



## 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

636 mg of sodium



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

- 2 acorn squash
- 3/4 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
- 1/2 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; 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 **sausage, 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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## Baked Italian-Style Cauliflower

Prep Time: 15 min.

Cook Time : 25 min.

Serves: 4

### NUTRITION FACTS, PER SERVING:

306 calories

14.9 g of fat

667 mg of sodium



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

- 1 tablespoon olive oil\*\*
- 1 cup chopped onion
- 4 garlic cloves, minced
- 1 lb. ground beef
- 1/4 teaspoon salt \*\*
- 1/4 teaspoon crushed red pepper
- 1/4 teaspoon black pepper\*\*
- 1 1/2 cups marinara sauce
- 2 ounces pitted kalamata olives, coarsely chopped
- 1 1/2 pounds cauliflower, cut into florets
- Cooking spray \*\*
- 1 ounce breadcrumbs
- 1/4 cup grated Parmesan cheese

### DIRECTIONS:

1. Wash and cut **cauliflower** into florets; set aside. Chop up (coarsely) **Kalamata olives**; set aside. Peel outer layer off of **garlic** and crush with fork or chop finely to mince; set aside.
2. Heat a large skillet over medium-high heat. Add **oil** to pan; swirl. Add **onion**; sauté 4 minutes. Add **garlic**; sauté for 30 seconds, stirring constantly. Stir in **beef**. Sprinkle with salt and crushed **red peppers**, and sauté 3 minutes or until browned, stirring to crumble. Stir in **marinara** sauce and **olives**.
3. Preheat broiler.
4. Put **cauliflower florets** in microwave safe dish with 1/4 inch of water, cover with microwave safe lid or saran wrap and microwave for 3 minutes or until crisp-tender. Place **cauliflower** in an 11 x 7-inch broiler-safe baking dish coated with cooking spray; top with **sauce** and **beef mixture**.
5. Sprinkle **breadcrumbs** and **cheese** over cauliflower mixture. Broil 4 minutes or until browned.

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