



## Spaghetti Squash, Spinach and Turkey Sausage Lasagna

Prep Time: 15 min

Cook Time: 1 hour 30 min

Serves: 4

### NUTRITION FACTS, PER SERVING:

374 calories

18.9 g fat

613 mg sodium



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

- 2 small or 1 large spaghetti squash
- 2 TB olive oil\*\*
- Salt & black pepper, to taste\*\*
- 1 TB olive oil\*\*
- 4 garlic cloves, minced
- 1 cup onions, diced
- 1 cup red peppers, diced
- 10 oz. fresh spinach
- 1 cup part-skim ricotta cheese
- Salt & black pepper, to taste\*\*
- 1 cup shredded mozzarella cheese, divided
- 1 lb. ground mild Italian turkey sausage
- 2 cups marinara sauce
- Red pepper flakes, use amount based on desired spice/heat level
- 1/4 cup parmesan cheese
- Non-Stick Cooking Spray\*\*
- Aluminum foil\*\*

### DIRECTIONS:

1. Preheat oven to 425 degrees, line a large baking sheet with **aluminum foil** and spray with **cooking spray**. Scrub the **squash** clean and dry thoroughly. In a separate microwavable safe dish, place the whole squash and microwave on high for 5 minutes to make it easier to cut (do not microwave for more than 5 minutes). Carefully cut the squash in half lengthwise (stem to bottom end). Scoop out the seeds and discard. Drizzle the inside of the squash with **2 TB olive oil** using your hands to coat the entire inside surface of the squash. Sprinkle inside with **salt and pepper to taste** and place cut-side down on the lined baking sheet and bake for 45 minutes to 1 hour or until squash is tender when pierced with a fork. Remove from oven and let cool. Use a fork to scrape the squash strands from inside. Place strands in a large bowl, set aside.
2. Heat a large skillet over medium-high heat. Add **1 TB oil** to pan; add **4 cloves minced garlic**; cook 30 seconds. Add **spinach**; cook 1 minute or until spinach wilts. Remove from heat and add to the bowl of **squash strands**, toss to combine. Add **1 cup ricotta cheese, salt & black pepper to taste, and 1/2 of the mozzarella cheese (1/2 cup)**, to the mixture and toss to combine.
3. Return same skillet to medium-high heat. Add **ground turkey sausage** to pan; Cook 8 minutes or until browned, stirring to crumble. Add **diced onions** and cook for another 5 minutes. Add **diced peppers** and cook for 3 minutes. Add **2 cups marinara sauce** and **red pepper flakes for you desired spice/heat preference**; reduce heat to medium-low, and simmer for 3 minutes.
4. Spray a 9 x 12 baking dish with **cooking spray**. Spread **turkey/marina sauce mixture** evenly into the bottom of the pan. Top with **squash/spinach/cheese mixture**. Sprinkle with remaining **1/2 cup mozzarella cheese** and **1/4 cup parmesan cheese**. Bake at 425° for 20-30 minutes until cooked through and cheese is golden brown and bubbly. Remove from oven, let stand 10 min before serving.

*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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## Moroccan Chicken with Couscous and Carrots

Prep Time: 15 min

Cook Time: 30 min

Serves: 4

### NUTRITION FACTS, PER SERVING:

830 calories

14 g fat

504 mg sodium



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

- 1.5 lbs. Chicken Breast Cubes
- 2.5 TB Moroccan Spice Blend (1 TB Paprika, 1 tsp Cinnamon, 1/8 tsp Nutmeg, 1 tsp Cumin, 1 TB Turmeric, 1/4 tsp Lemon Pepper)
- 1 inch piece of Ginger, minced
- 3 Garlic Cloves, minced
- 1/4 tsp Salt & 1/4 tsp Black Pepper\*\*
- 1 lime, juiced
- 2 TB Balsamic Vinegar
- 1 TB Olive Oil\*\*
- 1 cup Onion, diced
- 1/2 cup Dried Apricots, sliced
- 1/2 cup Dried Prunes, sliced
- Non-stick Cooking Spray\*\*
- 1 pound baby carrots
- 1 TB Olive Oil\*\*
- Pinch of Red Pepper Flakes—you can add more for your desired heat preference
- 1.5 cups Israeli Couscous
- 1 TB Olive Oil\*\*
- 1/4 cup Fresh Cilantro, chopped

### DIRECTIONS:

1. Preheat oven to 425 degrees. Peel **ginger** and mince, mince **3 cloves garlic**, slice **prunes** and **apricots** into strips; and set aside.
2. In a large Ziplock bag add the **cubed chicken**, **Moroccan Spice Blend**, **minced ginger**, **minced garlic**, **1/4 tsp salt & black pepper**, **1 lime juiced**, and **balsamic vinegar**. Toss to combine and marinate for at least 20 minutes or overnight in the refrigerator.
3. Preheat a large pan to medium-high heat add **1 TB olive oil** and **diced onions**. Cook stirring often for 3 minutes, Add in the **sliced dried fruit**, **salt & pepper to taste** and **3/4 cup of water**. Allow this mixture to boil for 3 minutes. Remove from heat.
4. Spray a baking sheet or oven safe casserole dish with **cooking spray**. Add **marinated chicken** and **onion/fruit mixture** and toss to combine well. Place in preheated 425 degree oven & bake uncovered for 20-25 minutes or until chicken is cooked through.
5. In a separate casserole dish or baking pan, toss the **baby carrots** with **1 TB olive oil**, **salt & pepper to taste**, and a **pinch of red pepper flakes**. Roast in the oven at 425 degrees for 15 minutes, or until desired tenderness. Sprinkle with **chopped cilantro**.
6. To prepare **couscous**, bring **2 cups water** and **2 TB olive oil** to a boil. Stir in the **couscous**, cover and simmer for 8-10 minutes, stirring occasionally. Remove from heat and fluff with a fork. Season with **salt & black pepper to taste**.
7. Once **chicken** is cooked through, remove from the oven, and garnish with **chopped cilantro**. Serve **chicken** on top of **couscous** with **roasted carrots** on the side.

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