



Pesto Pasta with Spinach, Zucchini and Tomatoes

Prep Time: 20 min

Cook Time : 30 min

Serves: 4

NUTRITION FACTS, PER SERVING:

660 calories

22 g fat

460 mg sodium



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

- 1 box pasta (any shape)
- 3 garlic cloves, minced
- 2 zucchini, thinly sliced
- 8 oz baby spinach
- 1/2 pint cherry tomatoes
- 1/2 cup of pesto (you've been given 3/4 cup)
- ½ tsp red pepper flakes
- 2 TB Olive oil**
- Salt & black pepper**
- 1/3 cup grated parmesan cheese

DIRECTIONS:

1. Wash and dry the fresh produce. Peel and mince the **garlic** and halve the **tomatoes**; place in a bowl and season with a pinch of **salt and pepper**, stir to combine and set aside.
2. Bring a large pot of water to a boil and add the **pasta**. Cook stirring occasionally according to the package directions. Drain and reserve **½ cup of the pasta cooking water**.
3. While the pasta cooks, in a large nonstick pan, heat 1 TB olive oil on medium-high until hot. Add the **sliced zucchini** in an even layer. Cook, without stirring, 2-3 minutes and flip over and cook for another 2-3, or until lightly browned. Add **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Toss to combine.
4. Add the **cooked drained pasta, spinach, seasoned tomatoes**, and **1/4 cup of the reserved pasta cooking water** to the pan of **cooked zucchini**. Cook on medium-high for 1 to 2 minutes, or until thoroughly combined and the spinach is wilted. Stir in **1/2 cup pesto** and mix well. **Add more pesto if needed based on your preference**. (if the pasta seems dry, gradually add the remaining cooking water to achieve your desired consistency).
5. Top with a sprinkle of **parmesan cheese**.

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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Vegetable Quesadillas with Roasted Broccoli

Prep Time: 20 min

Cook Time: 40 min

Serves: 4

NUTRITION FACTS, PER SERVING:

640 Calories

38 g fat

800 mg sodium



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

- 8 Flour Tortillas
- 1 avocado
- 3/4 lb. broccoli florets
- 1 yellow onion, thinly sliced
- 1 poblano pepper, thinly sliced
- 2 tsp sambal oelek (chili garlic paste)
- 4 oz feta cheese crumbled
- 1/4 cup sour cream
- 4 oz shredded mozzarella cheese
- 1 TB rice vinegar
- Olive oil**
- Salt & Black Pepper**

DIRECTIONS:

1. Preheat oven to 450°F. Wash and dry the fresh produce. Halve and pit the **avocado**. Using a spoon, remove the avocado from the skin, then place in a bowl with **1/4 cup sour cream** and **1 TB vinegar**. Season with a pinch of **salt & pepper**. Using a fork, mash to your desired consistency.
2. Cut off and discard the stem of the **pepper**; remove the ribs and seeds. Quarter the pepper lengthwise, then thinly slice. Thoroughly wash your hands, knife, and cutting board immediately after handling the pepper.
3. In a large pan (nonstick, if you have one), heat **1 TB olive oil** on medium-high until hot. Add the **sliced onions** and **sliced peppers**; season with **salt & pepper**. Cook, stirring occasionally, 7 to 8 minutes, or until browned and softened. Add **as much of the chili paste as you'd like**, depending on how spicy you'd like the dish to be. Cook, stirring frequently, 1 minute, or until thoroughly combined. Turn off the heat.
4. Place the **tortillas** on a work surface. Top one half of each tortilla with the **crumbled feta cheese, cooked vegetables, and shredded cheese**. Fold the tortillas in half over the filling. Rinse and wipe out the pan used to cook the vegetables.
5. In the same pan, add the **quesadillas** and cook over medium heat for 3 to 4 minutes per side, or until golden brown and the cheese is melted (if the pan seems dry, add a drizzle of olive oil before flipping). Transfer to a cutting board and carefully halve each cooked quesadilla.
6. Cut any large **broccoli florets** into smaller florets. Place the broccoli florets on a sheet pan in an even layer. Drizzle with **1 TB olive oil** and season with **salt & pepper**; toss to coat. Roast 10 to 12 minutes, or until browned and tender when pierced with a fork.
7. Serve the **quesadillas** with the **roasted broccoli** and **mashed avocado sauce** on the side.

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