



## Brussel Sprouts and Basil Bow Ties

Prep Time: 10 min  
Cook Time : 25 min  
Serves: 6

### NUTRITION FACTS, PER SERVING:

415 Calories  
12 total grams of fat  
215 mg of sodium



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

- 1/4 c. extra-virgin olive oil\*\*
- 3 cloves garlic, finely chopped
- 1/2 tsp. Kosher salt\*\*
- 1/2 lb. sliced onion
- 1/2 lb. sliced mushrooms
- 1/2 lb. quartered Brussels sprouts (wash and drain )
- 1 tsp. finely chopped rosemary
- 1 lb. cooked bowtie pasta
- 1/2 c. reserved pasta cooking water\*\*
- 1/4 c. shredded Swiss Cheese
- lemon juice
- Fresh basil
- Freshly ground black pepper\*\*

### DIRECTIONS:

1. In a deep 12" skillet, heat **olive oil and garlic** on medium for 3 minutes, stirring. Add **salt, onion, mushrooms, and Brussels sprouts**.
2. Cook 5 minutes or until almost tender, stirring. Add **rosemary**. Cook 2 to 3 minutes or until wilted.
3. Cook **pasta** according to package instructions and reserve **1/2 cup cooking water**. Toss **pasta, cooking water, and Swiss cheese** with **vegetables**.
4. Garnish with **lemon juice, basil, and black pepper**.

**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.**

**Proudly Sponsored by:**





## 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 shredded

### 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 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 TBS 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.

**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.**

**Proudly Sponsored by:**

