



Sausage And Rice-Stuffed Acorn Squash

Prep Time: 15 min.

Cook Time : 45 min.

Serves: 4

NUTRITION FACTS, PER SERVING:

403 calories

12.6g of fat

511 mg of sodium



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

- 2 acorn squash
- 1 lb. ground turkey sausage
- 1 tablespoon canola oil**
- 1 cup finely chopped onion
- 1/3 cup chopped celery
- 1 1/2 tablespoons minced garlic
- 1/2 cup brown rice
- 1/3 cup dried cranberries
- 3 tablespoons chopped fresh chives
- 1/4 teaspoon kosher salt**
- 1/4 teaspoon black pepper**
- 1/4 cup parmesan cheese, grated
- 3/4 cup swiss cheese, shredded

DIRECTIONS:

1. Preheat oven to 425°.
2. Place whole **squashes** in a roasting pan. Bake at 425° for 30 minutes or until just tender. Let stand for 15 minutes. Halve squashes. Scoop out seeds and discard.
3. In a sauce pan bring **1 cup of water** to a boil. Once water is boiling add **1/2 cup rice and 1 pinch salt**. Lower heat to a gentle simmer. Cook rice with lid on for 20 minutes or until done, the rice will be firm but tender, and no longer crunchy. It is fine if it's slightly sticky but shouldn't be gummy. If there is still water left in the pan when the rice is done, tilt the pan to drain it off. When the rice is done, turn off the heat and take off the lid. Fluff the rice with a spoon or a fork, and let it sit for a few moments to "dry out" and lose that wet, just-steamed texture. Set aside.
4. Preheat broiler to high.
5. Heat a large skillet over medium-high heat. Add **turkey sausage** to pan; sauté 5 minutes or until browned, stirring to crumble. Remove sausage from pan; drain on paper towels. Wipe drippings from pan with a paper towel.
6. Return **turkey sausage** to pan on medium-high heat. Add **oil**; swirl to coat. Add **onion**; sauté 4 minutes, stirring occasionally. Add **celery**; sauté 3 minutes, stirring occasionally. Add **garlic**; sauté 1 minute, stirring constantly. Stir in **cooked rice, dried cranberries, chopped chives, salt, pepper and parmesan cheese**. Divide rice mixture evenly among squash halves. Sprinkle evenly with **Swiss cheese**. Arrange squash halves on a baking sheet; broil 4 minutes or until golden and cheese is melted.

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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Fish Baked in Foil Pouches with Mashed Cauliflower

Prep Time: 15 min.

Cook Time : 25 min.

Serves: 4

NUTRITION FACTS, PER SERVING:

356 calories

19.9 g of fat

1040 mg of sodium



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

- 4 fish fillets
- 2 Tbsp olive oil**
- 2 tsp garlic salt
- 2 tsp black pepper
- 1 fresh jalapeno, sliced (**use gloves or wash hands immediately after slicing and don't touch eyes after handling pepper**)
- 1 lemon, sliced
- 1 large cauliflower head cut into small florets
- 2 cups chicken broth
- 1/4 cup parmesan cheese
- 1/4 cup chopped fresh chives
- Salt and Pepper to taste**

DIRECTIONS:

1. Preheat oven to 400 degrees. Pat dry the **fish** with paper towels. Cut the ends of the **lemon** and reserve. Thinly slice the rest of the lemon.
2. Rub fillets with **olive oil**, and season with **garlic salt and black pepper**. Place each fillet on a large sheet of aluminum foil. Top with **jalapeno slices**, squeeze some **lemon juice** from the end of the lemon over fish and top with a couple of **lemon slices**. Carefully seal all edges of the foil to form enclosed packets. Place packets on baking sheet.
3. Bake for 15 to 20 minutes or until fish is done and flakes easily with a fork. Remove and discard lemon slices before eating.
4. While the fish cooks, in a medium saucepan, combine the **cauliflower florets and chicken broth** and bring to a boil. Reduce heat to simmer, cover and cook for 15 minutes or until cauliflower is tender, but not completely falling apart.
5. Use a slotted spoon to transfer the cooked cauliflower to a food processor and puree until silky smooth. You can also puree using a hand mixer or a potato masher. If using a potato masher it may be a little lumpy. Once pureed, transfer to a bowl and mix in **parmesan cheese and chopped chives**. Season with **salt and pepper** to taste.

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