



CHICKEN SAUSAGE TACOS - DINNER SAUSAGE AND PESTO PASTA - LUNCH



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: 780

INGREDIENTS FOR: 2-person | 4-person



Long Green Peppers
2 | 3



Scallions
2 | 4



Lime
1 | 2



Southwest Spice Blend
1 TBSP | 2 TBSP



Italian Chicken Sausage Mix
18 oz | 27 oz



Pesto
(Contains: Milk)
2 oz | 2 oz



Flour Tortillas
(Contains: Wheat)
6 | 12



Pepper Jack Cheese
(Contains: Milk)
1 Cup | 2 Cups



Red Onion
1 | 2



Roma Tomato
1 | 2



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



Sour Cream
(Contains: Milk)
4 TBSP | 8 TBSP



Chili Powder
1 tsp | 2 tsp



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



Hot Sauce
1 tsp | 2 tsp

BUST OUT • Large pot • Zester • Strainer • Baking sheet • Small bowl • Medium bowl
• Large bowl • Large pan • 2 Reusable containers • Olive oil (4 tsp | 8 tsp)

DINNER



1 PREP

Wash and dry all produce. Bring a large pot of **salted water** to a boil. Adjust rack to position closest to flame and preheat broiler to high. Halve, seed, and thinly slice **green peppers**. Halve, peel, and thinly slice **onion**. Trim root ends from **scallions**, leaving shoots whole. Halve and core **tomato**. Zest ½ tsp zest from **lime**, then cut into quarters.

2 BOIL PASTA AND BROIL VEGGIES

Once water boils, add **fusilli** to pot. Cook until al dente, 9-11 minutes. Drain and transfer to a large bowl. Meanwhile, place **scallions** and **tomato halves** on a baking sheet and sprinkle with a drizzle of **olive oil**, **salt**, **pepper**, and ½ tsp **Southwest spice** (save the rest for later). Arrange tomato halves cut-side down. Broil until tomato skins crack and scallions soften and are lightly charred, 3-4 minutes. Transfer to a cutting board to cool.

3 MAKE CREMA AND SALSA

Meanwhile, mix together **sour cream**, **2 TBSP water**, **lime zest**, and a pinch of **salt** in a small bowl. Chop broiled **tomato** and **scallions** and place in a separate medium bowl. Squeeze in **juice** from one lime quarter and season with a pinch of salt. Set aside.



4 COOK SAUSAGE AND VEGGIES

Heat **1 TBSP olive oil** in a large pan over medium-high heat. Add **sausage**, breaking it up into pieces. Cook 1 minute. Add **green peppers** and **onion** to pan. Cook, stirring, until sausage is cooked through and veggies soften, 8-9 minutes more. Transfer half the sausage and veggies to bowl with **fusilli** and set aside. Add **chili powder** and remaining **Southwest spice** to sausage and veggies in pan. Cook, stirring, until well combined, about 1 minute. Remove from heat.

5 START LUNCH AND SERVE DINNER

Stir **pesto** into **fusilli mixture** in bowl, then divide between two reusable containers. Sprinkle with **Parmesan** and set aside to cool. Fill **tortillas** with **sausage mixture**. Top with **pepper jack cheese**, **crema**, and **salsa**. Serve with remaining **lime quarters** and **hot sauce** for drizzling over.

LUNCH



6 PACK LUNCH

Once **pasta** has cooled, put lids on containers and store in fridge overnight. When ready to eat for lunch, enjoy at room temperature or warmed in microwave.