

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. With summer squash, white beans and whole grain rotini, it's a delicious dinner for a warm night. (Don't love blue cheese? Set your preferences and we'll send you parmesan instead.)

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.

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