



Roasted Butternut Squash Pasta and Grilled Chicken

Meal Includes:

- Butternut Squash Cream Sauce
- Rigatoni Pasta
- 4 Chicken Cutlets
- Parmesan Cheese
- 4 Cubes of Focaccia
- 8 Petite Chocolate Chip Cookies

Choice of one Vegetable Side:

- Green Salad
- Vinaigrette Salad Dressing
- Roasted Broccoli
- Kale Apple Slaw

Allergy: Wheat, Dairy, Egg

- **Hands-on Time:** approx. 5-10 minutes
- **Total time:** approx. 30 minutes
- **Recommended method of cooking:** Both stove top and oven

Getting ready approx. 45 minutes before you want to eat):

- Preheat oven to 350 degrees.
- Take food from refrigerator and bring to room temperature for quicker heat time.
- Remove any plastic wrap from containers and discard.

Vinaigrette

Warming the Meal

1. **Chicken-warm in the oven:** Uncover chicken. Add 1/4 cup of water to pan and cover with foil. Place in oven and bake for 10 minutes. Turn over and bake an additional 5-10 minutes
2. **Butternut Squash Cream Sauce & Pasta-warm on stove top:** Pour Cream sauce into medium saucepan with 1/2 to 1 cup of water. (depending on desired consistency). Cook uncovered on medium-low heat or 5-10 minutes, stirring every 2 minutes until warmed through and slightly bubbly. Add rigatoni pasta to warmed cream sauce. Stir & cook for 3-5 minutes until warm
3. **Broccoli (if ordered)-warm on stove top:** Place broccoli to medium saucepan with 1/4 cup water. Cover with lid and cook on medium heat, stirring every 2 minutes until warmed through and tender.

Extras

- **Warm Bread?** Wrap focaccia in aluminum foil. Warm in preheated oven for 5-10 minutes. (Can also be warmed in microwave for 15-30 seconds without foil).
- **Freshly-baked cookies?** Spray cookie sheet with nonstick spray. Place Chocolate Chip Cookie Dough balls at least 2" apart. Bake for 5-7 minutes. *Dough contains raw eggs. Not suitable for raw consumption. Bake before eating.*

Serving Instructions:

Plate Butternut Squash Cream Sauce and Rigatoni. Top with Parmesan cheese. Serve with chicken, vegetable and warmed focaccia. Enjoy a petite chocolate chip cookie for dessert. Meal serves four adults (or two adults and up to four small children)

Other Cooking Methods:

Oven-only (no dirty dishes!) Chicken, Butternut Squash Cream sauce, Rigatoni and Broccoli (if ordered) can be reheated in a 350 degree oven in the foil containers covered with lids or foil. *Be sure to remove any plastic wrap.* Add half cup of water to the pasta before putting in the oven. Wrap focaccia in foil and bake with other meal components. Bake cookies on a baking sheet. Heating times will vary, so stir often and monitor temperatures.

Optional supplies:

Cookie sheet, aluminum foil, non-stick spray