



## Creamy Pesto Pasta with Spinach, Zucchini and Tomatoes

Prep Time: 20 min.

Cook Time : 30 min.

Serves: 4

### NUTRITION FACTS, PER SERVING:

660 calories

22 g total fat

460 mg of sodium



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

- 1 Package of Cavatelli Pasta or Pasta Shells
- 3 garlic cloves
- 1 zucchini, thinly sliced
- 6 oz baby spinach
- 1/2 pint cherry tomatoes
- 1/3 cup shredded Monterey jack cheese
- 1/2 cup of pesto
- ½ tsp red pepper flakes
- 2 Tbsp Olive oil\*\*
- Mixed Greens

### DIRECTIONS:

1. Heat a medium pot of salted water to boiling on high. Wash and dry the fresh produce. Peel the **garlic** then roughly chop. Quarter the **tomatoes**; place in a bowl and season with salt and pepper. Stir to coat.
2. Add the **pasta** to the pot of boiling water. Cook stirring occasionally, 7-10 minutes, or until al dente (still slightly firm to the bite). Reserving **½ cup of the pasta cooking water**, drain thoroughly.
3. While the pasta cooks, in a large nonstick pan, heat a drizzle of olive oil on medium-high until hot. Add the **sliced zucchini** in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned. Add the **chopped garlic** and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Cook, stirring frequently, 2 to 3 minutes, or until slightly softened. Turn off the heat and season with salt and pepper to taste.
4. Add the **cooked pasta, spinach, seasoned tomatoes, cheese, and half the reserved pasta cooking water** to the pan of **cooked zucchini**. Cook on medium-high, stirring vigorously, 1 to 2 minutes, or until thoroughly combined and the spinach is wilted. Stir in the **pesto** (if the pasta seems dry, gradually add the remaining cooking water to achieve your desired consistency).
5. Wash and dry the **mixed greens**. Serve with your favorite salad dressing.

**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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# Lemon Broccoli, Chickpeas and Avocado Pita Sandwiches

Prep Time: 20 min.

Cook Time : 10 min.

Serves: 4

## NUTRITION FACTS, PER SERVING:

682 calories

37.3 g total fat

940 mg of sodium



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

### Broccoli chickpea salad

- 1 bunch of broccoli, florets removed and sliced thin
- 1 can (15 ounces) chickpeas, rinsed and drained
- 1/3 cup oil-packed sun-dried tomatoes, rinsed and chopped
- 1/3 cup finely chopped red onion
- 1/3 cup crumbled feta cheese

### Lemon dressing

- ¼ cup olive oil\*\*
- 2 tablespoons lemon juice, to taste
- 1 ½ teaspoons Dijon mustard
- 1 1/2 teaspoons honey or maple syrup, to taste
- 1 clove garlic, pressed or minced
- ¼ teaspoon salt, to taste
- Pinch red pepper flakes

### Everything else

- 2 medium avocados
- Salt, to taste\*\*
- 4 whole grain pita breads, or 4 large, thick slices of hearty whole grain bread

## DIRECTIONS:

1. To prepare the **broccoli chickpea** salad: In a medium mixing bowl, combine all of the ingredients as listed and toss to combine.
2. To prepare the **lemon dressing**: In a small liquid measuring cup or bowl, combine the ingredients as listed. Whisk the ingredients together until emulsified. Taste, and add additional salt if necessary. The dressing should be a little tart, but if it's too tart, add a little more honey/maple syrup to balance the flavors. If it's not tart enough for your liking, add a little more lemon juice.
3. Pour the dressing over the **broccoli chickpea salad** and toss to combine. Set the bowl aside to marinate while you work on the rest.
4. To make the mashed **avocado**, halve and pit the avocados, then scoop the flesh of the avocados into a bowl. Mash them with a fork until they are mostly mashed, and spreadable. Season with a pinch of salt, and add more to taste.
5. To prepare the **pita breads**, warm them for a few minutes in the oven, or in a toaster oven, or even in the microwave. (If you're using slices of bread, pop them in the toaster until golden.)
6. Spread **mashed avocado** over one-half of the top surface of each pita round, and cover the other half with a few generous spoonful of **broccoli chickpea salad**. (If you're serving on toast, spread avocado over the top surface of each slice, and spoon broccoli chickpea salad on top.) Serve immediately.

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