



Baked Italian-Style Cauliflower

Prep Time: 15 min.

Cook Time : 25 min.

Serves: 4

NUTRITION FACTS, PER SERVING:

306 calories

14.9 g of fat

667 mg of sodium



INGREDIENTS: ** Items not included in kit

- 1 tablespoon olive oil**
- 1 cup chopped onion
- 4 garlic cloves, minced
- 1 lb. ground beef
- 1/4 teaspoon salt **
- 1/4 teaspoon crushed red pepper
- 1/4 teaspoon black pepper**
- 1 1/2 cups marinara sauce
- 2 ounces pitted kalamata olives, coarsely chopped
- 1 1/2 pounds cauliflower, cut into florets
- Cooking spray **
- 1 ounce breadcrumbs
- 1/4 cup grated Parmesan cheese

DIRECTIONS:

1. Wash and cut **cauliflower** into florets; set aside. Chop up (coarsely) **Kalamata olives**; set aside. Peel outer layer off of **garlic** and crush with fork or chop finely to mince; set aside.
2. Heat a large skillet over medium-high heat. Add **oil** to pan; swirl. Add **onions**; sauté 4 minutes. Add **garlic**; sauté for 30 seconds, stirring constantly. Stir in **beef**. Sprinkle with **salt** and **crushed red pepper**, and sauté 3 minutes or until browned, stirring to crumble. Stir in **marinara sauce** and **olives**.
3. Preheat broiler.
4. Put **cauliflower florets** in microwave safe dish with 1/4 inch of water, cover with microwave safe lid or saran wrap and microwave for 3 minutes or until crisp-tender. Place **cauliflower** in an 11 x 7-inch broiler-safe baking dish coated with cooking spray; top with **sauce** and **beef mixture**.
5. Sprinkle **breadcrumbs** and **Parmesan cheese** over cauliflower/beef sauce mixture. Broil 4 minutes or until browned.

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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Ground Turkey Spaghetti

Prep Time: 10 min
Cook Time : 40 min
Serves: 4

NUTRITION FACTS, PER SERVING:

711 Calories
20.29 g of fat
660 mg of sodium



INGREDIENTS: ** Items not included in kit

- 1 lb. ground turkey
- 2 Tbsp olive oil**
- 2 large garlic cloves, minced
- 1/2 cup diced onions
- 1/2 cup diced green peppers
- 1/2 cup diced mushrooms
- 1/2 tsp dried oregano
- 1/2 tsp dried basil
- 1 jar Marinara Sauce
- 1/2 cup white wine**
- 1/2 tsp sugar**
- 1/2 cup parmesan cheese (divided into 2 (1/4 cup) portions)
- 1 tsp salt**
- 1 tsp pepper**
- 1 lb. whole wheat spaghetti

DIRECTIONS:

1. In a large skillet heat **2 TB olive oil** over medium heat. Season the **ground turkey** with **salt** and **pepper** and add to the skillet. Cook for 10 minutes breaking it up until the turkey browns and is no longer pink.
2. Add **diced onions, diced pepper, minced garlic, diced mushrooms** and cook for 3-4 minutes until the mushrooms have released all their moisture.
3. Add the **dried oregano and dried basil**. Mix well.
4. Add the **marinara sauce, white wine** (optional) and **1/2 tsp sugar**.
5. Bring mixture to a slow simmer, reduce heat to low and cover. Let the sauce cook for 20 minutes.
6. In the meantime, in a large pot, bring **water** to a boil, add a **1 tsp salt** and desired amount of **spaghetti**. Cook spaghetti according to package instructions. When the spaghetti is done, drain well and set aside.
7. Add **1/4 cup of parmesan cheese** to the sauce and stir well to combine. Sprinkle remaining **1/4 cup of parmesan cheese** on top when serving.

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