



Orange Orzo Salad with Almonds, Feta and Olives

Prep Time: 15 min
Cook Time : 15 min
Marinating Time: 10 min
Serves: 4

NUTRITION FACTS, PER SERVING:

399 Calories
22.6 total grams of fat
422.5 mg of sodium



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

- 8 ounces orzo pasta
- 1/2 cup sliced almonds
- 1 cup chopped flat-leaf parsley
- 1/2 cup pitted Kalamata olives, halved
- 1/2 cup chopped green onions
- 1/2 cup raisins, preferably golden
- 1/2 cup crumbled feta cheese (optional)
- 1 teaspoon orange zest
- 1/4 cup fresh-squeezed orange juice
- 1/4 cup extra-virgin olive oil**
- 2 tablespoons white wine vinegar
- 1 medium clove garlic, pressed or minced
- 1/4 teaspoon salt**
- Freshly ground black pepper, to taste**

DIRECTIONS:

1. Bring a large pot of salted water to boil. Add the **orzo** and cook until al dente, according to package directions. Before draining, reserve roughly **1/2 cup pasta cooking water**. Drain, and immediately rinse the orzo under cold running water until the orzo is no longer warm. Drain well.
2. Zest the **orange** and set aside **1 tsp of the zest**. Juice the orange to get ¼ cup. In a large serving bowl, combine the **cooked orzo, sliced almonds, parsley, olives, green onions, raisins, and feta** (if using).
3. In a liquid measuring cup or small bowl, combine the **orange zest, orange juice, olive oil, vinegar, garlic and salt**. **Add 1/4 cup of the reserved pasta cooking water**, and whisk until blended.
4. Pour the dressing over the salad and toss to combine. It might seem like too much dressing at first, but don't worry. Season with pepper, to taste.
5. **Let the orzo salad rest for at least 10 minutes** (or up to several hours in the refrigerator) so it has time to soak up the dressing. Season to taste with additional salt, if necessary, and serve. Leftovers will keep well in the refrigerator for up to four days.

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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Broccoli Cheese Stuffed Spaghetti Squash

Prep Time: 15 min.

Cook Time : 30 min.

Serves: 4-6

NUTRITION FACTS, PER SERVING:

369 Calories

11 g total fat

609 mg of sodium



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

- 2 medium spaghetti squash cut in half, seeds removed
- Non stick spray**
- 4 cups chopped broccoli florets
- 4 cloves garlic minced
- 1 tsp red pepper flakes
- 1/2 tsp of salt and 1/4 tsp pepper**
- 2 tsp Italian seasoning
- 1 cup part skim shredded mozzarella cheese
- 2/3 cups 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 it 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 1/4 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 if needed. Let the squash cool for 10 minutes.
2. In a skillet coated with **nonstick spray**, add **red pepper flakes** and cook for 30 seconds, stirring constantly. Add **broccoli** and **garlic**, stirring to combine. Add about **4 Tbsp water** to the skillet, and turn up the heat. Sauté for 3-5 more minutes, or until the chopped broccoli is tender. Add mixture to a large bowl, discarding any left over water.
3. Using a fork, scrape out the flesh/'spaghetti' of the **squash**, and add it to the large bowl with the **broccoli mixture**. Add **Parmesan cheese, salt and pepper, and Italian seasoning** to the mixture, stir to combine.
4. Turn your broiler on medium/high. Distribute the mixture back into the squash shells, then sprinkle **1/4 cup of mozzarella cheese on top of each squash half**. Place shells into an oven safe baking dish/pan.
5. Place under broiler, watching carefully. Remove when cheese is bubbling and browned, about 2-3 minutes depending on how close the squash is to the broiler.

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