



Spaghetti Squash, Spinach and Turkey Sausage Lasagna

Prep Time: 15 min

Cook Time: 1 hour 30 min

Serves: 4

NUTRITION FACTS, PER SERVING:

374 calories

18.9 g fat

613 mg sodium



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

- 2 small or 1 large spaghetti squash
- 3 TB olive oil**
- Salt & black pepper, to taste**
- 1 TB olive oil**
- 4 garlic cloves, minced
- 1 cup onions, diced
- 1 cup red peppers, diced
- 8 oz. fresh spinach
- 1/2 cup part-skim ricotta cheese
- 1/4 tsp salt & 1/4 tsp black pepper**
- 1 cup shredded mozzarella cheese, divided
- 1 lb. ground mild Italian turkey sausage
- 2 cups marinara sauce
- Red pepper flakes, use amount based on desired spice/heat level
- 1/4 cup parmesan cheese
- Non-Stick Cooking Spray**
- Aluminum foil**

1. Preheat oven to 425° and line a large baking sheet with **aluminum foil** and spray with **non stick cooking spray**. Scrub the **squash** clean and dry thoroughly. In a separate microwavable safe dish, place the whole squash and microwave on high for 5 minutes to make it easier to cut (do not microwave whole squash for more than 5 minutes). Carefully cut the squash in half lengthwise (stem to bottom end). Scoop out the seeds and discard. Drizzle the inside of the squash with **3 TB olive oil** using your hands to coat the entire surface of the squash. Sprinkle with **salt and pepper to taste** and place cut-side down on the lined baking sheet. Place squash in the oven and bake for 45 minutes to 1 hour or until squash is tender when pierced with a fork. Remove from oven and let cool. Use a fork to scrape the squash strands from inside. Place strands in a large bowl, set aside.
2. Heat a large skillet over medium-high heat. Add **1 TB oil** to pan; add **minced garlic**; cook 30 seconds. Add **spinach**; cook 1 minute or until spinach wilts. Remove from heat and add to the bowl of **squash strands**, toss to combine. Add **1/2 cup ricotta cheese, 1/4 tsp salt & black pepper**, and **1/2 cup mozzarella cheese**, to the mixture and toss to combine.
3. Return same skillet to medium-high heat. Add **ground turkey sausage** to pan; Cook 8 minutes or until browned, stirring to crumble. Add **diced onions** and cook for another 5 minutes. Add **diced peppers** and cook for 3 minutes. Add **2 cups marinara sauce** and **red pepper flakes for you desired spice/heat preference**; reduce heat to medium, and simmer 4 minutes.
4. Spray a 9 x 12 baking dish with **cooking spray**. Spread **turkey/marina sauce mixture** evenly into the bottom of the pan. Top with **squash/spinach/cheese mixture**. Sprinkle with remaining 1/2 cup **mozzarella cheese** and **1/4 cup parmesan cheese**. Bake at 425° for 20-30 minutes until cooked through and cheese is golden brown and bubbly. Remove from oven, let stand 10 min before serving.

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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Moroccan Chicken with Couscous and Carrots

Prep Time: 15 min

Cook Time: 30 min

Serves: 4

NUTRITION FACTS, PER SERVING:

830 calories

14 g fat

504 mg sodium



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

- 1.5 lbs. Chicken Breast Cubes
- 2.5 TB Moroccan Spice Blend (1 TB Paprika, 1 tsp Cinnamon, 1/8 tsp Nutmeg, 1 tsp Cumin, 1 TB Turmeric, 1/4 tsp Lemon Pepper)
- 1 inch piece of Ginger, minced
- 3 Garlic Cloves, minced
- 1/4 tsp Salt & 1/4 tsp Black Pepper**
- 1 lime, juiced
- 2 TB Balsamic Vinegar
- 1 TB Olive Oil**
- 1 cup Onion, diced
- 3/4 cup Dried Apricots, sliced
- 3/4 cup Dried Prunes, sliced
- Non-stick Cooking Spray**
- 1 pound baby carrots
- 1 TB Olive Oil**
- Pinch of Red Pepper Flakes—you can add more for your desired heat preference
- 1 Cup Israeli Couscous
- 1 TB Olive Oil**
- 1/4 cup Fresh Cilantro, chopped

DIRECTIONS:

1. Preheat oven to 425 degrees. Peel **ginger** and mince, mince **garlic**, slice **prunes** and **apricots** into strips; and set aside.
2. In a large Ziplock bag add the **cubed chicken**, **Moroccan Spice Blend**, **minced ginger**, **minced garlic**, **1/4 tsp salt & black pepper**, **1 lime juiced**, and **balsamic vinegar**. Toss to combine and marinate for at least 20 minutes or overnight in the refrigerator.
3. Preheat a large pan to medium-high heat add **1 TB olive oil** and **diced onions**. Cook stirring often for 3 minutes, Add in the **sliced dried fruit**, **salt & pepper to taste** and **1 cup of water**. Allow this mixture to boil for 5 minutes. Remove from heat.
4. Spray a baking sheet or oven safe casserole dish with **cooking spray**. Add **marinated chicken** and **onion/fruit mixture** and toss to combine well. Place in preheated 425 degree oven & bake uncovered for 20-25 minutes or until chicken is cooked through.
5. In a separate casserole dish or baking pan, toss the **baby carrots** with **1TB olive oil**, **salt & pepper to taste**, and a **pinch of red pepper flakes**. Roast in the oven at 425 degrees for 15 minutes, or until desired tenderness. Sprinkle with **chopped cilantro**.
6. To prepare **couscous**, bring **1 1/4 cups water** and **1 TB olive oil** to a boil. Stir in the **couscous**, cover and simmer for 8-10 minutes, stirring occasionally. Remove from heat and fluff with a fork. Season with **salt & black pepper to taste**.
7. Once **chicken** is cooked through, remove from the oven, and garnish with **chopped cilantro**. Serve **chicken** on top of **couscous** with **roasted carrots** on the side.

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