

BEVERAGE RECOMMENDATION

A grassy Sauvignon Blanc
or dry Pinot Grigio



Nutrition Facts

2 Servings Per Container

Serving Size 236g

Calories Per Serving 450

| Amount Per Serving | % Daily Value * | Amount Per Serving | % Daily Value * |
|-------------------------|-----------------|--------------------------------|-----------------|
| Total Fat 29g | 37% | Total Carbohydrates 38g | 14% |
| Saturated Fat 7g | 34% | Dietary Fiber 5g | 19% |
| Trans Fat 0g | | Total Sugars 4g | |
| Cholesterol 20mg | 7% | Includes 0g Added Sugars | 0% |
| Sodium 1650mg | 70% | Protein 14g | |

Vitamin D 10.0mcg 50% . Calcium 270mg 20% . Iron 1.8mg 10% . Potassium 570mg 10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Winter Squash, Cabbage, Mushrooms, maitake, raw, Pasta, Grated Parmesan Cheese, Extra Virgin Olive Oil, Parsley, Kosher Salt, Garlic Cloves, Black Pepper, Orange Zest, Pumpkin Seeds

Contains: Wheat, Milk

MeezBox Foods
1946 Campus Drive
Hyde Park, NY 12538
707-975-4118
meezboxfoods.com

Did you know?

Maitake mushrooms, also known as “hen of the woods” grow at the base of oak, maple, and elm trees. Maitake mushrooms are originally from Japan and people would dance for joy when they found them. Maitake mushrooms can assist in treating diabetes, reducing blood pressure, assisting in weight loss, and fight many types of cancer. They can also lower cholesterol, improve the immune system, stabilize hormones, and can grow to over 100 pounds.

WHAT'S INCLUDED

Delicata Squash
Shaved Garlic
Bucatini Noodles
Grated Parmesan,
Orange Zest & Pink Peppercorn
Toasted Pumpkin Seeds
Maitake Mushrooms
Savoy Cabbage
Butter

Chopped Herbs
Extra Virgin Olive oil

WHAT ELSE YOU NEED

6-quart Pot with lid
Sauté Pan

INSTRUCTIONS



STEP 1

Fill pot 1/2 way with water. Add 1 tablespoon of kosher salt. Cover the pot with a lid and bring to boil. Add bucatini pasta to boiling water. Cook until al dente, approximately 8 minutes.



STEP 2

Drain bucatini pasta reserving 1 cup of pasta water.



STEP 3

Heat olive oil in the sauté pan on medium-high heat. Add sliced garlic & cabbage. Sauté until slightly wilted.



STEP 5

Add mushrooms & squash to cabbage mixture. Sauté together for an additional 3 minutes until vegetables are aromatic and warm.



STEP 6

Add cooked pasta and ¼ c. of reserved pasta water. Toss to combine, adding more pasta water, as necessary.



STEP 7

Top with toasted pepitas, parmesan mix & chopped herbs. Finish with butter.

