



SAUSAGE PIZZAS - DINNER

VEGGIE-LOADED PASTA - LUNCH



COOK IT ONCE, EAT IT TWICE

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

DINNER	TOTAL: 40 MIN	CALORIES: 900
LUNCH	TOTAL: 5 MIN	CALORIES: 910

INGREDIENTS FOR: 2-person | 4-person

Flatbreads
(Contains: Wheat)
2 | 4

Red Onion
1 | 2

Garlic
2 Cloves | 2 Cloves

Gemelli Pasta
(Contains: Wheat)
6 oz | 6 oz

Crushed Tomatoes
13.76 oz | 13.76 oz

Chicken Stock Concentrate
1 | 2

Bell Pepper*
1 | 1

Yellow Squash
1 | 2

Tuscan Heat Spice
1 TBSP | 2 TBSP

Sweet Italian Pork Sausage
18 oz | 27 oz

Mozzarella Cheese
(Contains: Milk)
4 oz | 8 oz

Parmesan Cheese
(Contains: Milk)
¼ Cup | ¼ Cup

* Your bell pepper may be orange, yellow, or red. No matter what the color, it will still be delicious!

BUST OUT • 2 Baking sheets • Medium pot • Strainer • Large pan • 2 Reusable containers
 • Vegetable oil (4 tsp | 7 tsp) • Olive oil (1 tsp | 2 tsp) • Butter (1 TBSP | 2 TBSP) (Contains: Milk)

DINNER



1 PREHEAT AND PREP

Wash and dry all produce. Preheat broiler to high or oven to 500 degrees with rack in upper position. Place **flatbreads** on a baking sheet and let warm in broiler or oven as it preheats. Remove once golden brown, 5-7 minutes. Meanwhile, bring a medium pot of **salted water** to a boil. Halve and peel **onion**, then cut into wedges. Core and seed **bell pepper**, then cut into strips. Slice **squash** into ½-inch-thick rounds. Mince or grate **garlic**.

2 BROIL VEGGIES

Remove **flatbreads** from baking sheet and set aside. Toss **squash, onion, and bell pepper** with a large drizzle of **oil**. Place on same sheet, keeping each in its own section. Season with **salt, pepper,** and half the **Tuscan heat spice**. Broil or bake until tender and browned, 5-7 minutes. (**TIP:** Keep an eye out for any burning.) Set aside once done.

3 COOK PASTA AND SAUSAGE

Once water boils, add **gemelli** to pot. Cook, stirring occasionally, until al dente, 9-11 minutes. Scoop out and reserve ¼ **cup pasta 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 meat into pieces with a spatula or wooden spoon. Cook until browned and no longer pink, 4-6 minutes. Remove pan from heat.



4 FINISH AND SERVE DINNER

Place **flatbreads** on another, lightly oiled baking sheet. Evenly spread ½ **cup tomatoes** over flatbreads (save the rest for step 5). Season with **salt and pepper**. Tear **mozzarella** into small pieces with your hands and scatter over top. Evenly top flatbreads with half the **sausage**, half the **onion**, and all of the **squash**. Broil or bake until cheese melts and crust is crisp, 5-10 minutes. Cut flatbreads into slices and serve.



5 MAKE LUNCH FOR TWO

Heat a drizzle of **oil** in pot used for pasta over medium-high heat. Add **garlic** and remaining **Tuscan heat spice**. Cook until fragrant, about 1 minute. Add **stock concentrate**, reserved **pasta water**, and remaining **sausage** and **tomatoes**. Simmer until slightly reduced, 1-2 minutes. Stir in **gemelli**, followed by **1 TBSP butter, bell pepper** and **remaining onion**. Season with **salt and pepper**, then remove from heat.



6 PACK LUNCH

Divide **pasta** between two reusable containers. Divide **Parmesan** evenly and pack with containers, keeping it separate from the pasta. Keep refrigerated. When ready to eat, microwave pasta on high for 2-3 minutes. Sprinkle with Parmesan before enjoying.