



Eggplant Parmigiana Pasta Bake

Prep Time: 15 min
Cook Time : 1 hr
Serves: 8

NUTRITION FACTS, PER SERVING:

631 Calories
13.24 total grams of fat
694 mg of sodium



INGREDIENTS: ** Items not included in kit

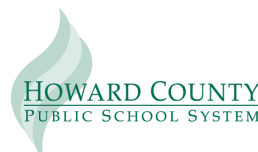
- 1 box of whole grain pasta
- 3 tbsp. olive oil**
- 4 medium celery stalks, diced
- 2 clove garlic
- 1 large onion
- 1 medium eggplant (cubed)
- 1 (28 oz.) can crushed tomatoes
- 1 tsp. salt**
- 1 cup plain dried bread crumbs
- 1 cup loosely packed, fresh parsley leaves, chopped
- 1/2 cup freshly grated Parmesan cheese
- 8 oz mozzarella cheese

DIRECTIONS:

1. Heat 8-quart saucepot of **salted water (1 pinch of salt)** to boiling over high heat. Add **pasta** and cook as label directs. Drain and set aside.
2. While **pasta** is cooking, prepare **eggplant sauce**: In deep 12-inch skillet, heat **1 tablespoon oil** over medium heat. Add **celery, garlic, and onion**, and cook 10 to 12 minutes or until vegetables are tender and golden. Add **cubed eggplant**; cover skillet and cook 10 to 12 minutes or until eggplant softens slightly, stirring frequently. Stir in **crushed tomatoes with their juice and 1/2 teaspoon salt**; simmer, uncovered, 5 minutes or until mixture thickens slightly, stirring occasionally.
3. Meanwhile, preheat oven to 375° F. In medium bowl, with a fork, mix **bread crumbs, chopped parsley, grated Parmesan, and remaining 2 tablespoons oil and 1/2 teaspoon salt**.
4. Return drained pasta to saucepot or place in large bowl; stir in **eggplant sauce** to coat. Add **mozzarella** and toss to combine. Divide pasta mixture between 2 ungreased 13" by 9" baking dishes and spread evenly; top each with **half of bread-crumbs mixture**. Bake 1 casserole, uncovered, 30 minutes or until top browns and sauce bubbles. Let stand 10 minutes for easier serving. Meanwhile, prepare second casserole for freezing by cooling, uncovered, at least 30 minutes in refrigerator. Cover container tightly and freeze.

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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Zucchini Burrito Bowls

Prep Time: 15 min.

Cook Time : 1 hr.

Serves: 4

NUTRITION FACTS, PER SERVING:

230 Calories

6.8 g total fat

483.5 mg of sodium



INGREDIENTS: ** Items not included in kit

- 4 medium zucchinis or 2 large
- 1 (15 ounce) can black beans, drained and rinsed
- 1/2 cup brown rice
- 1 cup salsa
- 1 red bell pepper, cored and diced
- 1/2 red onion, diced
- 1/2 cup corn kernels
- 1 jalapeno (or poblano pepper), cored and diced
- 1 tablespoon + 1 teaspoon olive oil**
- 2 teaspoons cumin
- 1 teaspoon chili powder
- 1/2 cup fresh cilantro, finely chopped
- salt to taste**
- 1 cup shredded cheddar/Monterey jack cheese
- Cooking spray**

DIRECTIONS:

1. In a medium size pot bring **1 1/2 cups of water** to boil. Add a pinch of **salt** and **brown rice**. Bring back to a boil, reduce heat, cover and simmer 30 minutes until rice is cooked. When done, the rice will be firm but tender, and no longer crunchy. If there is still water left in the pan when the rice is done, tilt the pan to drain it off. Set aside.
2. Grease a 9 x 13" casserole dish with **cooking spray** then set aside. Slice **each zucchini** in half lengthwise. Using a melon baller or metal teaspoon, hollow out the center of each **zucchini**. Lightly brush the tops with one teaspoon of **olive oil** then place them skin side down in the casserole dish.
3. Next warm the **tablespoon of olive oil** in a large skillet over medium heat. Add the **onion** and the **peppers** and cook for 2-3 minutes. Then add the **rice, corn, and beans along with the salsa, chili powder and cumin**. Stir everything together and continue to cook for about 5 minutes then remove the skillet from the heat and set aside.
4. Preheat the oven to 400°F and then stir in **1/4 cup of the cilantro and salt to taste to the filling**. Spoon the **filling** inside of each **zucchini** until they are all full. Sprinkle each one with **cheese** then arrange them in the dish, cover with foil that has been sprayed with cooking spray to prevent the foil from sticking to the cheese. Bake in the oven for 25 minutes then remove the foil and set the oven to broil. Cook them for 5 more minutes, until the cheese is bubbly and golden brown.
5. Allow them to cool for 5-10 minutes then top with remaining 1/4 Cup of fresh **cilantro** and serve.

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