



Two Cheese Corn Gratin

Prep Time: 15 min
Cook Time : 1 hr
Serves: 6

NUTRITION FACTS, PER SERVING:
392 Calories
16.05 total grams of fat
456 mg of sodium



INGREDIENTS: ** Items not included in kit

- 1 lb. yellow squash (sliced)
- 1 lb. ripe tomatoes (sliced)
- 2 tbsp. olive oil**
- 1/4 tsp Salt**
- 1/8 tsp Pepper**
- 2 tbsp. chopped basil
- 1½ c. whole milk**
- 2 tbsp. cornstarch
- 3 large eggs
- ¼ c. snipped fresh chives
- 5 ears of corn
- ¾ cup panko (Japanese-style bread crumbs)
- ¾ cup shredded sharp Cheddar cheese
- 1/2 cup shredded Mozzarella cheese

DIRECTIONS:

1. Preheat oven to 400 degrees F.
2. In greased shallow 3-quart. baking dish, arrange **squash** and **half of tomatoes** in single layer, overlapping. Drizzle with half of **oil**; sprinkle with **1/4 teaspoon salt, 1/8 teaspoon pepper, and half of basil**. Roast 25 minutes or until slightly dry.
3. Meanwhile, in large bowl, whisk **milk, cornstarch, and 1/8 teaspoon each salt and pepper** until cornstarch dissolves. Whisk in **eggs** and half of **chives**.
4. Cut **corn kernels** from cobs. In bowl, **combine panko, 1/4 cup Cheddar, 1/8 teaspoon each salt and pepper, and remaining basil, chives, and oil**.
5. Sprinkle remaining **cheeses** evenly over roasted vegetables. Top with **corn**; pour **milk mixture** over all. Place remaining **raw tomatoes** around edge, slightly overlapping. Sprinkle **panko mixture** evenly over top.
6. Bake 25 to 30 minutes or until browned and knife inserted in center comes out clean. Cool in pan on wire rack 10 minutes.

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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Caramelized Onion, Mushrooms, and Basil Pizza

Prep Time: 15 min.

Cook Time : 45 min.

Serves: 4

NUTRITION FACTS, PER SERVING:

370 calories

16g total fat

1020 mg of sodium



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

- Cornmeal, for dusting
- 3 Tbsp. extra-virgin olive oil, plus extra for drizzling**
- 2 Tbsp. unsalted butter, at room temperature**
- 2 large onions, thinly sliced (3 cups)
- 1/4 tsp. salt*
- 1/4 tsp. ground black pepper**
- 1 1/2 cups sliced mushrooms - **Wash before using**
- All-purpose flour, for dusting
- 2 pizza dough
- 1 1/2 cups crumbled Gorgonzola Cheese (divided into 3/4 cup portions)
- 1/4 cup chopped fresh basil leaves

DIRECTIONS:

1. Put an oven rack in the center of the oven. Preheat the oven to 475 degrees F. Sprinkle heavy baking sheet (without sides) with **cornmeal** and set aside.
2. In large skillet, melt **3 Tbsp. of olive oil and 2 TB butter** over medium low heat. Add the **onions, salt, and pepper**. Cook stirring occasionally, until golden and caramelized, about 20 minutes. Increase the heat to medium-high and add the **mushrooms**. Cook, stirring constantly, until mushrooms are browned and no longer wet. Set aside to cool slightly.
3. On a lightly **floured** work surface, roll out the **dough** into a 13-inch diameter circle, about 1/4 inch thick. Transfer the dough to the prepared baking sheet and drizzle with **olive oil**. Spread **half** of the **onion and mushroom mixture** evenly over the dough, leaving a 1 inch border. Sprinkle **3/4 cup gorgonzola cheese** on top. Bake until crust is golden and the cheese has melted, about 15 – 17 minutes. While the first pizza is baking, **repeat process and make second pizza**. Remove pizza from oven and sprinkle with **chopped basil**. Cut pizza into wedges and serve. Sprinkle baking sheet again with **cornmeal** and bake second pizza while you enjoy the first pizza.

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Apple Dijon Kale Salad

Prep Time: 20 min.

Cook Time : 0 min.

Serves: 4

NUTRITION FACTS, PER SERVING:

328 calories

28 g total fat

234 mg of sodium



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

- 1/3 cup olive oil**
- 1/4 cup apple cider vinegar
- 1 clove garlic (finely minced if you don't have a blender)
- 1 1/2 Tbsp Dijon mustard
- 1/4 tsp salt**
- 1/4 tsp black pepper**
- 1/2 lb chopped kale (about one bunch)
- 1 medium granny smith apple
- 1/4 cup raisins
- 1/2 cup walnut halves

DIRECTIONS:

1. Rinse the **kale** well in a colander under cool running water. Allow the kale to drain as you prepare the rest of the salad
2. In a blender combine the **olive oil, apple cider vinegar, Dijon mustard, clove of garlic, salt, and pepper**. Blend until the garlic is minced and the dressing is smooth. (If you don't have a blender you can whisk all the ingredients together and slowly whisk in the olive oil until well blended and smooth).
3. Wash the **apple** and slice it into thin wedges, or dice it into cubes. Roughly chop the **walnut halves**. Make sure the **kale** is as dry as possible and then add it to a large bowl along with the **apples, walnuts, and raisins**. Starting with just half, drizzle the **dressing** over the salad and toss to coat. Add more dressing as desired.

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