



Crispy Oven Baked Fish and Orzo

Prep Time: 15 min
Cook Time : 30 min
Serves: 4

NUTRITION FACTS, PER SERVING:
540 calories
15 g of fat
895 mg of sodium



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

- 2 eggs
- 2 tsp water**
- 2/3 cup Italian style breadcrumbs
- 1 tsp lemon pepper seasoning
- 1/2 tsp garlic salt
- 4 fish fillets
- Cooking spray**
- 4 lemon wedges
- 1.5 cups orzo
- 2 Tbsp butter**
- 1 Tbsp olive oil**
- 2 tsp garlic, minced
- 1/4 cup parmesan cheese
- 2 Tbsp milk**
- 2 Tbsp fresh parsley, chopped
- Salt and Pepper**

DIRECTIONS:

1. Heat oven to 400 degrees. Line a baking sheet with foil; generously spray foil with **cooking spray**. In a shallow bowl, beat **egg** and **2 tsp. water** with wire whisk or fork until well blended.
2. In another shallow bowl or dish, mix **breadcrumbs, lemon pepper seasoning** and **garlic salt**.
3. Dip **fish** into **egg mixture**, coat with **breadcrumb mixture**. Place on prepared baking sheet and spray top of fish with cooking spray.
4. Bake 10 minutes. Turn fillets; bake 5 to 10 minutes longer or until fish flakes easily with a fork.
5. While fish cooks, bring a large pot of lightly salted water to boil. Cook **orzo** in the boiling water, stirring occasionally until cooked through, but firm to the bite, about 11 minutes. Drain.
6. Melt **butter** in a large nonstick skillet over medium heat. Add **minced garlic** and cook stirring in the melted butter until lightly browned, about 4 minutes. Stir **cooked orzo** into garlic and butter mixture and mix in the **parmesan cheese, milk, chopped parsley, a pinch of salt and black pepper** if desired.
7. Serve with fish and a **lemon wedge**.

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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Spaghetti Squash Lasagna With Spinach

Prep Time: 15 min.

Cook Time : 1 hour

Serves: 4

NUTRITION FACTS, PER SERVING:

374 calories

18.9 g of fat

613 mg of sodium



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

- 2 small or 1 large spaghetti squash
- 2 teaspoons olive oil**
- 4 garlic cloves, peeled and thinly sliced
- 1 cup diced onions
- 1 cup diced red peppers
- 1 (7-ounce) fresh spinach (Please wash before using)
- 1/2 cup part-skim ricotta cheese
- 1/8 teaspoon kosher salt**
- 1 cup shredded part-skim mozzarella cheese (divide into 1/2 cups)
- 1 lb. ground turkey sausage
- 1 1/2 cups marinara sauce
- 1 ounce parmesan cheese, grated

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 as needed. Use a fork to scrape the strands from inside. Set aside the squash shells for stuffing afterwards. Place strands on clean dish towel; squeeze out excess liquid until barely moist and set aside. Wash **spinach**, pat dry; peel and slice **garlic** and set aside.
2. Heat a large skillet over medium-high heat. Add **oil** to pan; swirl to coat. Add **garlic**; cook 30 seconds. Add **spinach**; cook 1 minute or until spinach wilts. Remove from heat. Combine **spinach mixture, squash strands, ricotta cheese, 1/8 tsp salt, and half of mozzarella cheese** in a medium bowl. Return skillet to medium-high heat. Add **ground turkey sausage** to pan; Cook 5 minutes or until browned, stirring to crumble. Add the **diced onions** and cook for another 5 minutes. Add the **diced peppers** and cook for another couple of minutes. Add **marinara sauce**; cover, reduce heat to medium, and simmer 4 minutes. Remove from heat.
3. Preheat oven to 425°.
4. Spoon **turkey and sauce mixture** evenly into the bottom of each squash half. Top evenly with **squash mixture**. Sprinkle evenly with remaining **mozzarella cheese and parmesan cheese**. Bake at 425° for 20 minutes.
5. Preheat broiler to high (keep squash in oven). Broil squash 1 to 2 minutes or until cheese is golden brown and bubbly. Remove from oven; let stand 10 minutes.

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