

Skill level

Easy - good for all cooks

Intermediate - practice some new techniques

Time required

Quick - 30 minutes or less

Moderate - 1 hour or less

Extra ingredients

Few - primarily MoGro Weekly Share items

Several - 3-5 additional items you might have on hand

Skill level: Easy

Time required: Quick

Extra ingredients: Several



Zucchini Mushroom Pasta

Ingredients

1 pound spaghetti, or your favorite pasta	2/3 cup peas
1 pound mushrooms, thinly sliced	2 cloves garlic, thinly sliced
2 small or 1 medium-large zucchini thinly sliced & quartered	2 sprigs thyme
	Salt & pepper to taste
	1/4 cup parmesan cheese
	1/4 cup milk

Directions

*** ONE POT MEAL!***

- 1) In a large stock pot or dutch oven over medium heat, combine 4 1/2 cups water, spaghetti, mushrooms, zucchini, peas, garlic & thyme sprigs. Season with salt & pepper.
- 2) Bring to a boil, reduce heat and simmer, uncovered, until pasta is cooked through and liquid has reduced, about 8-10 minutes. Don't be afraid to strain out excess water.
- 3) Stir in cheese & milk until creamy. Serve immediately.

Skill level: Easy

Time required: Quick

Extra ingredients: Several



Millet Couscous with Carrots

Ingredients

4 tablespoons olive oil, divided, plus more for drizzling	Salt & pepper
1 cup millet (or whole grain of your choice like brown rice, farro, barley, etc.)	1/4 cup roasted almonds, chopped (optional)
2 1/4 cups of low-sodium vegetable or chicken broth	1/4 teaspoon cayenne pepper
6 medium carrots, peeled, cut into 1" pieces	1/4 cup fresh cilantro leaves with tender stems
	Lemon wedges (for serving)

Directions

- 1) Preheat oven to 400 F. Heat 1 tablespoon of oil in a medium saucepan over medium-high heat.
- 2) Add grain and cook, stirring, until beginning to brown, about 2 minutes. Add broth and bring to a boil. Reduce heat, cover, and simmer, stirring occasionally, until grain is tender, 25-35 minutes.
- 3) Meanwhile, toss carrots with 2 tbsp. Oil on a rimmed baking sheet; season with salt & pepper. Roast until tender and golden brown, 15-20 minutes.
- 4) Heat remaining tablespoon of oil in a small skillet over medium-low heat; cook almonds and cayenne, stirring occasionally until fragrant, 2 minutes.
- 5) Serve drizzled with oil and topped with roasted carrots, cilantro and roasted almonds.