



Spinach Artichoke Lasagna

Prep Time: 20 min
Cook Time : 50 min
Serves: 4

NUTRITION FACTS, PER SERVING:
319 calories
11 total grams of fat
698 mg of sodium



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

- 2 cups Marinara Sauce
- 1/4 tsp red pepper flakes
- 2 cups (16 oz) low fat cottage cheese
- 2 Tbsp olive oil**
- 1 cup chopped red onion
- 1/4 tsp salt**
- 4 cloves of garlic minced
- 1 cup artichoke hearts, drained and chopped
- 12 oz baby spinach **(WASH and pat dry before using)**
- Black pepper to taste**
- 9 No-boil lasagna noodles
- 2 cups shredded part skim mozzarella cheese

DIRECTIONS:

1. Warm **2 Tbsp of olive oil** in a large skillet over medium heat. Add the **chopped onions and 1/4 tsp salt**. Cook until the onion is tender and translucent, about 4-5 minutes. Add the **garlic and 1/4 tsp red pepper flakes**, cook stirring constantly until fragrant, about 30 seconds.
2. Add the **artichokes** to the skillet, then add a few handfuls of **spinach**. Cook, stirring and tossing until the spinach has wilted. Repeat with remaining **spinach**. Continue cooking for about 10 minutes, stirring frequently, until spinach has reduced in volume and very little moisture remains in the bottom of the pan.
3. In a large mixing bowl, whip by hand the **cottage cheese** until smooth. Add the **artichoke spinach mixture** to the cottage cheese and mix well. Season with **salt and pepper** to taste.
4. In an 8x8 or 9x9 baking dish, spread **1/2 cup marinara sauce** evenly over the bottom. Layer **three lasagna noodles** on top, overlapping their edges as necessary. Spread half of the **spinach mixture** evenly over the noodles. Top with **1/2 cup marinara sauce, then sprinkle 1/2 cup shredded cheese on top**.
5. Top with three more **lasagna noodles**, followed by the **remaining spinach artichoke mixture**. Sprinkle **1/2 cup shredded cheese on top** (skipping the marinara sauce in this layer). Top with three more **noodles**, then spread the remaining **marinara sauce** over the top so the noodles are evenly covered. Sprinkle evenly with **1 cup shredded cheese**.
6. Cover with aluminum foils but don't let the foil touch the cheese. Bake covered for 18 minutes in a preheated 425 degree oven. Remove the cover, rotate the pan and bake for about 12 more minutes until the top starts to brown. Remove from oven and let it rest for 15 minutes before slicing.

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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Thai Noodle Bowls with Peanut Butter Tofu

Prep Time: 10 min
Cook Time : 40 min
Serves: 4

NUTRITION FACTS, PER SERVING:

622 calories
34 total grams of fat
838 mg of sodium



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

TOFU

- 1– 16 oz package firm tofu
- 4 Tbsp vegetable oil
- 4 Tbsp creamy peanut butter
- 2 Tbsp soy sauce
- 2 Tbsp lime juice
- 4 Tbsp maple syrup
- 1/2 tsp red pepper flakes
- 2 Tbsp sesame oil
- 6 Tbsp cornstarch

DRESSING

- 1 Tbsp minced garlic
- 1/2 tsp red pepper flakes
- 2 Tbsp maple syrup
- 4 tsp soy sauce
- 2 Tbsp lime juice
- 4 Tbsp rice vinegar
- 2 Tbsp sesame oil

SALAD

- 10 oz very thin rice noodles
- 3 cups shredded carrots
- 1 cucumber sliced on a bias, then halved
- 1 cup thinly sliced green onion
- 1 cup fresh basil torn

DIRECTIONS:

1. Wrap **tofu** in a clean towel and set something heavy on top to press out excess moisture for 10 minutes. Set aside
2. Prepare the **tofu sauce** in a medium mixing bowl by whisking together **2 tbsp. sesame oil, peanut butter, soy sauce, lime juice, maple syrup and red pepper flakes**. Set aside
3. Prepare **rice noodles** according to package instructions, then rinse with cold water, drain thoroughly, and set aside.
4. Prep **vegetables** and set aside.
5. Prepare dressing: Mince **garlic cloves** and add all dressing ingredients to a small mixing bowl. Whisk to combine. Set aside.
6. Heat a large non stick skillet over medium heat and cut **pressed** tofu into small rectangles. Toss in **cornstarch** (they should be well coated) and sauté in **4 Tbsp of vegetable oil**, flipping once browned on the underside to ensure even browning, about 5 minutes total.
7. Add the **peanut butter sauce** and stir gently to combine. Cook for another 3-4 minutes, stirring gently to ensure even cooking on all sides. Remove from heat and set aside.
8. To assemble, divide **noodles, vegetables** and **tofu** among serving bowls. Drizzle desired amount of **dressing** over noodle bowls. Garnish with torn **basil**.

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