



Prep Time: 20 min

Cook Time: 20 min

Serves: 4

NUTRITION FACTS, PER SERVING:

211 Calories

12 g fat

1,050 mg sodium

Balsamic Mushroom, Squash and Goat Cheese Pizza

1. Position the oven rack in the center of the oven. Preheat the oven to 425 degrees F. Grease a large baking sheet with **olive oil** or **non stick cooking spray**, then sprinkle sheet pan with **cornmeal** and set aside.
2. **SHAPING PIZZA DOUGH:** Before you begin stretching, warm up your cold dough for at least 30 minutes at room temperature. Gluten, the protein that makes pizza dough chewy, is tighter in cold conditions which is why cold pizza dough will stretch out and snap back just like a rubber band. This step will loosen up the dough and make it easier to shape. Rub your work surface and hands with a little **olive oil**. Olive oil keeps the dough from sticking. Press the dough down into a large flat disc using the palm of your hand. Next, use the middle three fingers on each of your hands to press the dough out from the center, widening that flat disc into a large circle about 1/2 inch thick. The dough should be soft and pliable and shouldn't shrink back when you press it. It is okay if the flattened disc isn't perfectly round at this point. When you're really ready to stretch, carefully pick up the dough and hold it with both hands on one edge of the dough, letting the rest of the dough hang down. Gravity is going to do some of the stretching work as you gently rotate the dough in one direction like turning a wheel. Slowly pull the dough from hand to hand as the dough hangs down continuing until you reach your desired size. Prepare one **dough** until it is thin or you can make 2 pizzas that have a thicker dough. Transfer the dough to the prepared baking sheet.
3. Wash and dry **delicata squash**. Cut in half lengthwise, scoop out seeds. Place in a microwavable dish with 1 TB water cut side down. Cover and microwave 5 minutes. Remove cover and let cool.
4. Prep produce and set aside: Remove stems and slice **mushrooms**. Peel and mince **2 garlic cloves**. Cut **cooled squash** halves into 1/8 inch thick slices. Pluck leaves from **thyme** stems. Roughly chop **Kalamata olives**. Slice **cucumber** and **carrot** to use in the salad.
5. Heat **2 TB olive oil** in a large skillet over medium-high heat. Add the **sliced mushrooms** and cook until softened about 5-8 minutes. Add **1 TB butter, pinch of salt & black pepper**, and **minced garlic**, cook for 1 minute. Add **3 TB balsamic vinegar** and continue cooking, stirring often until liquid reduces and the balsamic glazes the mushrooms. Remove pan from heat and set aside.
6. Lay the **squash slices** in an even layer on the pizza dough. Top with the **cooked mushrooms**, then with the **goat cheese, mozzarella cheese**, chopped **kalamata olives** and sprinkle with **thyme leaves**.
7. Bake in a 425 degree oven for 12-15 minutes or until the crust is golden. When done, remove from the oven, let rest for 5 minutes, then cut into wedges and serve.
8. Toss **sliced cucumber, carrot** and **salad greens** with your favorite dressing.

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

- 2 balls of pizza dough, thawed and at room temperature
- Olive oil or Nonstick Spray**
- 2 TB cornmeal, for dusting pan
- 2 TB olive oil**
- 16 oz. mushrooms, sliced
- Salt & black pepper**
- 1 TB butter**
- 2 garlic cloves, minced
- 3 TB Balsamic vinegar
- Delicata squash, sliced 1/8 inch thick (The skin is edible on this variety of squash.)
- 4 oz. Goat cheese
- 1/2 cup shredded mozzarella cheese
- 1/4 cup Kalamata olives, chopped
- 1 TB fresh thyme
- Salad Greens
- Cucumber, sliced
- Carrot, sliced
- Favorite salad dressing**

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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Creamy Spinach Orzo with Green Beans

Prep Time: 15 min

Cook Time: 20 min

Serves: 4

NUTRITION FACTS, PER SERVING:

440 Calories

17 g fat

590 mg sodium



INGREDIENTS: ** Items not included in kit

- 1 TB olive oil**
- 1/2 cup diced onions
- 2 garlic cloves, minced
- 2 cups dry orzo pasta
- 2 cups vegetable broth, low sodium
- 2 cups 2% milk
- 10 oz. baby spinach
- 1 cup Parmesan cheese
- 1/3 cup sundried tomatoes, chopped
- Salt & Black Pepper, to taste**
- 1 lemon, zested and juiced
- 1 lb. green beans

DIRECTIONS:

1. Prepare produce and set aside in separate piles: Peel and mince **2 garlic cloves**, chop **sundried tomatoes**, wash and trim ends of **green beans**, and zest & juice **lemon**.
2. Heat **1 TB olive oil** in a large sauce pot over medium-high heat. Add the **diced onion** and sauté until softened, about 3-5 minutes. Add the **minced garlic cloves**, **orzo**, **pinch of salt & black pepper**, and stir for 1 minute. Add in **2 cups vegetable broth** and **2 cups milk**. Stir to combine and bring to a boil, cover with a lid and reduce heat to a simmer, stirring occasionally until the orzo is al dente and most of the liquid is absorbed and has formed a creamy sauce, about 10 minutes. (If the orzo needs to be cooked longer, you can add a few tablespoons of milk or broth to the pot, stir and continue to simmer until done.) Remove pan from heat and stir in **baby spinach**, **Parmesan cheese**, chopped **sun dried tomatoes**, **lemon zest** and **1/2 lemon juiced**. Season with **salt & pepper** to taste.
3. **Trimmed Green Beans:** In a large sauce pot, bring **1.5 cups water** to a boil, add the trimmed green beans and cover with a lid. Steam for 4-5 minutes or until beans are fork tender **OR** place trimmed green beans in a microwavable safe dish with 1/4 cup water, cover and microwave 5 minutes. Remove from heat, drain and season with **salt**, **black pepper**, a drizzle of **olive oil**, and **1/2 lemon juiced**. Toss to combine. Serve alongside orzo dish.

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