



Garlic Shrimp & Roasted Squash over Rice

Prep Time: 30 min

Cook Time: 20 min

Serves: 4

NUTRITION FACTS, PER SERVING:

435 calories

13.43 g total fat

940 mg sodium



INGREDIENTS: ** Items not included in kit

- 1 lb. shrimp
- 2 TB olive oil**
- 1 TB fresh lime juice
- 4 garlic cloves, minced
- 1/4 tsp ground cumin
- 1/4 tsp red pepper flakes, or to taste
- Salt & pepper, to taste**
- 1 zucchini sliced (1/2 inch thick)
- 1 yellow squash sliced (1/2 inch thick)
- 1/2 pint cherry/grape tomatoes, halved
- 2 TB olive oil**
- 1/2 tsp garlic powder
- 1/3 cup parmesan cheese
- 1 1/2 cups basmati rice
- 1 TB olive oil **
- Fresh parsley, chopped

DIRECTIONS:

1. In a bowl, whisk together **2 TB olive oil, 1 TB lime juice, 4 garlic cloves minced, cumin, red pepper flakes, pinch of salt and pepper**. Cut the **shrimp** in half if desired and add **shrimp** to the bowl. Toss to coat, cover with plastic wrap and place in refrigerator to marinate for 20 minutes.
2. While the shrimp marinates, preheat oven to 425 degrees. Prepare a baking sheet **by spraying with nonstick spray**. Rinse and slice the **tomatoes** in half, set aside.
3. In a large bowl combine **2 TB olive oil, garlic powder, 1/4 tsp salt and 1/4 tsp black pepper**. Add the **squash/ zucchini slices and halved tomatoes** and toss well to coat. Pour the mixture onto the greased baking sheet and spread into a single layer. Sprinkle tops with **parmesan cheese**. Bake 15 minutes or until tender.
4. **Basmati Rice**: Rinse the basmati rice in cold water to remove excess starch. Combine rice with **2 1/4 cups water, 1 TB olive oil** and a **pinch of salt** in a medium sized pot. Stir once and bring to a boil over high heat. Cover, reduce heat to low and simmer for 10 minutes. Remove pan from heat and leave covered for 5 minutes. Remove lid and fluff with fork before serving.
5. Heat a skillet over medium heat. Add the **marinated shrimp** and cook until done (about 5-8 minutes), turning halfway through.
6. Serve shrimp over rice with a side of roasted vegetables and sprinkle with **fresh chopped parsley**.

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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Ground Beef Vegetable Pie

Prep Time: 20 min

Cook Time: 40 min

Serves: 4

NUTRITION FACTS, PER SERVING:

579 calories

31 g total fat

750 mg sodium



INGREDIENTS: ** Items not included in kit

- Cooking spray**
- 1 (8 oz.) can crescent roll dough
- 1 lb. ground beef
- 1/2 cup onion, diced
- 1/4 cup green pepper, diced
- 1 tsp dill
- Salt & pepper to taste**
- 2 cups zucchini, thinly sliced
- 1 cup shredded cheddar cheese, divided
- 2 large tomatoes, enough for 5 slices
- 1/4 cup fresh basil, torn

DIRECTIONS:

1. Preheat the oven to 375 degrees and grease a 9" pie plate with **cooking spray**. Press the triangles of **crescent roll dough** on the bottom and sides of pie plate to form a crust. Set aside.
2. Wash **tomatoes**, then slice into 1/4 inch thick slices and set aside.
3. In a large skillet, over medium high heat, sauté the **ground beef, diced green pepper** and **diced onion** until meat is cooked through and onions are softened. Remove pan from the heat and drain off any fat. Season with a **pinch of salt & pepper**, add the **dill** and stir to combine.
4. Pour the **ground beef mixture** over the **crescent roll dough** into the pie plate. Sprinkle **1/2 cup shredded cheddar cheese** over the meat. Place the **sliced zucchini** in a layer and then top with the **sliced tomatoes**.
5. Bake at 375 for 25 minutes. Remove from oven and sprinkle the **remaining 1/2 cup shredded cheddar cheese**. Return to oven and bake for an additional 15 minutes.
6. Remove pie from oven and sprinkle top with **torn basil**. Let rest 5 minutes before slicing.

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