italian-inspired sides

TOTAL TIME
varies
MAKES 4-6
SERVINGS

APRON'S ADVICE

These sides are perfect complements for frozen or ready-to-heat dinner entrees. Complete your meal with garlic bread. Depending on the size of your zucchini, you may have leftover cheese mixture. If so, it makes a great, cheesy topping for bread.

SHOPPING LIST

Dairy
2 (6-oz) containers fat-free honey almond yogurt
1/2 cup ricotta cheese
1 cup shredded Italian-blend cheese
3/4 cup shredded Parmesan cheese

Dry Grocery
1/3 cup Caesar salad dressing
3 tbsp Italian bread crumbs
4 Italian butter cookies
1 tsp Italian seasoning
1/4 cup orange marmalade
1/4 cup sliced almonds

Produce
2 Bartlett pears
1 lb fresh asparagus spears
1/2 red onion
2 romaine hearts
1 medium tomato
2 large zucchini

From Your Pantry
1/2 tsp kosher salt
large zip-top bag
1/4 tsp pepper
3 tbsp unsalted butter

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COOKING SEQUENCE

asparagus chopped salad

INGREDIENTS

1 lb fresh asparagus spears
2 romaine hearts, coarsely chopped
1/2 red onion, thinly sliced
1 medium tomato, coarsely chopped
1/4 cup shredded Parmesan cheese
1/4 cup sliced almonds
1/3 cup Caesar salad dressing

PREP

- Cut asparagus into bite-size pieces, removing tough root end; chop romaine and slice onion.
- Chop tomato.

STEPS

1. Place all ingredients in salad bowl.
2. Toss to coat; serve.

CALORIES (per 1/4 recipe) 210kcal; FAT 16g; CHOL 10mg; SODIUM 310mg; CARB 13g; FIBER 5g; PROTEIN 7g; VIT A 60%; VIT C 50%; CALC 15%; IRON 20%

cheesy zucchini boats

INGREDIENTS

2 large zucchini
3 tablespoons Italian bread crumbs, divided
1 cup shredded Italian-blend cheese
1/2 cup shredded Parmesan cheese
1/2 cup ricotta cheese
1 teaspoon Italian seasoning
1/2 teaspoon kosher salt
1/4 teaspoon pepper

PREP

- Preheat oven to 400°F.
- Cut zucchini in half lengthwise; scoop out seeds and pulp, leaving a 1/4-inch-thick shell. Place zucchini in baking dish.

STEPS

1. Sprinkle 1 tablespoon of the bread crumbs down center of zucchini halves. Combine all three cheeses with Italian seasoning, salt, and pepper. Divide mixture evenly into zucchini; sprinkle with remaining 2 tablespoons bread crumbs.
2. Bake 20–25 minutes or until zucchini are tender when pierced with a fork and top is golden. Serve.

CALORIES (per 1/4 recipe) 210kcal; FAT 13g; CHOL 35mg; SODIUM 620mg; CARB 9g; FIBER 1g; PROTEIN 16g; VIT A 30%; VIT C 20%; CALC 45%; IRON 6%

pear cookie crumble

INGREDIENTS

4 Italian butter cookies
Large zip-top bag
3 tablespoons unsalted butter
2 Bartlett pears
2 (6-oz) containers fat-free honey almond yogurt
1/4 cup orange marmalade

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PREP

- Preheat oven to 400°F. Crush cookies finely in zip-top bag (2 1/2 cups).
- Cut butter into small pieces; place in bowl to soften.
- Core pears and cut into bite-size pieces (about 2 cups).

STEPS

1. Combine pears, yogurt, marmalade, and 1/2 cup cookie crumbs until blended; place in 2-quart baking dish.
2. Add remaining 2 cups cookie crumbs to butter; combine with finger tips until moist and crumbly. Sprinkle over pear mixture.
3. Bake 18–20 minutes, uncovered, or until bubbly and golden. Let stand 5 minutes to cool before serving.

CALORIES (per 1/6 recipe) 240kcal; FAT 9g; CHOL 35mg; SODIUM 115mg; CARB 38g; FIBER 2g; PROTEIN 4g; VIT A 8%; VIT C 6%; CALC 20%; IRON 4%

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