



Penne With Ham And Beans

Prep Time: 10 min
Cook Time : 35 min
Serves: 4

NUTRITION FACTS, PER SERVING:

484 Calories
16.38 g total fat
989 mg of sodium



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

- 3/4 pound green beans snapped
- 2 yellow squash, cut into 1 1/2-inch pieces (12 oz.)
- 2 tablespoons olive oil**
- Salt and pepper**
- 1/2 pound penne (you are given a full box, measure to 1/2 lb.)
- 1 cup frozen peas
- 1 pound cubed ham
- 1/2 cup light half and half
- 1 cup grated Parmesan

DIRECTIONS:

1. Wash **green beans** and snap both ends off and then snap in the middle.
2. Preheat oven to 450°F. Combine **green beans** and **squash** in a large baking dish. Add oil and season well with salt and pepper. Toss to coat vegetables. Roast, stirring vegetables occasionally, until lightly browned and softened, about 30 minutes.
3. Cook **penne** (*you are given a full box, measure to 1/2 lb.*) in boiling water for 7-10 minutes until tender. Add **peas** to pasta cooking water about 5 minutes before pasta will be done. Drain pasta and peas in a colander.
4. Return **pasta** and **peas** to pot. Stir in ham and cream. Cover pot and set aside until pasta has absorbed some cream and ham is warmed through, about 2 minutes.
5. Stir in roasted **beans and squash**. Season with **salt and pepper** and serve with **Parmesan cheese**.

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.

Proudly Sponsored by:





Spicy Thai Coconut Chicken Soup

Prep Time: 15 min
Cook Time : 20 min
Serves: 4

NUTRITION FACTS, PER SERVING:

440 calories
10 g of total fat
700 mg of sodium



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

- 2 teaspoons canola oil**
- 1 1/2 cups sliced mushrooms
- 1 cup chopped red bell pepper
- 4 teaspoons minced peeled fresh ginger
- 4 garlic cloves, minced
- 2 (3-inch) stalk lemongrass, halved lengthwise
- 2 teaspoons sambal oelek (ground fresh chile paste)
- 1 quart low sodium chicken broth
- 1 can light coconut milk
- 4 teaspoons fish sauce
- 1 tablespoon sugar**
- 3 boneless chicken breasts (3/4 lb. total weight)
- 1 TB olive oil**
- 1/2 cup green onion strips
- 3 tablespoons chopped fresh cilantro
- 2 tablespoons fresh lime juice
- 4 ciabatta rolls

DIRECTIONS:

1. In a large nonstick skillet heat **1 TB olive oil** over medium high heat. Sear and cook **chicken breasts** about 5 minutes per side until no longer pink inside. Remove **chicken breasts** and shred or thinly slice each breast. Set aside.
2. Heat a Dutch oven or large pot over medium heat. Add **2 tsp canola oil** to pan; swirl to coat. Add **mushrooms** and the next **4 ingredients (through lemongrass)**; cook 3 minutes, stirring occasionally. Add **chile paste**; cook 1 minute. Add **chicken Stock, coconut milk, fish sauce, and sugar**; bring to a simmer. Reduce heat to low; simmer for 10 minutes. Add **shredded chicken** to pan; cook 5 minutes or until thoroughly heated. Discard **lemongrass**. **Top with greens onions, cilantro, and lime juice.**
3. Warm **ciabatta rolls** according to package instructions.

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.

Proudly Sponsored by:

