

## Summer Squash Rotini with Blue Cheese

Think this sounds like a strange combination? So did we. Then we tasted it. What a revelation! Fresh herbs balance the earthiness of blue cheese, making it a dish that's fresh and bright and just right for summer. With summer squash, white beans and whole grain rotini, it's a delicious dinner for a warm night.

**20** *Minutes to the Table*

**20** *Minutes Hands On*

**1 Whisk** *Super Easy*

### Getting Organized

#### EQUIPMENT

Saucepan  
Large Skillet  
Small Skillet or Ramekin

#### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

#### 5 MEEZ CONTAINERS

Summer Squash  
White Beans  
Whole Grain Rotini  
Blue Cheese  
Cilantro Basil Oil

### Make The Meal Your Own

**Cooking with a picky eater?** Skip the flavored oil and serve their portion with olive oil and parmesan instead.

### Good To Know

**If you're making the gluten-free version,** we've given you gluten-free pasta.

**If you're making the vegan version,** we've left the blue cheese out of your recipe. Skip the oven and simply drizzle the cilantro basil oil over the pasta and veggies.

**If you're making the mellow cheese version,** we've given you parmesan.

**Health snapshot per serving** – 720 Calories, 23g Protein, 17g Fiber, 23 Smart Points.

**Lightened up snapshot** – 565 Calories, 23g Protein, 17 Smart Points when you use half the cilantro basil oil.

**Have questions?** The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Zucchini, Yellow Squash, Great Northern Beans, Whole Grain Rotini, Blue Cheese, Olive Oil, Orange Juice, Cilantro, Basil, Garlic

**meez** *meals*

### 1. Getting Organized

Preheat your oven to 350 and put a saucepan of water on to boil.

### 2. Sauté the Squash

Heat 2 Tbsp olive oil in a large skillet over high heat. Add the **Summer Squash** and cook until browned on the sides, stirring occasionally, about 7 to 12 minutes. Add the **White Beans** and cook until hot, about 5 minutes.

*You don't want to crowd your pan, so work in batches if necessary.*

### 3. Cook the Rotini

While the squash is cooking, salt the boiling water and add the **Rotini**. Cook until al dente, about 8 to 12 minutes.

*Stir the pasta a few times while it cooks to prevent it from sticking.*

### 4. Make the Sauce

Put the **Blue Cheese** into a small casserole dish and bake until it melts and browns on top, about 7 to 10 minutes. Stir in the **Cilantro Basil Oil**.

### 5. Put It All Together

Toss the pasta with the squash, beans and blue cheese sauce. Season with salt and pepper to taste. Enjoy!

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois**