and black pepper**, stir for 1 minute. Stir in **2 cups vegetable broth** and **2 cups of milk**. Stir to combine and bring to a boil. Then, cover with the lid and reduce heat to a simmer, stirring occasionally until the orzo is al dente and most of the liquid is absorbed and has formed a creamy sauce, about 10 minutes. (If the orzo needs to be cooked longer, you can add a few tablespoons of milk or broth to the pot, stir and continue to simmer until done.) Remove pan from heat and stir in **coarsely chopped spinach**, **Parmesan/Fontina cheese**, **chopped sun dried tomatoes**, **lemon zest** and **1/2 lemon juiced**. Season with **salt and pepper** to taste.
3. **Trimmed Green Beans:** In a large sauce pot, bring **1.5 cups water** to a boil, add the trimmed green beans and cover with a lid. Steam for 4-5 minutes or until beans are fork tender **OR** place trimmed green beans in a microwavable safe dish with 1/4 cup water, cover and microwave 5 minutes. Remove from heat, drain and season with **salt**, **black pepper**, a drizzle of **olive oil**, and **1/2 lemon juiced**. Toss to combine. Serve alongside orzo dish.

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