



One Pot Pasta Primavera with Shrimp

Prep Time: 15 min.

Cook Time : 25 min.

Serves: 4-5

NUTRITION FACTS, PER SERVING:

599 calories

17% of fat from calories

968 mg of sodium



INGREDIENTS: ** Items not included in kit

- 12 ounces short pasta, such as penne or fusilli
- 4 garlic cloves, thinly sliced
- 2 1/2 teaspoons kosher salt**
- 3/4 teaspoon freshly ground black pepper**
- 8 oz. broccoli florets
- 6 ounces green beans, preferably haricots verts, trimmed
- 1 lb shrimp, peeled and deveined
- 1 pint cherry tomatoes, sliced in half
- 1 cup frozen green peas
- 3 tablespoons unsalted butter**
- 1 teaspoon finely grated lemon zest
- 3/4 cup finely grated Parmesan, plus more for serving (1 cup)
- 1/4 cup coarsely chopped basil
- 1/4 tsp red pepper flakes

DIRECTIONS:

1. Place **pasta** in a large, wide-bottomed pot or large, wide, straight-sided pan. Add **garlic, salt, black pepper, and 3 1/2 cups hot water**. Cover and bring to a boil. Once boiling, uncover and cook, setting a timer for cooking pasta according to package directions and stirring often. When 5 minutes remain on timer, stir in **broccoli and green beans**. Cover pot and return to a boil. (If pot starts to dry out at any point, add another 1/2 cup water.) When 2 minutes remain on timer, stir in **shrimp, tomatoes, peas, and butter**. Cover and continue to cook 2 minutes, then uncover and cook, stirring, until pasta is tender, shrimp is cooked through, and water is almost completely evaporated, about 1 minute more.
2. Remove from heat. Stir in **lemon zest and 3/4 cup Parmesan** and toss to coat. Season with more **salt and pepper**, if needed and **1/4 tsp red pepper flakes**.
3. Divide pasta among plates. Top with **basil**, and additional **Parmesan**.

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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Moussaka

Prep Time: 40 min
Cook Time : 40 min
Serves: 8

NUTRITION FACTS, PER SERVING:
283Calories
16 g of fat
452 mg of sodium



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

- 2 medium eggplants (about 1.5 lbs.) sliced crosswise 1/4" thick
- 3 medium zucchinis (about 2 lbs.) sliced crosswise 1/4" thick
- Salt and Pepper**
- 1/4 cup extra virgin olive oil**
- 1 bunch scallions thinly sliced
- 3 cloves garlic, finely diced
- 3/4 lb. lean ground beef
- 1—15 oz. can crushed tomatoes
- 3 oz. shredded swiss cheese
- 1 pint low fat cottage cheese
- Parchment Paper**

DIRECTIONS:

1. Place the **sliced eggplant** and **sliced zucchini** in two separate large bowls and season with **salt**. Let it stand for 40 minutes to pull the moisture out of the vegetables. Rinse the vegetables and pat dry. After they are dried, toss the vegetables with **3 TB olive oil**.
2. Preheat oven to 500 degrees. Line 2 baking sheets with parchment paper. Arrange in a single layer the **vegetables** on the prepared baking sheets. Roast until golden, about 20 minutes.
3. While the vegetables are roasting, in a large skillet heat the remaining **1 TB olive oil** over medium heat. Add the **scallions** and **garlic** and cook for 2 minutes; add the **ground beef** and cook breaking up the meat, for about 4 minutes. Add the **crushed tomatoes** and simmer until thickened, about 10 minutes. Season with **salt** and **pepper**.
4. Once the vegetables are roasted, transfer them to a 9 x 11 baking dish and lower the oven temperature to 350 degrees.
5. Spoon the **meat sauce** over the **eggplant** and **zucchini**. Top with half of the shredded **swiss cheese**.
6. Using a food processor, puree the **cottage cheese**. Spoon the puree onto the moussaka and spread over the meat sauce. Top with the remaining **swiss cheese** and bake for 20 minutes.
7. Turn the oven to broil and broil for 3 minutes or until the top is nice and browned. Let it stand for 10 minutes before slicing.

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