



SAUSAGE PIZZA - DINNER

TOMATO PASTA - LUNCH
















Dinner ²Lunch

COOK IT ONCE, EAT IT TWICE

Tonight's dinner extras transform into tomorrow's lunch.

DINNER	TOTAL: 40 MIN	CALORIES: 820
LUNCH	TOTAL: 5 MIN	CALORIES: 1030

INGREDIENTS FOR: 2-person | 4-person

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|--|--|--|--|---|---|---|
| 
Zucchini
2 3 | 
Scallions
2 4 | 
Tuscan Heat Spice
1 TBSP 2 TBSP | 
Sweet Italian Pork Sausage
18 oz 27 oz | 
Chicken Stock Concentrate
1 2 | 
Mozzarella Cheese
(Contains: Milk)
½ Cup 1 Cup | 
Parmesan Cheese
(Contains: Milk)
½ Cup ½ Cup |
| 
Yellow Onion
1 1 | 
Garlic
2 Cloves 2 Cloves | 
Gemelli Pasta
(Contains: Wheat)
6 oz 6 oz | 
Crushed Tomatoes
13.76 oz 27.52 oz | 
Flatbreads
(Contains: Wheat)
2 4 | 
Sour Cream
(Contains: Milk)
2 TBSP 2 TBSP | |

BUST OUT • Large pot • Baking sheet • Large pan • 2 Medium bowls • Strainer • 2 Plastic containers
 • Vegetable oil (3 tsp | 4 tsp) • Olive oil (1 TBSP | 2 TBSP) • Butter (2 TBSP | 4 TBSP) (Contains: Milk)

DINNER



1 PREHEAT AND PREP

Wash and dry all produce. Preheat oven to 500 degrees or broiler to high with rack 3-4 inches from flame. Bring a large pot of **salted water** to a boil. Trim **zucchini**, then slice into 1/3-inch-thick rounds. Halve, peel, and finely dice **onion**. Trim, then thinly slice **scallions**, separating greens and whites. Mince or grate **garlic**.

2 BROIL ZUCCHINI

Spread out **zucchini** on a lightly oiled baking sheet. Sprinkle with a large drizzle of **oil**. Season with **1 tsp Tuscan heat spice** (save the rest for step 4) and plenty of **salt** and **pepper**. Bake or broil until browned, 5-7 minutes. (**TIP:** Keep an eye out for any burning.) Transfer zucchini to a medium bowl and reduce oven temperature to 450 degrees.

3 COOK PASTA AND SAUSAGE

Once water boils, add **gemelli** to pot. Cook until al dente, 9-11 minutes. Scoop out and reserve **1 cup pasta cooking water**, then drain. Meanwhile, heat a drizzle of **olive oil** in a large pan over medium-high heat. Remove **sausage** from casings; discard casings. Add sausage to pan, breaking up meat into small pieces. Cook, tossing occasionally, until cooked through, 4-6 minutes. Remove from pan and set aside in another medium bowl.



LUNCH

4 MAKE SAUCE

Heat a large drizzle of **olive oil** in same pan over medium-high heat. Add **onion** and **scallion whites**. Cook, tossing, until softened, 2-3 minutes. Toss in garlic and remaining **Tuscan heat spice**. Cook until fragrant, about 1 minute. Add **tomatoes**, **stock concentrate**, and 1/2 cup **pasta water**. Bring to a boil, then lower heat and reduce to a simmer. Season with plenty of **salt** and **pepper**.

5 BAKE AND SERVE DINNER

Place **flatbreads** on baking sheet used for zucchini. Spread about 1/3 cup **sauce** evenly over one flatbread; repeat with the other. Scatter **mozzarella** in an even layer over of each, then arrange half the **zucchini** and half the **sausage** on top. Bake in oven until cheese melts and crust is golden brown and crisp, 5-7 minutes. Cut into slices, scatter with half the **scallion greens**, and serve.

6 PACK PASTA LUNCH

To prep lunch, place pan with remaining sauce over medium-low heat. Stir in **2 TBSP butter** and **sour cream**. Add more **pasta water**, if needed, to loosen. Stir in **gemelli** along with remaining **sausage**, **zucchini**, and **scallion greens**. Divide between reusable plastic containers. Pack with **Parmesan** and keep refrigerated. When ready to eat, microwave on high for 2-3 minutes, then sprinkle with Parmesan.