



## Roasted Butternut Squash Soup

Prep Time: 10 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 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 half-and-half
- 2 tablespoons toasted pumpkin seeds

### 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**; saute 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 **half-and-half**. Adjust the seasoning with **salt and pepper**. 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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## Baked Cauliflower Mac and Cheese

Prep Time: 10 min.

Cook Time : 40 min.

Serves: 5

### NUTRITION FACTS, PER SERVING:

416 calories

25.29 g total fat

526 mg of sodium



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

- 6 cups small cauliflower florets
- 3 tablespoons unsalted butter, divided\*\*
- 1 onion, chopped
- 1/3 cup flour
- 1 1/2 teaspoons Dijon mustard
- 1/4 tsp black pepper\*\*
- 1/8 tsp garlic powder
- 2 1/2 cups milk\*\*
- Cooking spray\*\*
- 1 1/2 cups Shredded Cheddar and Jack Cheese, divided
- 1/3 cup Grated Parmesan Cheese, divided
- 1/2 cup panko bread crumbs

### DIRECTIONS:

1. Heat oven to 375 degrees F.
2. Break any large **cauliflower florets** into smaller florets. Cook **cauliflower** in boiling water in large saucepan 4 minutes; drain well.
3. Melt **2 Tbsp. butter** in large saucepan on medium heat. Add **1 cup diced onions**; cook and stir 3 minutes or until crisp-tender. Stir in **flour, black pepper, and garlic powder**; cook and stir 1 minute, add **Dijon mustard** and stir. Whisk in **milk**; cook 5 minutes or until thickened, stirring frequently. Remove from heat. Add **1-1/4 cups Cheddar and 3 Tbsp. Parmesan**; stir until Cheddar cheese is melted. Add **cauliflower**; stir to evenly coat. Spoon into a large casserole dish sprayed with **cooking spray**.
4. Melt remaining **1 Tbsp butter** in medium microwavable bowl on HIGH 30 sec. or until melted. Stir in **bread crumbs and remaining Parmesan**; sprinkle over cauliflower mixture.
5. Bake 20 to 25 minutes or until heated through, top with remaining **Cheddar cheese** for the last 5 minutes.

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