



Veggies Made Easy



Wholesome Meals

October 2019



Spicy Marinara Butternut Squash “Rotini” Bake

Ingredients

- 2 (10 ounce) bags MANN™ Butternut Squash “Rotini”
- 2 cups marinara sauce, prepared
- 1 cup ricotta cheese (optional)
- 1 egg (optional)
- 2 cups roughly chopped spinach
- 2 cups shredded mozzarella, divided
- 4 tablespoons shredded Parmesan cheese, divided
- 4-5 fresh basil leaves, sliced, divided
- 1 teaspoon roasted red pepper flakes
- olive oil or cooking spray, for coating

The Method

Preheat oven to 400°F.

Prepare MANN™ Butternut Squash “Rotini,” according to directions.

Place cooked MANN™ Butternut Squash “Rotini” in large bowl. Add marinara sauce, ricotta, egg, spinach, 1 cup mozzarella cheese, 2 tablespoons Parmesan cheese, half of the fresh basil, and the chili flakes. Toss gently to mix.

Lightly coat an 8”x8” baking dish with olive oil. Place mixture into dish and top with remaining mozzarella and Parmesan cheese. Bake for 20 minutes (or up to 40 minutes if you don’t precook MANN™ Butternut Squash “Rotini”) until cooked through and cheese is melted and golden brown.

To plate, garnish with remaining fresh basil.

Servings: 4



Orange-Kissed Sweet Potato Cubes with Blackened Tuna

Ingredients

- 1 (16 ounce) bag MANN™ Sweet Potato Cubes
- 4 tablespoons canola oil, divided
- ½ teaspoon salt, divided
- 1 navel orange, peeled and sliced
- 2 tablespoons orange marmalade
- 1 tablespoon butter or margarine
- 1 tablespoon fresh lemon juice
- ¼ teaspoon pepper
- ¼ teaspoon green onions, sliced
- 1 tablespoon blackened seasoning of choice
- 1 pound tuna steak

The Method

Preheat oven to 425° F.

In a large bowl, place MANN™ Sweet Potato Cubes with 2 tablespoons of oil and sprinkle with ¼ teaspoon of salt, tossing to coat.

Add coated MANN™ Sweet Potato Cubes in a roasting pan coated with cooking spray. Place in oven and bake for 30 minutes or until tender and golden. Transfer potatoes to large shallow bowl or serving platter.

Peel orange with a paring knife, removing white pith. Cut orange in half, cut halves into thin slices. Add to bowl or platter with MANN™ Sweet Potato Cubes.

In a small microwave-safe bowl, combine remaining ¼ teaspoon of salt, marmalade, butter, lemon juice and pepper. Microwave on high for 30 seconds or just until butter melts. Stir to combine and drizzle mixture over MANN™ Sweet Potato Cubes, tossing gently to coat. Sprinkle with green onions.

To prepare tuna, rub 1 tablespoon of preferred blackened seasoning evenly over both sides of a 1-pound tuna steak. Heat a heavy nonstick or cast iron skillet over high heat. Coat pan with cooking spray. Add remaining 2 tablespoons of oil. Cook tuna for 3 minutes on each side or to desired degree of doneness. Slice steak and arrange over MANN™ Sweet Potato Cubes mixture.

Servings: 4



Pork Chops with Butternut Squash, Brussels Sprouts & Apples

Ingredients

- 1 (20 ounce) bag MANN™ Butternut Squash Cubes
- 1 (12 ounce) bag MANN™ Brussels Sprouts, quartered
- 1 large apple, cored and rough chopped
- 4 tablespoons extra virgin olive oil, divided
- 4 sage leaves, chiffonade
- 1 teaspoon salt, divided
- 5 tablespoons Dijon mustard
- ½ teaspoon granulated garlic
- ¼ teaspoon black pepper
- 4 boneless, thick center cut pork loin chops
- 12 sprigs of fresh thyme

The Method

Preheat oven to 400°F.

Add MANN™ Butternut Squash Cubes, MANN™ Brussels Sprouts, apple, and 2 tablespoons olive oil to a large mixing bowl. Toss until evenly coated. Add sage leaves and ½ teaspoon salt. Toss again and set aside.

In a separate mixing bowl, add 2 tablespoons olive oil, ½ teaspoon salt, mustard, garlic, and black pepper. Stir until combined and then add pork chops. Rub each chop until evenly coated.

Place chops on a lined baking sheet and lay thyme sprigs over the top. Pour vegetable mixture around chops in a single, evenly spaced layer. Bake for 25 minutes on the middle rack or until pork chop reaches 145°F at center.

Serve Warm.

Servings: 4



Sweet Potato "Fettuccine" Alfredo

Ingredients

- 1 (12 ounce) MANN™ Sweet Potato "Fettuccine"
- 1 tablespoon butter
- 2 cloves garlic, thinly sliced
- ¼ cup cream, half & half or evaporated milk
- ¼ cup freshly grated Parmesan cheese
- 1 tablespoon fresh chopped rosemary (optional)

The Method

In a large non-stick skillet, melt butter over medium-high heat. Add garlic and cook 2 minutes, stirring frequently. Add SMANN™ Sweet Potato "Fettuccine" and cook 4-5 minutes until tender, stirring frequently.

Turn heat down to medium. Add cream and cook 1-2 minutes or until MANN™ Sweet Potato "Fettuccine" absorbs some of the liquid.

Remove from heat and stir in Parmesan cheese, reserving some for garnish. Top with rosemary if desired.

Serve with extra cheese.

Servings: 3



Butternut Squash “Rotini” Gorgonzola Pizza

Ingredients

- 1 (12 ounce) bag MANN™ Butternut Squash “Rotini”
- 3 tablespoons olive oil, divided
- ¼ teaspoon Kosher salt
- ¼ teaspoon freshly ground black pepper
- 1 (12 ounce) ball of refrigerated pizza dough
- 1 tablespoon cornmeal
- 1 cup shredded mozzarella cheese
- ¾ cup crumbled Gorgonzola cheese

The Method

Preheat oven to 425° F.

Line a large baking sheet with parchment paper or spray with non-stick cooking spray.

In a large bowl, add MANN™ Butternut Squash “Rotini,” 1 tablespoon oil, salt and pepper. Toss well to coat.

Spread MANN™ Butternut Squash “Rotini” evenly in a single layer on the baking sheet. Bake for 20 minutes, or until fork tender.

On a floured surface, roll pizza dough a 10” x 14” rectangle (or 12” circle.) Place on a rectangular baking sheet (or pizza stone) that has been sprinkled with cornmeal. Brush crust lightly with remaining oil. Sprinkle mozzarella and gorgonzola cheeses evenly over the dough. Top with MANN™ Butternut Squash “Rotini.”

Bake for 16-17 minutes until crust is lightly browned on edges.

Servings: 5