



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
- 10 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 **drained and diced 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 mozzarella 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 remaining **1 cup shredded mozzarella 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.

Proudly Sponsored by:





Vegetarian Tacos

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



NUTRITION FACTS, PER SERVING:

461 calories
15 total grams of fat
1020 mg of sodium

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

PICKLED ONIONS

- 1 medium red onion, thinly sliced
- 1/2 cup of water**
- 1/4 cup distilled white vinegar
- 1/4 cup apple cider vinegar
- 1 1/2 tbsp maple syrup
- 1 1/2 tsp salt**
- 1/4 tsp red pepper flakes

ADDITIONAL INGREDIENTS

- 8 Corn Tortillas
- Salsa Verde
- Fresh Cilantro
- 1 cup shredded cabbage
- 1/2 cup feta cheese
- 1 lime quartered

REFRIED BEANS

- 1 Tbsp Olive Oil**
- 1/2 cup diced onions
- 1/4 tsp salt**
- 2 garlic cloves, minced
- 1/2 tsp chili powder
- 1/4 tsp ground cumin
- 2 cans pinto beans, rinsed and drained
- 1/2 cup water**
- 2 Tbsp chopped cilantro
- 1 Tbsp Lime Juice

DIRECTIONS:

1. **Pickled Onions:** pack the **onions** into a mason jar or similar heat safe vessel. Place jar in the sink, to catch any splashes of hot vinegar later.
2. In a small saucepan, combine the **water, both vinegars, maple syrup, salt** and **pepper flakes**. Bring the mixture to a gentle simmer over medium heat, then carefully pour the mixture into the jar over the onions. Use a spoon to press the onions down into the vinegar. Let the pickled onions cool down to room temperature, about 20 minutes. You can keep any leftover onions in the fridge for up to 2 weeks.
3. **Refried Beans:** In a medium saucepan over medium heat, warm the **olive oil** until shimmering. Add the **onions** and **salt**. Cook stirring occasionally, until the onions have softened, about 5 to 8 minutes. Add the **garlic, chili powder** and **cumin**. Cook stirring constantly for about 30 seconds. Pour in the **drained beans** and **water**. Stir, cover and cook for 5 minutes. Reduce the heat to low and remove the lid. Using a potato masher, mash up about half of the beans. Continue to cook stirring for about 3 more minutes. Remove the saucepan from the heat and stir in the **cilantro** and **lime juice**. If the beans seem dry, add a very small splash of water and stir. Cover until ready to use.
4. **Tacos:** Warm the **tortillas** in a large skillet over medium heat in batches flipping to warm each side. Stack warm tortillas on a plate and cover with a towel to keep warm.
5. **To assemble the tacos:** spread refried beans down the center of each tortilla. Top with pickled onions and finish the tacos with garnishes of choice (cilantro leaves, salsa verde, shredded cabbage, feta cheese, fresh lime juice). Serve immediately.

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:

