



Spaghetti Squash Lasagna Bake

Prep Time: 20 min
Cook Time : 45 min
Serves: 4

NUTRITION FACTS, PER SERVING:

462 Calories
26.21 total grams of fat
650 mg of sodium



INGREDIENTS: ** Items not included in kit

- 1-2 spaghetti squash
- 24 oz. marinara sauce

For Filling

- 3-4 Tbsp. extra virgin olive oil
- 1/2 Sea salt**
- 1/2 tsp black pepper**
- 2 lemons, juiced (about 1/3 cup)
- 12 ounces extra firm tofu, drained and pressed dry for 10 minutes
- 1/4 cup ricotta cheese
- 1/2 cup fresh basil, packed
- 1 Tbsp dried oregano
- 1/4 cup parmesan cheese

For Serving

- Red Pepper Flakes (optional)
- Chopped fresh basil and Parmesan Cheese (2 TB)

DIRECTIONS:

1. Poke **squash** in a few places with a fork. Place the **squash** in a baking dish and microwave for 5 minutes on high to make easier to cut. (**Do not microwave whole squash for more than 5 minutes or steam could cause a dangerous situation.**) Cut each **squash** in half lengthwise. Scoop out seeds; discard. Place **squash** halves, cut sides down in a microwavable baking dish. Fill dish with about 1/2 inch of water. Microwave on high for 5 minutes. When done, a fork poked through the skin should slide easily into squash. Continue microwaving on high for another 2 to 5 minutes if needed. Let the squash cool and using a fork scrape the squash from the shell and set aside.
2. Preheat oven to 375 degrees F.
3. In the meantime, add all **filling ingredients** to a food processor or blender and pulse to combine, scraping down sides as needed. You are looking for a semi-pureed mixture with bits of basil still intact.
4. Taste and adjust seasonings as needed, adding more **salt** and **pepper** if needed.
5. Lightly grease a 9x13-inch (or similar size) baking dish and lay down **1/3 of the squash**. Top with several spoonful of **tofu ricotta** mixture, then pour on a layer of **marinara sauce**. Repeat until all ricotta filling and marinara is used up - about 3 layers. Make sure the top layer is sauce.
6. Loosely cover the dish with foil and bake for 20 minutes at 375 degrees F. Then remove foil and bake for an additional 10-15 minutes, or until the sauce is bubbly and the top is golden brown. Cover with foil if the squash is browning too quickly.
7. Let cool briefly, then serve with desired toppings (listed above).

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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Simple Cream of Broccoli Soup

Prep Time: 10 min.

Cook Time : 30 min.

Serves: 4

NUTRITION FACTS, PER SERVING:

291 calories

8.12 g total fat

1020 mg of sodium



INGREDIENTS: ** Items not included in kit

- 2 tablespoons butter**
- 1/2 cup low fat or fat free half-n-half
- 1 onion, chopped
- 1 clove garlic, minced
- 1 russet potato, peeled and diced
- Nutmeg, to taste (pinch)
- 6 cups low sodium vegetable broth, warmed
- 1 tsp salt**
- 3 cups chopped broccoli florets and stems
- 1/4 tsp black pepper
- 4 Ciabatta Rolls

DIRECTIONS:

1. In a large pot, melt **butter** and cook **onion and garlic** until tender over medium high heat.
2. Add **potato** and toss to coat with butter.
3. Add **hot stock** and bring to a simmer.
4. Stir in **broccoli** and return to a simmer. Cook for about 30 minutes.
5. When potatoes and broccoli are tender, puree in batches in a blender, food processor or use an immersion blender.
6. Return to pot and add **cream**.
7. Season with **salt** and **pepper** and serve warm.
8. Warm **ciabatta rolls** according to package instructions.

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