



Roasted Butternut Squash Soup

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

NUTRITION FACTS, PER SERVING:

232 Calories
15.91 total grams of fat
759 mg of sodium



INGREDIENTS: ** Items not included in kit

Roasted Winter Squash

- 3 cups butternut squash cubed
- Salt and pepper**
- 2 Tbsp. olive oil**

Soup:

- 2 tablespoons extra-virgin olive oil**
- 1/2 cup diced onion
- 1/2 cup diced celery
- 1/2 cup diced carrot
- 1 cinnamon stick
- Sea salt and freshly ground pepper**
- 1 (32 ounce) carton vegetable broth
- 1/2 teaspoon ground coriander
- Roasted Winter Squash (above)
- 1/2 cup light cream
- 2 tablespoons pepitas

DIRECTIONS:

1. **To make roasted winter squash:** Heat oven to 375 degrees F. Place **squash** on a cookie sheet with sides, drizzle with **olive oil, and season with salt and pepper**. Roast for 15 minutes or until medium-brown on all sides. Remove from oven and let cool slightly. Puree in food processor, or mash with potato masher. Set aside.
2. **To make soup:** Heat the **olive oil** in a large saucepan over medium heat until hot. Add the **onion, celery, carrot and cinnamon stick**; sauté until soft but not brown, about 10 minutes. Season with **salt and pepper**. Add the **broth** and the **coriander**; bring to a boil. Simmer for several minutes. Stir in reserved **squash** until smooth; simmer gently to let the flavors blend, about 10 minutes. Discard the **cinnamon stick**.
3. Puree the soup using an immersion blender or in a blender until smooth. (The soup can be made ahead to this point, cooled, covered, and refrigerated for several days or frozen for about 1 month. It will thicken as it cools and may need thinning with broth or water when reheating.)
4. Return the soup to the pan and reheat gently. Add the **light cream**. Adjust the seasoning with **salt and pepper** if needed. Top each serving with **pumpkin seeds**.

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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Fontina/Gouda and Sourdough Grilled Cheese with Pears and Onion Salad

Prep Time: 15 min.

Cook Time : 30 min.

Serves: 4

NUTRITION FACTS, PER SERVING:

720 calories

36 g total fat

990 mg of sodium



INGREDIENTS: ** Items not included in kit

- 8 slices of sourdough bread
- 3 oz radishes
- 1 cup red onion diced
- 1 head butter lettuce
- 1 pear peeled and thinly sliced
- 8 oz shredded fontina/gouda cheese
- 4 Tbsp sliced roasted almonds
- 6 Tbsp ranch dressing or your favorite dressing**
- 2 Tbsp sherry vinegar

DIRECTIONS:

1. In a large nonstick pan, heat a drizzle of olive oil on medium-high until hot. Add the **diced onion**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until lightly browned and softened. Add the **vinegar** (carefully, as the liquid may splatter). Cook, stirring constantly, 30 seconds to 1 minute, or until the liquid has cooked off. Turn off the heat
2. While the onion cooks, wash and dry the fresh produce. Core and very thinly slice the **pear**. Roughly chop the **lettuce**. Halve the **radishes** lengthwise, then thinly slice crosswise. Combine in a large bowl.
3. Assemble the sandwiches using the **bread, cheese, sliced pear, and cooked onion**. Wipe out the pan used to cook the onion. In the same pan, heat 1 tablespoon of olive oil on medium until hot. Add the **sandwiches** (you can probably fit two sandwiches in the large skillet) loosely cover the pan with foil and cook 2 to 3 minutes per side, or until golden brown and the cheese is melted (if the pan seems dry, add a drizzle of olive oil before flipping). Transfer to a cutting board; repeat for the other two sandwiches. Carefully halve on an angle before serving.
4. Just before serving, to the bowl of **prepared lettuce and radishes**, add the **ranch dressing or favorite dressing and almonds**. Serve the **cooked sandwiches** with the **salad** on the side .

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